Polarity Analysis: Checklist of reliable Symptoms

Last Name , First Name: **Date:**

Diagnosis, Primary and Secondary Symptoms (description):

Mark **between 8 and 16 important symptoms** that pertain to the current disease.
Symptoms are changes during a disease that differ from the healthy state.

Air/Weather/Temperature/Wrapping			Movement (continued)		
Desire for open air	increased	diminished	Raising affected limb	improves	aggravates
Open air	improves	aggravates	Stretching out affected limb	improves	aggravates
Room	improves	aggravates	Bending over, while	improves	aggravates
Weather / air, wet, damp	improves	aggravates	Sitting down, while	improves	aggravates
Weather / air, dry	improves	aggravates	Rising from bed, while	improves	aggravates
Weather / air, cold	improves	aggravates	Rising from seat, while	improves	aggravates
Weather / air, warm	improves	aggravates	Writing		aggravates
Weather / air, wet-cold		aggravates	Traveling (bouncing) in a car		aggravates
Cold in general	improves	aggravates			
Cold, when getting cold	improves	aggravates	**Perception**		
Warmth, in general	improves	aggravates	Light (bright)		aggravates
Warmly, from wrapping up	improves	aggravates	Looking, eyes strained		aggravates
Uncovering	improves	aggravates	Reading		aggravates
			Touch		aggravates
			Pressure, external	improves	aggravates
Position			Rubbing	improves	aggravates
Lying position	improves	aggravates			
Lying, on back	improves	aggravates	**Head**		
Lying, on side	improves	aggravates	Warmly, from wrapping up head	improves	aggravates
Lying, on right side	improves	aggravates	Shaking head		aggravates
Lying, on left side	improves	aggravates	Sneezing		aggravates
Lying, on painful side	improves	aggravates	Teething, during, in Children		aggravates
Lying, on pain-free side	improves	aggravates	Talking, speaking		aggravates
Sitting	improves	aggravates	Mental effort		aggravates
Sitting, bent over	improves	aggravates			
Standing	improves	aggravates	**Eating/Drinking**		
Lying down, after	improves	aggravates	Swallowing	improves	aggravates
Rising from bed, after	improves	aggravates	Chewing		aggravates
Rising from seat, after	improves		Eating, before		aggravates
Hang down, letting arm/leg	improves	aggravates	Eating, during	improves	aggravates
			Eating, after	improves	aggravates
Movement			Change of appetite	hunger	no appetite
Resting (not moving)	improves	aggravates	Desire to drink	thirst	no thirst
Movement	desire	aversion	Before breakfast, fasting	improves	aggravates
Movement	improves	aggravates	After breakfast	improves	aggravates
Movement, of affected parts	improves	aggravates	Food and drink, cold things	improves	aggravates
Walking	improves	aggravates	Food and drink, warm things	improves	aggravates
Running, jogging		aggravates	Drinking while		aggravates
Stepping hard		aggravates	Drinking, after		aggravates
Physical effort		aggravates			
			See Back for Continuation		

Eating/Drinking, continued			Sleep		
Alcohol		aggravates	While falling asleep		aggravates
Milk		aggravates	Sleep, during		aggravates
Coffee		aggravates	While/after waking up		aggravates
Saliva	increased	diminished			
			Mind and Intellect		
Breathing			Irritability (anger, aggression) unusual		
Breathing		quickened	Sadness (dejection, inclined to weep) unusual		
Breathing, in (inspiration)		aggravates	Solitude, being alone	improves	
Breathing, out (expiration)		aggravates	Company of people		aggravates
			Consolation		aggravates
Heart-Circulation			Grinding teeth		
Pulse	too fast	too slow	Understanding difficult		
Pulse	hard				
Digestive Tract					
Eructations (burping)	improves	aggravates			
Stool, before		aggravates			
Stool, during		aggravates			
Stool, after	improves	aggravates			
Flatus, after discharge of	improves				
Gynecology/Urology					
Menstruation	too short	too long			
Menstruation	profuse	too weak			
Menstruation	too often	too rare			
Menstruation, blood, clotted (lumpy)					
Menstruation worse	before	at start			
Menstruation worse	during	after			
Sexual instinct	strong	weak			
Leucorrhea, acrid					
Urination	profuse	scanty			
Urination	frequent	infrequent			