



Polarity Analysis

Module 12: Multimorbid Patients

Heiner Frei

Definition of Multimorbidity

We define multimorbidity as the simultaneous occurrence of three or more diagnoses or types of complaint.

Special Features of Casetaking

1. Patients receive a *checklist for each complaint*.
2. *Case log and graphic control of progress*

Casetaking Sequence

1st Consultation		2nd Consultation
Patient history	Preparation time at least one week	Examination of checklist, discussion of symptoms, additional casetaking
Clinical examination		Creation of case log
Diagnosis		Repertorisation
Indication for homeopathy		Materia medica comparison
Explanation of Checklist		Remedy selection

Case Log

The following information is entered into the spreadsheet file for the case log (available at www.heinerfrei.ch):

Diagnoses

Start of each illness

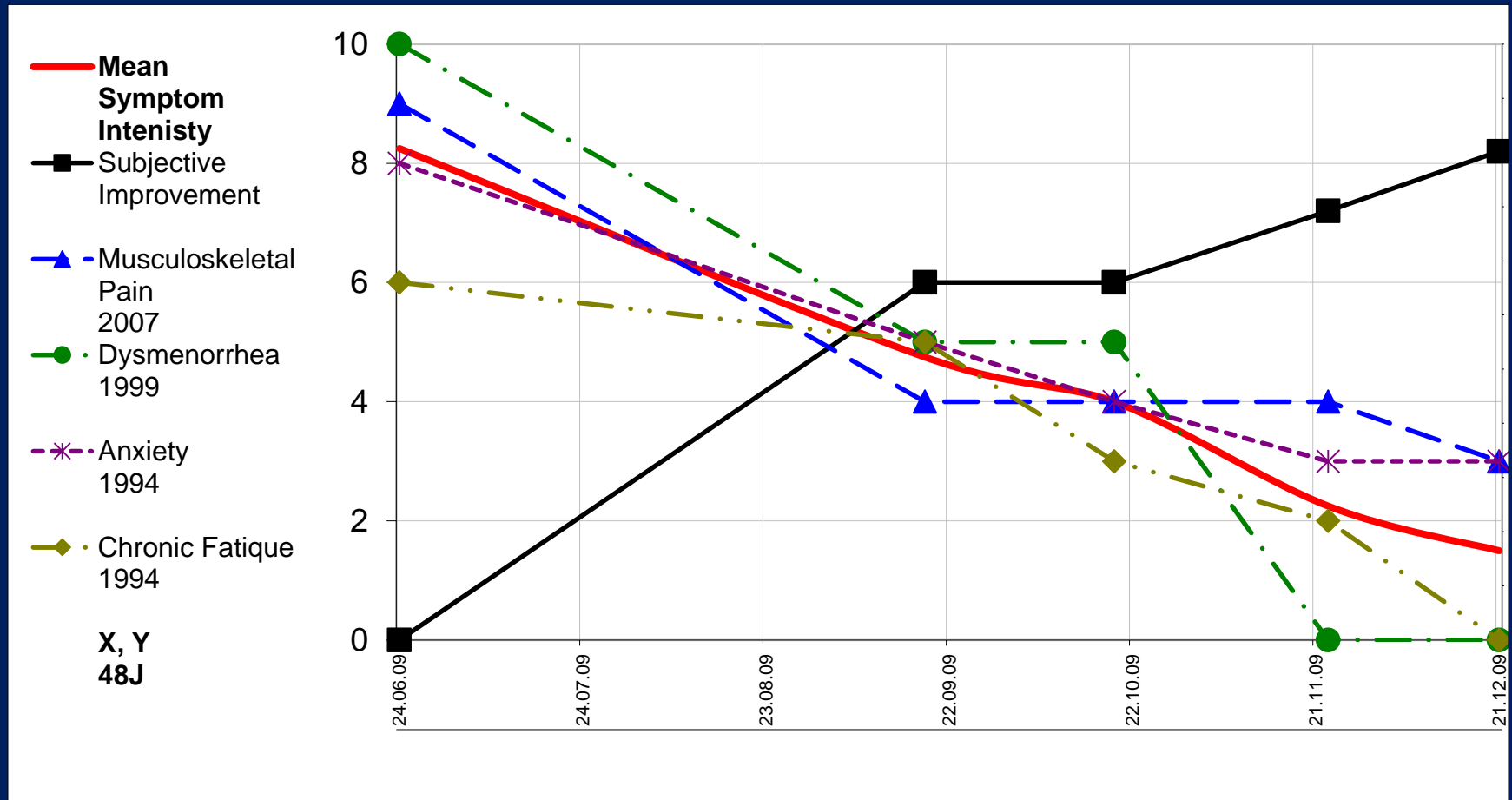
Frequency of complaints

Most important symptoms

Intensity of complaints (scale 1-10)

The spreadsheet file automatically generates a progress check graphic.

Progress Check Graphic



How to Use the Case Log

- Differentiate symptoms from characteristics:

Symptoms are always related to illness.

Characteristics concern how the patient feels also when healthy. They are not symptoms. For example, the following are very often regarded as symptoms – but make sure that they are only related to illness:

Open air, desire for

> *Open air*

> *Physical exercise*

Thirst / lack of thirst

How to Deal with a Multitude of Symptoms

It is preferable to limit the use of polar symptoms for repertorisation to the 16 most important ones.

If the patient presents you with far more symptoms than this, you can take one of these two approaches:

Restrict repertorisation to the main symptom (Boenninghausen)

Or if the various complaints occur at different times:

Restrict repertorisation to the more recent illnesses (Hering)

Basic Principles of Repertorisation

- **First repertorisation with only polar symptoms**, especially modalities.
- **Omit contradictory symptoms.**
- **Do not repertorise mind symptoms.** These are only considered during the materia medica comparison.

Interpretation of the Repertorisation

- Prioritise especially **remedies with a large polarity difference**, and clarify everything that is unclear or contradictory together with the patient.
- **Discuss contraindications (CIs)** of remedies with a large polarity difference together with the patient: does the CI disappear if the symptom is formulated differently, e.g.
wet compress, worse (40 remedies)
when getting cold, worse (78 remedies)?

Assistance by Polarity Analysis Software

▶ Kaltwerden

Abkühlung des Körpers, allg. oder teilweise

bessert

verschlimmert

Alternative Symptome:

Umschläge, feuchte

bessert

verschlimmert

Kälte allg.

bessert

verschlimmert

Entblößung

bessert

verschlimmert

Nahrungsmittel, Kaltes

bessert

verschlimmert

Nahrungsmittel, kaltes Wasser

bessert

verschlimmert

Wetter/Luft kalt

bessert

verschlimmert

Criteria for Remedy Selection

- The higher the polarity difference, the better the remedy covers the patient's symptoms, assuming there are no contraindications.
- Are missing symptoms really relevant? Check with the patient.
- Are the key areas of complaint covered in the materia medica comparison?

Dosage

- In most cases we start treatment with the **potency 200 C** and – if the response is good – continue with potencies **M, XM, LM, CM** at monthly intervals.
- If it is not possible to immediately stop conventional medical treatment, we use **Q potencies**, beginning with **Q₃**, then switching up at monthly intervals in steps of three to **Q₆, Q₉, Q₁₂,... etc.**

Monthly Checkups

Questions for the patient:

- Progress of the illness in the previous month, reactions, new symptoms, overall improvement (in percent)
- Intensity rating of individual symptoms (scale 0-10)

Decision by doctor:

- Prescribe next highest potency or select another remedy?

Change of Remedy

Multimorbid patients are mostly multi-layered cases, which have to be treated with a series of remedies.

Indications for a change of remedy: Insufficient improvement, worsening, appearance of new symptoms.

- **Procedure:** The patient underlines symptoms that are still present in the case log, and notes any new symptoms.
- **Repertorisation** is done with the new symptoms and the remaining symptoms.

Case: Mr Gerard G, 33 yrs old

Diagnoses

- Chronic fatigue syndrome
- Permanent headache
- Rheumatoid arthritis
- Recurrent ENT infections

Case Log

Diagnosis	Freq.	Symptoms	Intensity			
			Initial	1	2	3
Chronic fatigue 2 months	always	Sleepiness Dazed feeling Tiredness Drunk feeling Seriousness (<i>always</i>) Sleep soundly, deep Irritability – P* Sadness – P < Anger, fury > Movement – P (<i>always</i>) > Open air – P (<i>always</i>)	8	4	2	2

Case Log (cont.)

Diagnosis	Freq.	Symptoms	Intensity			
			Initial	1	2	3
Headache 12 months	always	Dull pain < Worry / annoyance < After eating – P < Cold – P < Getting cold – P < Physical exercise – P < Looking at sthg. close up – P < Shaking head – P < Light – P > Wrapping up head – P > Rubbing – P > Rest	9	0	0	0

Case Log (cont.)

Diagnosis	Freq.	Symptoms	Intensity			
			Initial	1	2	3
Arthritis 6 weeks	always	Wrist / hip right Muscles tense Muscles shortened Cracking in joints < Movement – P < Sitting– P < Cold weather – P > Warmth – P > Rubbing – P Open air, aversion – P	4	4	2	0

Case Log (cont.)

Diagnosis	Freq.	Symptoms	Intensity			
			Initial	1	2	3
ENT infections 10 years	6x/year	Sore throat Aphthae Mucocoeles < Swallowing – P < In winter < Weather cold – P < Inhaling cold air – P < Movement – P < Physical exercise – P < Talking	6	0	0	0

Repertorisation

Only the polar symptoms are used for repertorisation.

G. G.

Chronic fatigue, Headaches, Rheumatoid Arthritis, recurrent ENT-Infections

			Nux-v.	Hep.	Bry.	Phos.	Rhus.	Chin.	Cic.	Merc.	Staph.	Cocc.
Hits			14	14	14	14	14	14	14	14	14	13
Sums			42	37	38	36	37	32	23	28	25	33
Polarity Difference			32	32	28	23	22	22	18	14	11	28
121	< eating, after [worse]	P	5	2	4	4	4	3	1	1	1	2
90	< cold in general [worse]	P	4	4	2	2	4	2	3	1	2	3
70	< physical effort [worse]	P	3	2	4	2	4	3	1	2	1	3
85	< looking, at something close-up, strai	P	1	1	1	3	1	1	3	1	2	1
71	< shaking head [worse]	P	4	3	3	2	1	1	1	2	2	2
80	< light in general [worse]	P	3	3	2	4	1	3	1	3	1	1
56	> warmly, from wrapping up [better]	P	3	4	1	1	4	2	3	2	2	3
74	> rubbing [better]	P	1	1	2	4	2	2	2	3	2	
117	> resting (not moving) [better]	P	4	3	4	3	1	1	2	3	3	3
126	< movement, during [worse]	P	4	3	4	3	1	3	2	3	3	3
126	< sitting [worse]	P	1	1	1	1	4	2	1	1	1	1
86	air, aversion to open air	P	4	3	3	1	3	3	1	2	2	4
93	< swallowing [worse]	P	3	4	4	3	3	2	1	3	1	3
77	< talking, speaking [worse]	P	2	3	3	3	4	4	1	1	2	4

Interpretation

- Nine remedies cover all symptoms.
- Four of these have no contraindications.
- Hepar sulfur is the outstanding remedy due its large polarity difference.

Hepar sulfuris calcarea



Prescription and Progress – 1

11.06.09 → Hepar-sulf 200 C

02.07.09 → Improvement 70%, continue with Hep-s M

10.08.09 → Improvement 85%, continue with Hep-s XM

14.10.09 → Improvement 90%, continue with Hep-s LM

28.11.09 → Improvement stagnates, patient is very tired after antibiotic treatment for borreliosis.

→ New casetaking

Remaining Symptoms

- Irritability
- Sleepiness, tiredness
- Cold weather aggravates – P
- Sitting aggravates – P
- Warmth ameliorates – P
- Aversion to movement – P
- Physical exercise aggravates – P
- Mental exertion aggravates – P

G. G.

Second Remedy

			Ars.	Nux-v.	Lyc.	Lach.	Sep.	Calc.	Nat-m.	Phos.	Zinc.
Hits			7	7	7	7	7	7	7	7	7
Sums			22	25	24	18	20	16	17	14	12
Polarity Difference			19	18	15	15	12	11	10	10	10
88	< weather / air, cold [worse]	P	4	4	3	3	3	3	2	3	1
90	> warmth, in general [better]	P	4	4	1	2	2	1	1	2	1
68	movement, aversion to	P	4	4	3	2	2	1	3	2	2
70	< physical effort [worse]	P	4	3	5	1	2	3	3	2	3
65	< mental effort [worse]	P	2	5	5	5	4	4	4	1	1
126	< sitting [worse]	P	2	1	4	3	4	2	1	1	2
64	irritability (anger, aggression)	P	2	4	3	2	3	2	3	3	2
44	> weather / air, cold [better]			1	3	2	2	1	1	1	
73	< warmth, in general [worse]			1	2	1	1	1	2	1	
58	movement, desire for		2	1	1		1	1			
6	> physical effort [better]						4/CI		1		
3	> mental effort [better]										
101	> sitting [better]		1	4/CI				2	2	2	1
37	mildness				3				1		1

Interpretation

- 18 remedies cover all symptoms.
- 10 of these have no contraindications.
- *Arsenicum album* has by far the highest polarity difference.

Prescription and Progress – 2

28.11.09 → Ars-a 200 C

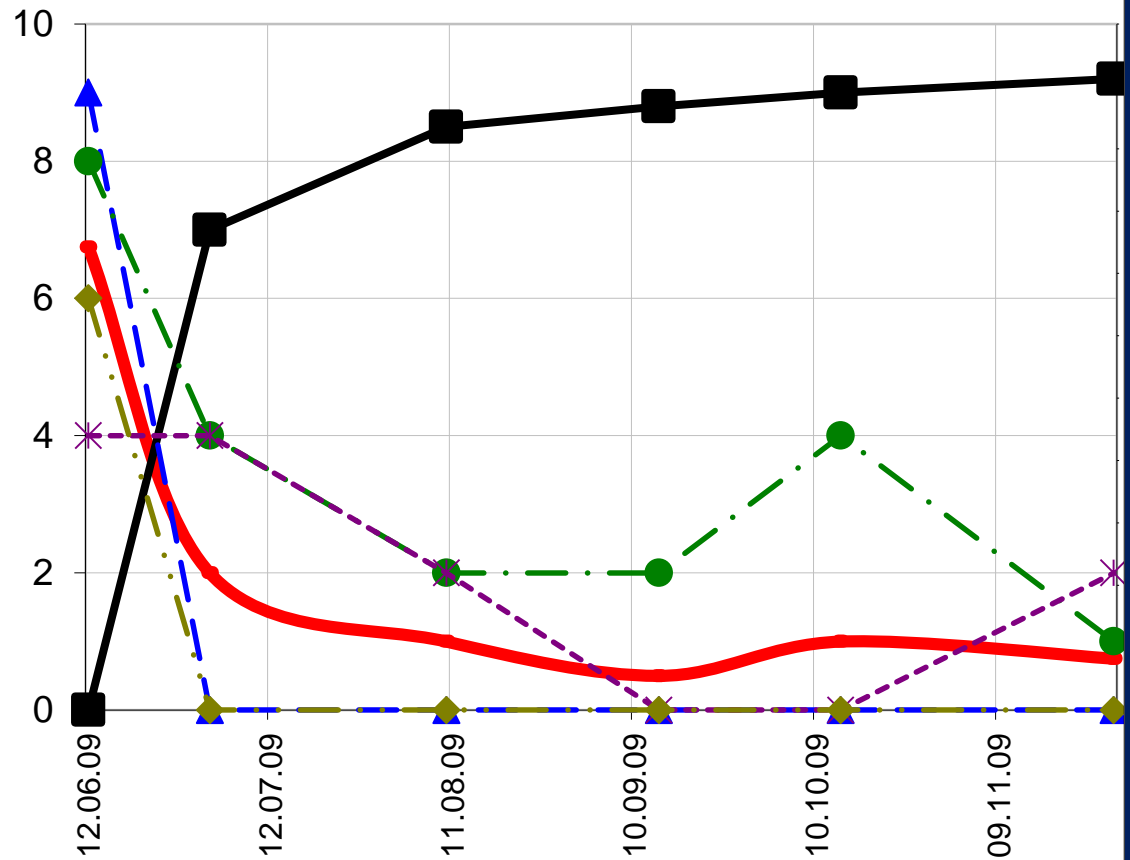
25.01.10 → Improvement 100% → continue with
Ars-a M, XM, LM at monthly intervals

25.05.10 → Improvement remains stable at 100%,
no further remedies prescribed.
No new illness since this time.
Period of observation: > 4 years

Progress Check Graphic G. G.

- Mean Symptom Intensity
- Subjective Improvement
- ▲- Headaches
- Exhaustion
- *-- Joint pains
- ◆ ENT infections

G.G., 33 yrs old



Homeopathic treatment of multimorbid patients: a prospective outcome study of 12 months duration.

Study Design

- Open prospective outcome study with homeopathic treatment of 50 multimorbid patients, 12 months duration.
- Conventional medical treatment stopped or phased out in the initial phase of the study (exception: hypertension treatment).

Questions

1. Which diagnoses frequently occur in multimorbid patients?
2. What is the proportion of patients successfully treated with homeopathy?
3. What is the monthly improvement rate?
4. How often is it necessary to change remedies?
5. Which treatments are unsuccessful and why?
6. What is the spectrum of remedies used?
7. How much time does the doctor require?
8. How do the costs for homeopathy compare to the costs for conventional medicine?

Outcome Parameters

- We regard patients as **successfully treated** when they show an **overall improvement in their complaints of at least 80%** at the end of the twelve-month study period.
- To evaluate the improvement, patients were asked about each symptom: is it *the same, better, gone* or *worse*? Patients then had to rate the ***intensity of each symptom***, and finally rate the **overall improvement** on a scale of 1-10.

Inclusion Criteria

- Age 20 or older
- Three or more conventional medical diagnoses
- Potentially curable symptoms
- Willingness to gradually reduce and stop any conventional medical treatment
- Agreement to monthly checkups for one year

Exclusion Criteria

- Life-threatening illness (coronary heart disease, malignant tumours)
- Illnesses requiring substitution treatment (diabetes mellitus, hypothyroidism)
- Anticoagulant treatment

Study Participants

• Women	39	(78%)
• Men	11	(22%)
• Average age	47.4 years	(24-73)
• Number of diagnoses per patient:	5.7	(2-12)

Results

Most Common Diagnoses

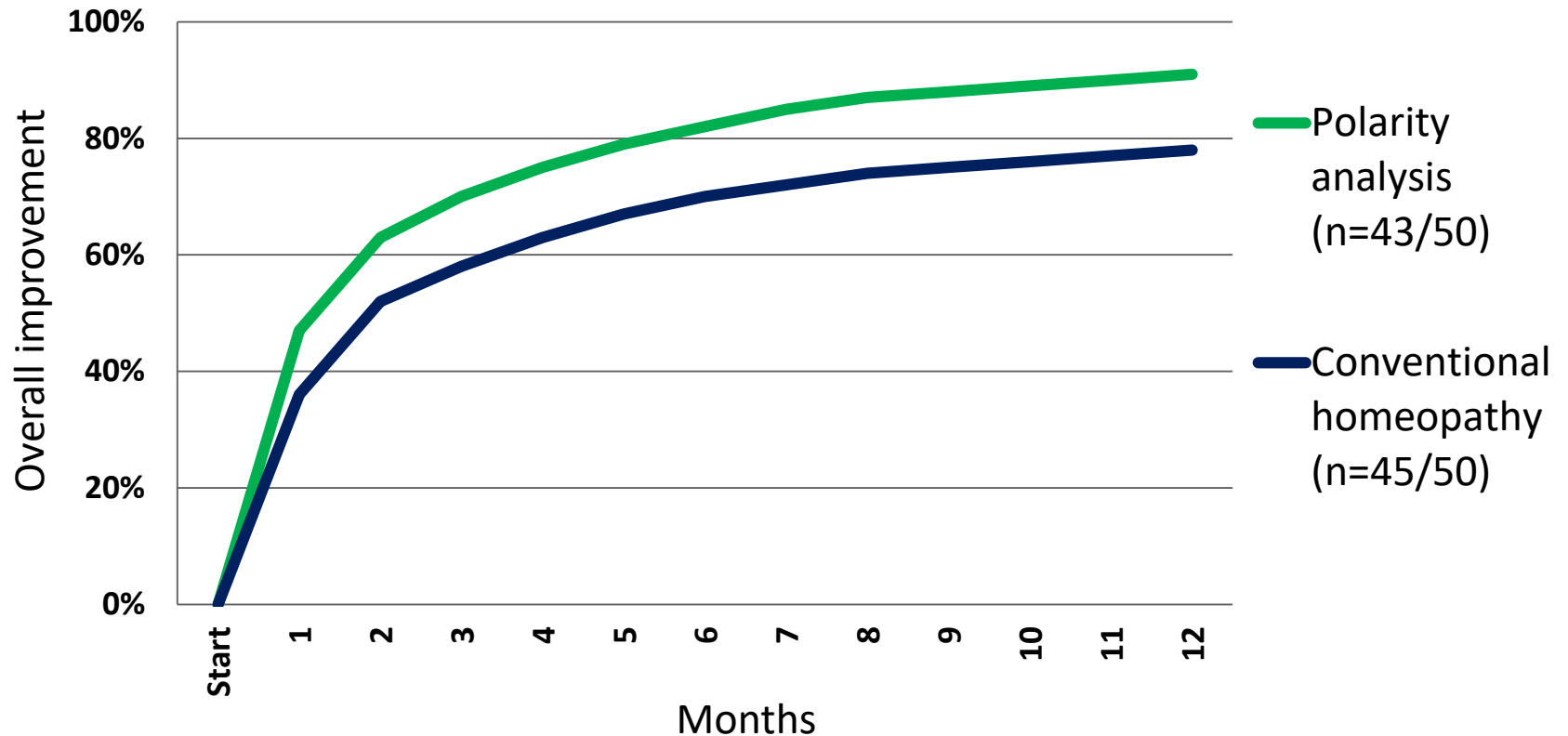
- Asthma
- Soft tissue rheumatism, chronic arthritis
- Dysmenorrhoea, menopausal complaints
- Recurrent respiratory infections
- Cardiac dysrhythmia, heart failure
- Heartburn, irritable bowel
- Headache, migraine
- Depression, anxiety disorders, exhaustion
- Disturbances falling and staying asleep
- Recurrent cystitis

What level of improvement is possible in what percentage of patients?

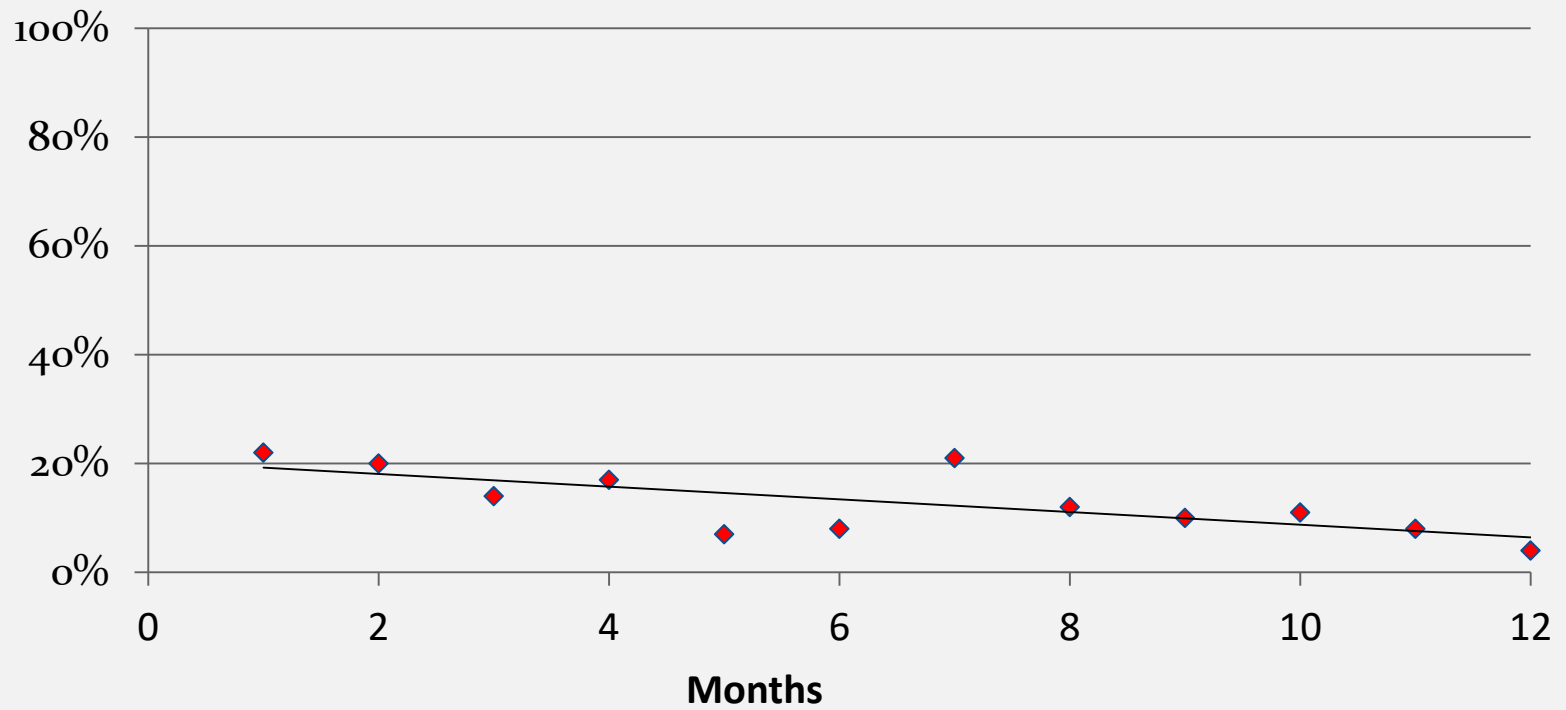
Proportion of cured patients (> 80% improvement)	86 %
Average improvement after one year	91 %

Improvement over Time

Polarity Analysis vs. Conventional Homeopathy for Multimorbid Patients : Long Term Progress



Percentage of Remedy Changes at Checkups



Patients Who Dropped Out

Diagnoses	Reasons for dropping out
Depression, dysmenorrhoea, migraine	Inadequate response
Depression, vertigo, polyarthritis	Lack of preparation for casetaking (compliance)
Ankylosing spondylitis, migraine, dysmenorrhoea	Inadequate response, pregnancy
Nasal polyps, asthma, headache	Inadequate response
Rheumatoid arthritis, depression, dysmenorrhoea	Inadequate symptom observation (compliance)
Lumbago, chron. rhinitis, migraine	Poor compliance at checkups
Sleep and anxiety disorders, polyarthritis	Improvement after 12 months only 55%

Remedy Spectrum

- 39 remedies in total were successfully used once or several times.
- The following remedies were used frequently:
Nux-v, Sil, Nat-m, Lyc, Hep-s, Rhus-t, Sep, Ars-a, Graph, ...

Cost Comparison: Homeopathy vs. Conventional Medicine

	Homeopathy		Conventional medicine	
Time required by doctor	260 mins	533 euros	220 mins	451 euros
Medication		105 euros		1121 euros
TOTAL		638 euros		1572 euros
		41%		100%

Conclusions of the Study

- Homeopathy is able to provide a substantial part of primary health care.
- It costs almost 60% less than conventional medicine.
- By concentrating on reliable symptoms and using proven tools, 86% of patients can be successfully treated.

Thanks for your attention!