



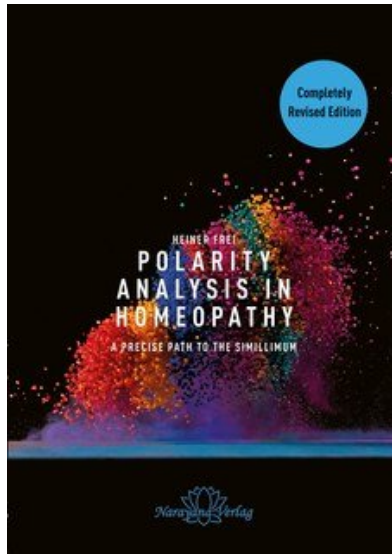
Heiner Frei Polarity Analysis in Homeopathy: A Precise Path to the Simillimum

Reading excerpt

[Polarity Analysis in Homeopathy: A Precise Path to the Simillimum](#)

of [Heiner Frei](#)

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7.3 CHECKLIST FOR RELIABLE SYMPTOMS Copyright Dr. H. Frei, 2018

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

Desire for open air	increased	diminished	Lying, on painful side	improves	aggravates
Open air	improves	aggravates	Lying, on pain-free side	improves	aggravates
Room	improves	aggravates	Sitting	improves	aggravates
Weather / air, wet,	improves	aggravates	Sitting, bent over	improves	aggravates
Weather / air, dry	improves	aggravates	Standing	improves	aggravates
Weather / air, cold	improves	aggravates	Lying down, after	improves	aggravates
Weather / air, warm	improves	aggravates	Rising from bed, after	improves	aggravates
Weather / air, wet-cold		aggravates	Rising from seat, after	improves	
Cold in general	improves	aggravates	Hang down, arm/leg	improves	aggravates
Cold, when getting cold	improves	aggravates			
Warmth, in general	improves	aggravates			
Warmly, wrapping up	improves	aggravates			
Uncovering	improves	aggravates			
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	improves	aggravates			
Rising from seat, while	improves	aggravates			
Writing		aggravates			
Traveling (bouncing) in a car		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

MOVEMENT

Resting (not moving)	improves	aggravates
Movement	desire	aversion
Movement	improves	aggravates
Movem. affected parts	improves	aggravates
Walking	improves	aggravates
Running, jogging		aggravates
Stepping hard		aggravates
Physical effort		aggravates

BREATHING

Breathing		quickened
Breathing, in		aggravates
Breathing, out		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, 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

PERCEPTION

Light (bright)		aggravates
Looking, eyes strained		aggravates
Reading		aggravates
Touch		aggravates
Pressure, external	improves	aggravates
Rubbing	improves	aggravates

HEAD

Warmly, wrapping up head	improves	aggravates
Shaking head		aggravates
Sneezing		aggravates
Teething, during, in Children		aggravates
Talking, speaking		aggravates
Mental effort		aggravates

EATING/DRINKING

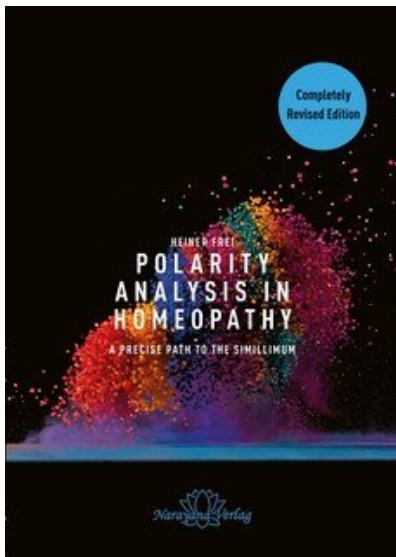
Swallowing	improves	aggravates
Chewing		aggravates
Eating, before		aggravates
Eating, during	improves	aggravates
Eating, after	improves	aggravates
Change of appetite	hunger	no appetite
Desire to drink	thirst	no thirst
Before breakfast, fasting	improves	aggravates
After breakfast	improves	aggravates
Food and drink, cold things	improves	aggravates
Food and drink, warm things	improves	aggravates
Drinking while		aggravates
Drinking, after		aggravates
Alcohol		aggravates
Milk		aggravates
Coffee		aggravates
Saliva	increased	diminished

SLEEP

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

MIND AND INTELLECT

Irritability (anger, aggression) unusual		
Sadness (dejection, inclined to weep) unusual		
Solitude, being alone	improves	
Company of people		aggravates
Consolation		aggravates
Grinding teeth		
Understanding difficult		



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Textbook

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