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.
The symptoms marked in Yellow are especially important and must always be asked.

Air/Weather/Temperature/Wrapping

Desire for open air	Increased	Diminished
Open air	Improves	Aggravates
Room	Improves	Aggravates
Weather / air, wet, damp	Improves	Aggravates
Weather / air, dry	Improves	Aggravates
Weather / air, cold	Improves	Aggravates
Weather / air, wet-cold		Aggravates
Weather / air, warm	Improves	Aggravates
Cold in general	Improves	Aggravates
Cold, when getting cold	Improves	Aggravates
Warmth, in general	Improves	Aggravates
Warmly, from wrapping up	Improves	Aggravates
Uncovering	Improves	Aggravates

Position

Lying position	Improves	Aggravates
Lying, on back	Improves	Aggravates
Lying, on side	Improves	Aggravates
Lying, on right side	Improves	Aggravates
Lying, on left side	Improves	Aggravates
Lying, on painful side	Improves	Aggravates
Lying, on pain-free side	Improves	Aggravates
Sitting	Improves	Aggravates
Sitting, bent over	Improves	Aggravates
Standing	Improves	Aggravates
Lying down, after	Improves	Aggravates
Rising from bed, after getting up	Improves	Aggravates
Rising from seat, after	Improves	Aggravates
Hang down, letting arm/leg	Improves	Aggravates

Movement

Resting (not moving)	Improves	Aggravates
Movement	Desire	Aversion
Movement	Improves	Aggravates
Movement, of affected parts	Improves	Aggravates
Walking	Improves	Aggravates
Running, jogging		Aggravates
Stepping hard		Aggravates
Physical effort		Aggravates

Movement (contd.)

Raising affected limb	Improves	Aggravates
Stretching out affected limb	Improves	Aggravates
Bending over, while	Improves	Aggravates
Sitting down, while	Improves	Aggravates
Rising from bed, while getting up	Improves	Aggravates
Rising from seat, while	Improves	Aggravates
Writing		Aggravates
Traveling (bouncing) in a car		Aggravates

Perception

Light (bright)		Aggravates
Looking, eyes strained		Aggravates
Reading		Aggravates
Touch		Aggravates
Pressure, external	Improves	Aggravates
Rubbing	Improves	Aggravates

Head

Warmly, from wrapping up head	Improves	Aggravates
Shaking head		Aggravates
Sneezing		Aggravates
Teething, during, in children		Aggravates
Talking, speaking		Aggravates
Mental effort		Aggravates

Eating and Drinking

Swallowing	Improves	Aggravates
Chewing		Aggravates
Eating, before		Aggravates
Eating, during	Improves	Aggravates
Eating, after	Improves	Aggravates
Change of appetite	Hunger	No appetite
Desire to drink	Thirst	Thirst absent
Before breakfast, fasting	Improves	Aggravates
After breakfast	Improves	Aggravates
Food and drink, cold things	Improves	Aggravates
Food and drink, warm things	Improves	Aggravates
Drinking, while		Aggravates
Drinking, after		Aggravates

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Eating and Drinking (contd.)

Alcohol		Aggravates
Coffee		Aggravates
Milk		Aggravates
Saliva	Increased	Diminished

Breathing

Breathing		Quickened
Breathing, in (inspiration)		Aggravates
Breathing, out (expiration)		Aggravates

Heart-Circulation

Pulse	Too fast	Too slow
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 often	To rare
Menstruation	Too short	Too long
Menstruation	Profuse	Too weak
Menstruation, blood, clotted (lumpy)		Present
Menstruation worse	Before	At start
Menstruation worse	During	After
Sexual instinct	Strong	Weak
Menstruation, blood, acrid		Present
Urination	Scanty	Profuse
Urination	Frequent	Infrequent

Sleep

While falling asleep		Aggravates
Sleep, during		Aggravates
While/after waking up		Aggravates

Mind and Intellect

Irritability (anger, aggression)		Unusal
Sadness (dejection, inclined to weep)		Unusal
Solitude, being alone	Improves	
Company of people		Aggravates
Consolation		Aggravates
Grinding teeth		Present
Understanding		Difficult