

# Homeopathy and Polarity Analysis Basics

## Module 3 Critical Handling of Checklists How to avoid Pitfalls

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# Checklists in Homeopathic Casetaking

## 1 Introduction

Checklists and questionnaires have been used throughout the history of homeopathy. Casetaking according to Hahnemann's instructions (ORG VI, §§ 83-95) requires 1½ to 3 hours. Hahnemann, Boenninghausen, Hering, Kent and Boger all had primary care practices with many patients and therefore felt compelled to find ways to reduce casetaking to the essentials. Hahnemann recommended his patients to read the Organon to prepare for casetaking. With the publication of "Die homöopathische Diät" ("The Homeopathic Diet"), Boenninghausen created the first questionnaire in the history of homeopathy. Kent also used his "Small Interrogatorium" – which was in fact very comprehensive – to log his patients' symptoms. Opinions on the subject of questionnaires may well differ but the fact is that the time available in a primary care practice is almost always insufficient to conduct casetaking according to the dictates of the Organon – we need to find more efficient ways of finding our patients' symptoms.

### Advantages of Checklists

- They require patients to reflect on their symptoms.
- They elicit more precise and complete symptoms.
- They save time and achieve better results.
- They make it possible to practice homeopathy in a primary care setting.

### Disadvantage

The casetaking is not open-ended.

With polarity analysis there is a method available to enable individual remedy selection quickly, with high-quality and reproducible results. Yet polarity analysis relies on checklists to receive reliable symptoms. In this module we concentrate on their critical use, demonstrating the application in a number of cases posing different problems. An important prerequisite for success is to avoid uncritically repertorising the symptoms marked by the patient. Instead, it is important to examine each

symptom and question the patient as necessary. After the repertorisation, it is necessary to check whether the result is consistent and comprehensible. The patient must be present during remedy selection so we can ask questions.

## 2 Reliability Criteria for Symptoms

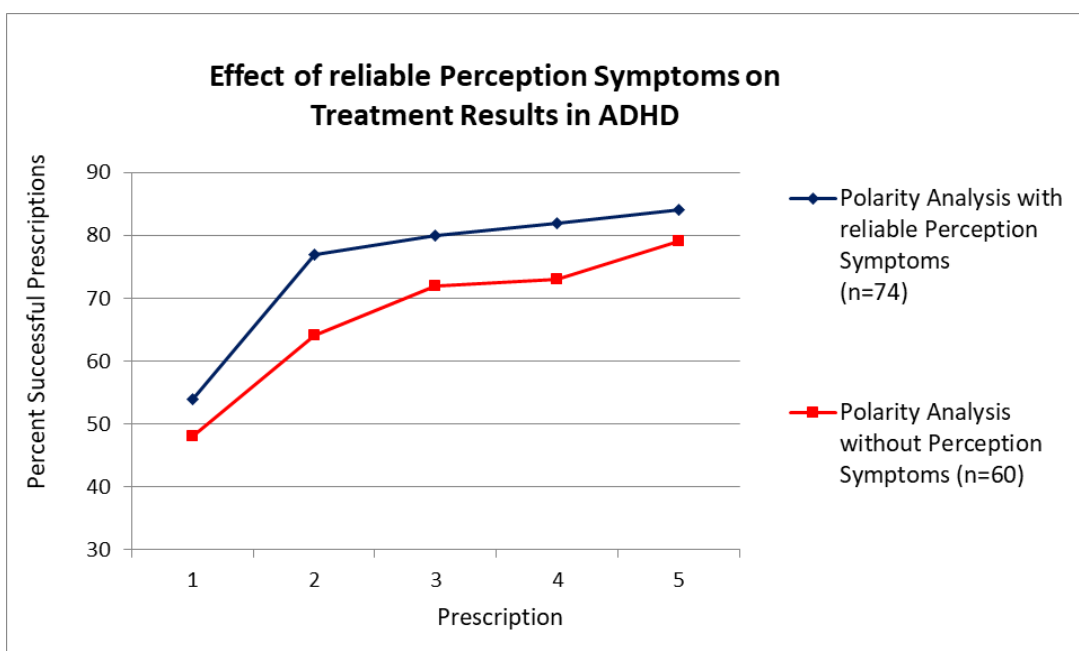
### *What is the Problem?*

The patient describes the symptoms in his language, and the prover who has entered the symptoms into the materia medica did that too. But do they mean the same with their words? Between prover and patient there may be a time-gap of 200 years and a great cultural difference.

### *Unreliable Symptoms*

In a study with 100 ADHD patients we found 77 symptoms, that had prevented a correct prescription at first attempt.

- 44 Mind symptoms
- 11 Modalities
- 6 Motor symptoms
- 6 Food symptoms (desire, aversion,aggravation)
- 6 Weather modalities
- 4 Perception symptoms



*Reliable Symptoms should*

- be characteristic
- not allow interpretations
- be clearly observed by the patient
- have at least 10 associated remedies

***Levels of Reliability***

In 30 years of homeopathic research and practice three levels of symptom reliability have emerged:

- High reliability
- Intermediate reliability
- Low reliability

For the success of a prescription it is important to repertorize mainly highly reliable symptoms.

*High Reliability*

- Polar symptoms
- Modalities
- Perception symptoms

In all these categories there are numerous exceptions (see: <http://polarity-analysis.com>)

*Intermediate Reliability*

- Some Polar Mind Symptoms
- Some sensations
- Color and consistency of some excretions
- Some skin symptom
- Localisations

*Low reliability*

- Most mind symptoms
- Many sensations
- Color and consistency of most excretions

- Many skin symptoms
- Symptoms with less than 10 associated remedies
- Symptoms with unclear meaning

To make life easier for you we have assigned a reliability level to every symptom in our polarity analysis software, see repertorisation table below.

**Green = High Reliability**

**Yellow = Intermediate Reliability**

**Red = Low Reliability**

Eve A.

Mouth and Foot Disease

		Bry.	Spig.	Phos.	Nux-v.	Rhus.	Cham.	Merc.	Carb-v.	Nit-ac.	Sil.	Lach.	Staph.	Sep.	Calc.	Graph.	Borx.	
Hits		14	14	14	14	14	13	13	13	13	13	13	13	13	12	12	12	
Sums		39	30	28	38	35	30	32	25	24	26	27	23	26	30	26	22	
Polarity Difference		14	13	8	5	1	11	10	9	8	5	4	2	0	16	10	9	
126	< movement, during [worse]	P	4	3	3	4	1	1	3	1	2	1	1	3	1	2	3	2
93	< swallowing [worse]	P	4	2	3	3	3	2	3	1	3	1	2	1	3	2	1	1
79	< rising from bed, while getting up [wo]	P	4	3	3	3	3	3	1	4	2	3	4	3	2	3	3	
47	< sneezing [worse]	P	3	3	1	3	3	3	3	3	1	1	1	1	3	2	2	3
110	< open air [worse]	P	1	3	1	4	2	3	3	3	2	4	4	2	1	2	1	1
73	> cold in general [better]	P	1	1	1	1	1	2	1	1	1	1	1	1	1	1	1	1
37	> uncovering [better]	P	1	3	2	1	1	2	1	1	1	1	2	1	3	3	3	
99	thirst	P	4	1	1	3	3	4	4	3	3	3	1	1	2	4	1	2
112	< lying down, after [worse]	P	3	1	3	1	4	3	3	3	2	1	1	1	3	3	3	2
106	> lying position [better]	P	4	2	1	4	1	1	2	1	1	1	2	1	3	2	2	1
126	< sitting [worse]	P	1	1	1	1	4	1	1	1	1	2	3	1	4	2	4	2
117	saliva, increased	P	3	3	4	4	4	3	4	2	3	3	3	3	3	3	3	2
47	ulcerative pain, in internal parts		3	2	1	4	3	2	3	1	2	2	4	2	1			2
13	> drinking, after [better]	P	3	2	3	2	2					3						2
102	> movement, during [better]		1	1	1		4/CI	2	3	1	1	1	2	1	3/CI	1		
47	> swallowing [better]			1	1	3	1		2	1	1		3/CI	2			2	
41	> rising from bed, while [better]					3		1						4/CI				
1	> sneezing [better]																	
93	> open air [better]		2	1	3/CI	1	1		1	1		3	1	1	1	3/CI	2	
90	< cold in general [worse]		2	2	2	4/CI	4/CI	1	1	2	1	3/CI	2	2	2	1	2	3/CI
56	< uncovering [worse]		1		1	3/CI	4/CI	2	1		4/CI	1	2	2		2	1	
86	thirst, absent		1	3/CI	2	2	2		1	1		1	3/CI	3/CI	1			
100	> lying down, after [better]		4/CI	3/CI	1	4/CI	1	1	1	3	1	1	3/CI	2	4/CI	3		
125	< lying position [worse]		1	1	1	1	4/CI	4/CI	1	2	1	4/CI	2	1	3/CI	1	1	2
101	> sitting [better]		4/CI	1	2	4/CI	1	2	3/CI	2	1	1		2	2	1	2	
111	saliva, diminished		3	1	4	3	2	3	3	1	3	1	3	1	3	3	1	1
71	< drinking, after [worse]		3	1	1	4/CI	4/CI	2	1	1	3/CI	4/CI	1	1	2		1	

## Case 1

Since three days 2-year old Eve has 39° fever, does not eat anymore and salivates strongly. And she has a skin eruption on hands, feet and in the genital region. Her mother suspects chickenpox. The examination reveals a highly febrile child in reduced general condition. The skin eruption is vesicular and erosive, and she has multiple aphthous lesion in her mouth.

Diagnosis: *Mouth- and Foot-Disease.*

*Checklist*

Salivation increased-P

Aversion to movement-P\*

&lt; Movement-P

&lt; Swallowing-P

&lt; Sitting-P

&lt; Rising from bed, while-P

&lt; Sneezing-P

&lt; Open air-P

&lt; Weather damp, wet-P\*

&lt; After Lying down-P

&gt; Lying position-P

&gt; Sleep during-P\*

&gt; Cold in general-P

&gt; Uncovering-P

Thirst-P

&gt; Drinking, after-P\*

Loss of appetite-P

Ulcerative pain inner parts

P=Polar Symptoms

*Discussion of symptoms with mother**Aversion against movement* = < *Movement*< *Weather damp, wet* = < *Open air*> *During sleep* = > *Lying position**Loss of Appetite* = < *Swallowing*

We first make a repertorisation with these corrections and *without* considering the reliability criteria. The result is the differential diagnosis shown on page 5 (above).

*Interpretation*

*Carbo vegetabilis* is the only remedy, that covers everything, and has no contraindication. But it has only a rather low polarity difference. Now we omit the symptoms with intermediate and low reliability (*Saliva increased, ulcerative pain in inner parts and > after drinking*).

## Eve A.

Mouth and Foot Disease

		Calc.	Bry.	Cham.	Nit-ac.	Lyc.	Merc.	Spig.	Chin.	Carb-v.	Nux-v.	Phos.	Led.	Lach.	Sep.	
Hits		11	11	11	11	11	11	11	11	11	11	11	11	11	11	
Sums		27	30	25	19	26	25	23	23	22	28	20	20	20	22	
Polarity Difference		16	14	13	11	10	10	10	10	9	6	6	6	5	2	
126	< movement, during [worse]	P	2	4	1	2	1	3	3	3	1	4	3	4	1	1
93	< swallowing [worse]	P	2	4	2	3	2	3	2	2	1	3	3	1	2	3
79	< rising from bed, while getting up [wo]	P	3	4	3	2	3	1	3	2	4	3	3	2	4	2
47	< sneezing [worse]	P	2	3	3	1	3	3	3	1	3	3	1	1	1	3
110	< open air [worse]	P	2	1	3	2	1	3	3	3	3	4	1	2	4	1
73	> cold in general [better]	P	1	1	2	1	2	1	1	1	1	1	1	3	1	1
37	> uncovering [better]	P	3	1	2	1	4	1	3	2	1	1	2	1	1	1
99	thirst	P	4	4	4	3	1	4	1	4	3	3	1	1	1	2
112	< lying down, after [worse]	P	3	3	3	2	4	3	1	2	3	1	3	2	1	3
106	> lying position [better]	P	3	4	1	1	1	2	2	1	1	4	1	2	1	1
126	< sitting [worse]	P	2	1	1	1	4	1	1	2	1	1	1	1	3	4
102	> movement, during [better]		1	1	2	1	4/CI	3	1	1	1		1		2	3/CI
47	> swallowing [better]					1		2	1	1	1	3	1	3/CI	3/CI	
41	> rising from bed, while [better]						3	1		2				3/CI		4/CI
1	> sneezing [better]															
93	> open air [better]		1	2		1	2	1	1		1	3/CI		3	1	
90	< cold in general [worse]		1	2	1	1	1	1	2	2	2	4/CI	2	1	2	2
56	< uncovering [worse]			1	2			1		2		3/CI	1	1	1	2
86	thirst, absent		1	1		1	1	1	3/CI	2	1	2	2	2	1	3/CI
100	> lying down, after [better]		4/CI	4/CI	1	1	1	1	3/CI	1	3	4/CI	1	1	1	2
125	< lying position [worse]		1	1	4/CI	1	4/CI	1	1	1	2	1	1	1	2	3/CI
101	> sitting [better]		2	4/CI	2	1		3/CI	1	1	2	4/CI	2	2		

## Interpretation

Now Nitricum acidum moves up front. It is obvious, that this remedy fits the child's symptoms very well.

### *Materia medica comparison for Nitricum acidum (GS)*

Inner Mouth: Ulcers: sticking pains as from a splinter, within cheeks, on edges of tongue, Aphthae or stomatitis. Profuse salivation. Swallowing very difficult. Lips swollen and itching, ulcerated and blistered. Thirst.

### *Remedy and Progress*

The patient receives *Nitricum acidum C 200*. - Within 24 hours the skin eruptions and the fever disappear and she begins to eat again. At a control one week later everything is normal.

### *Conclusion*

If we include symptoms of intermediate and low reliability in the repertorisation we may get other results, than with symptoms of high reliability alone. In our patient we would probably have missed the best fitting remedy.

## Evaluation of Reliability Criteria in Acute Disease

### *Test cohort*

For 50 patients with a variety of acute disease the repertorisation was made with highly reliable symptoms only.

### *Control group*

For 256 patients with a variety of acute disease we did not consciously care about the reliability criteria

### *Outcome criteria*

1st Hit: First remedy achieves cure within 2 days.

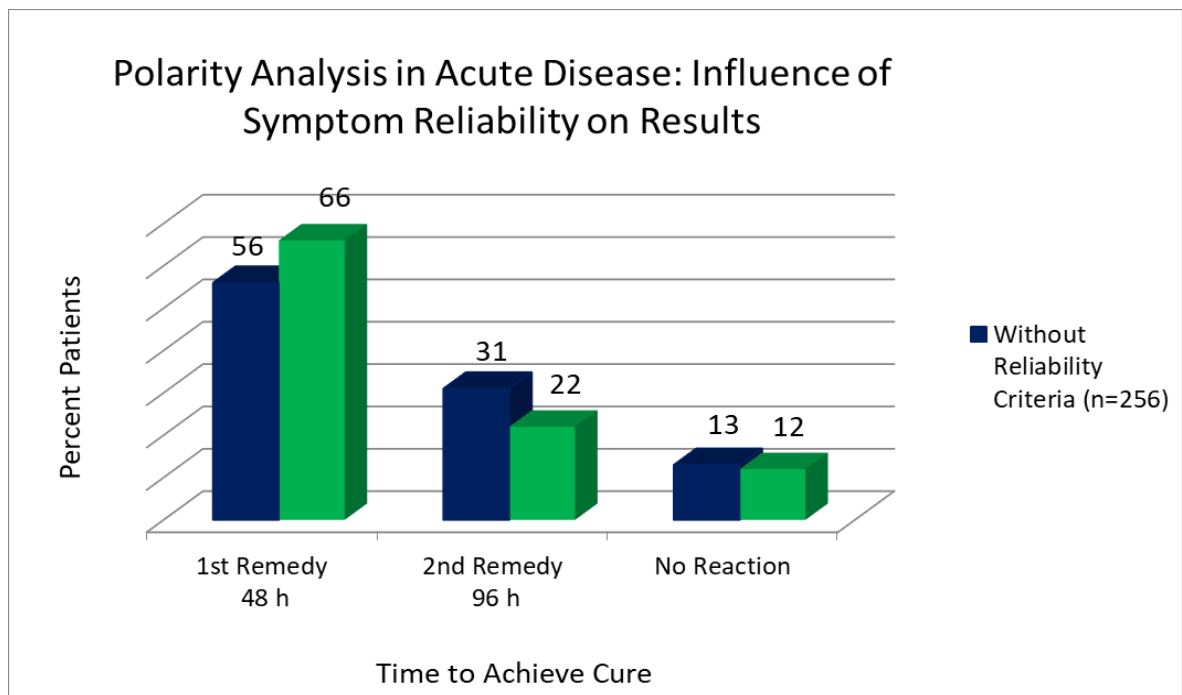
2nd Hit: Reserve remedy achieves cure within two further days.

No Reaction: Neither the first nor the second remedy achieve cure. Second consultation necessary.

### *Follow-up*

Parents/patients report the outcome after 7 days.

## Results



### *Conclusion*

Narrowing the repertorisation down to highly reliable symptoms increases the precision of homeopathic prescriptions by 10%, as compared to a conventional procedure.



# Dealing with Checklists: The Polarity Analysis Experience

Today we have two checklists: One for *reliable symptoms* and one for *perception disorders*. And we have a questionnaire for *Diagnoses and Mainsymptoms*. You can download them from our website or from the polarity analysis software [www.heinerfrei.ch](http://www.heinerfrei.ch) and <http://polarity-analysis.com>.

Polarity Analysis: Checklist of reliable Symptoms					Copyright H. Frei, 2017	
Last Name , First Name:			Date:			
Diagnosis, Primary and Secondary Symptoms (description):						
<b>Mark between 8 and 16 important symptoms that pertain to the current disease.</b>						
Symptoms are changes during a disease that differ from the healthy state.						
Air, Weather, Temperature, Wrapping			Movement (continued)			
Desire for open air	increased	diminished	Physical effort			aggravates
Open air	improves	aggravates	Raising affected limb	improves		aggravates
Room	improves	aggravates	Hang down, letting limbs	improves		aggravates
Weather / air, wet, damp	improves	aggravates	Stretching out affected limb	improves		aggravates
Weather / air, dry	improves	aggravates	Bending over, while	improves		aggravates
Weather / air, cold	improves	aggravates	Standing up / straightening up	improves		aggravates
Weather / air, warm	improves	aggravates	Sitting down, while	improves		aggravates
Cold in general	improves	aggravates	Rising from bed, while	improves		aggravates
Cold, when getting cold	improves	aggravates	Rising from seat, while	improves		aggravates
Warm, becoming heated in bed	improves	aggravates	Turning affected part	improves		aggravates
Warmth, in general	improves	aggravates	Walking up stairs, hill	improves		aggravates
Warmth, of room or stove	improves	aggravates	Walking down stairs, hill	improves		aggravates
Warmly, from wrapping up	improves	aggravates	Writing			aggravates
Uncovering	improves	aggravates	Traveling (bounding) in a vehicle			aggravates
Wet compress on body	improves	aggravates	Muscles	flabby		tense
Wet, getting, drenched		aggravates	Perception			
Position			Light in general		improves	aggravates
Lying position	improves	aggravates	Darkness		improves	aggravates
Lying, on back	improves	aggravates	Looking, eyes strained			aggravates
Lying, on side	improves	aggravates	Reading			aggravates
Lying, on right side	improves	aggravates	Touch			aggravates
Lying, on left side	improves	aggravates	Pressure, external		improves	aggravates
Lying, on painful side	improves	aggravates	Rubbing		improves	aggravates
Lying, on pain-free side	improves	aggravates	Noises			aggravates
Sitting	improves	aggravates	Smell		sensitive	diminished
Sitting, bent over	improves	aggravates	Taste			diminished
Standing	improves	aggravates	Discomfort, Side		left	right
Lying down, after	improves	aggravates	Head			
Rising from bed, after	improves	aggravates	Warmly, from wrapping up head		improves	aggravates
Rising from seat, after	improves	aggravates	Shaking head			aggravates
Resting limbs on something	improves	aggravates	Movement, of head			aggravates
Movement			Movement of eyes			aggravates
Resting (not moving)	improves	aggravates	Eyes, closing		improves	aggravates
Movement	desire	aversion	Eyes, opening		improves	aggravates
Movement, during	improves	aggravates	Pupils		dilated	contracted
Movement, of affected parts	improves	aggravates				
Walking, while	improves	aggravates				
Walking, in open air	improves	aggravates				
Running, jogging		aggravates				
Stepping hard		aggravates				
See Back for continuation						

## Polarity Analysis Checklist for Perception Disorders

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Name of Patient

Date

For a homeopathic remedy determination we need to know exact symptoms. Please note in the field below what you find most striking.

Mainsymptoms
--------------

Now mark on this slide **between 8 and 16 Important symptoms** that pertain to the perception disorder. Symptoms are changes when the patient is not well. They differ from the healthy state.

Reliable Symptoma	Interpretation
Light (bright) aggravates	<i>Over-sensitivity to bright light</i>
Looking, eyes strained, aggravates	<i>Irritability after media consumption (TV/PC)</i>
Reading aggravates	<i>Dislikes reading, tires quickly</i>
Talking aggravates	<i>Slow speech development, speech disturbances</i>
Touch aggravates	<i>Dislikes touch</i>
Warmth in general aggravates	<i>Irritability in warm environment</i>
Warmth of Room/Stove aggravates	<i>Irritability in overheated room</i>
Uncovering ameliorates	<i>Uncovers or takes off clothes often</i>
Cold in general aggravates	<i>Feels cold easily</i>
Uncovering aggravates	<i>Covers himself or wraps up warmly</i>
Aversion against movement	<i>Laziness</i>
Writing aggravates	<i>Writes/draws in cramped way, tires easily</i>
After waking up, aggravates	<i>Irritability after waking up</i>
Before falling asleep, aggravates	<i>Irritability in the evening, before sleep</i>
Understanding difficult	<i>Grasps complex issues only slowly</i>
Sadness	<i>Downcast, weepy</i>
Irritability	<i>Aggressive, fits of rage</i>
Muscles tense (must be confirmed by physician)	<i>Basic muscle tone high</i>
Muscles flabby (must be confirmed by physician)	<i>Basic muscle tone low</i>
<b>Less reliable Symptoma</b>	
Noise aggravates	<i>Irritated by noise of others</i>
Smell sensitive	<i>Intolerant of smells</i>
Taste diminished	<i>Adds spice to everything</i>
Travelling in car aggravates	<i>Nausea/headaches while being driven in a car</i>
Movement ameliorates	<i>Restlessness/Irritability improved by sports</i>
Memory weak	<i>Easily forgets things just learned</i>

## Case 2: The Perfect Checklist

Linda R, 27-years old, Prepsychotic derealisation

Linda comes to the practice crying because for the last 10 days she has had vertigo, headaches and perceptual disturbances, in which she experiences everything as if in a dream. She had her first child 8 months ago, is in the second year of a degree in social anthropology and is working 20% part-time to finance her studies. She is now afraid she is suffering from a brain tumour. Previously I was very concerned about her erratic lifestyle (boyfriends, travelling, cannabis and other drugs). Her recent drug history is unremarkable (she last took ecstasy four months ago).

*Clinical condition:* Linda is dressed in a noticeably careless way, and she has various piercings and tattoos, as well as an unpleasant body odour... Her general and neurological state is normal. The extensive lab tests only reveal that she had an EBV infection in the past, otherwise nothing out of the ordinary.

*Diagnosis:* Pre-psychotic derealisation with state of exhaustion. We decide for a homeopathic treatment. On the *Checklist* she marks the following symptoms:

Waking dreams

Headache

Vertigo

Fear

Sadness-P

> Open air-P

< Cold in general - P

> Wrapping up warmly- P

> Lying position – P

< Sitting - P

< Standing - P

< Movement, during - P

< Shaking head - P

< Physical effort - P

< Mental effort - P

> Resting, while - P

> While waking up – P

P= Polar Symptoms

## Analysis of Checklist

**Linda**

Number of polar symptoms	13
Redundant formulations	none
Contradictions	none
Unreliable polar symptoms	none
Errors	none
Peculiarities	none

## Repertorisation of polar symptoms

L. R.

Prepsychotic derealisation

	Nux-v.	Hell.	Sep.	Phos.	Graph.	Nat-m.	Bry.	Cocc.	Asar.	Staph.	Chin.	Coff.	Calc.	Ign.	Nat-c.	Colch.	Arn.
Hits	13	13	13	13	12	12	12	12	12	12	12	12	12	12	12	11	11
Sums	41	24	28	25	28	29	30	27	23	24	22	23	23	21	18	28	27
<b>Polarity Difference</b>	<b>26</b>	<b>17</b>	<b>12</b>	<b>9</b>	<b>20</b>	<b>17</b>	<b>16</b>	<b>14</b>	<b>10</b>	<b>9</b>	<b>9</b>	<b>8</b>	<b>8</b>	<b>2</b>	<b>-2</b>	<b>18</b>	<b>15</b>
93 > open air [better]	P	1	3	1	3	3	2	2	4	1		3	1	1	1	2	2
90 < cold in general [worse]	P	4	3	2	2	2	1	2	3	1	2	2	1	3	2	1	2
56 > warmly, from wrapping up [better]	P	3	1	2	1	2	2	1	3	1	2	2	1	1	2	3	2
106 > lying position [better]	P	4	2	1	1	2	3	4	2	3	2	1	2	3	1	3	3
126 < sitting [worse]	P	1	1	4	1	4	1	1	1	1	2	1	2	1	3	1	1
107 < standing [worse]	P	1	1	3	1	1	1	2	1	1	1	1	1	2	2		1
126 < movement, during [worse]	P	4	3	1	3	3	3	4	3	3	3	3	2	1	1	4	3
71 < shaking head [worse]	P	4	2	2	2	2	2	3	2	2	2	1	2	1		3	3
70 < physical effort [worse]	P	3	1	2	2	1	3	4	3	1	1	3	2	3	1	2	4
65 < mental effort [worse]	P	5	1	4	1	2	4		3	2	4	2	1	4	4	1	3
117 > resting (not moving) [better]	P	4	3	1	3	3	3	4	3	3	3	1	3	2	1	1	4
61 sadness (dejection, inclined to weep)	P	2	1	2	1	3	4	2	2	1	2	2	2	2	4	1	
28 > sleep, after [better]	P	5	2	3	4			1	1		2		1	1	1	3	
110 < open air [worse]	4/CI	1	1	1	1	1	1	1	4/CI		2	3/CI	3	2	3/CI	2	1
73 > cold in general [better]	1	1	1	1	1	2	1	1	2	1	1		1	1	1	2	1
37 < warmly, from wrapping up [worse]	1		1	2			1		3/CI	2	2	1	3/CI	2			
125 < lying position [worse]	1	1	3/CI	1	1	1	1	1	1	1	1	1	1	2	3/CI	1	1
101 > sitting [better]	4/CI	2		2	1	2	4/CI	1	2	2	1	3/CI	2	1	1	4/CI	2
71 > standing [better]	3/CI	2		4/CI	2	2	2	2	3/CI	2	1	2	2	1		3/CI	2
102 > movement, during [better]			3/CI	1		1	1	1	1	1	1		1	1	4/CI		1
3 > shaking head [better]											1						
6 > physical effort [better]			4/CI			1								3/CI			
3 > mental effort [better]															3/CI		
102 < resting, while [worse]			3/CI	1		1	1	1	1	1	1		1	1	2		1
42 cheerfulness, happiness				3/CI		1						4/CI		2	4/CI		
58 < sleep, after [worse]	1				2		2	2		3/CI	1	1	2	2			3/CI

## Interpretation

We have four remedies that cover all symptoms, but only Helleborus niger has no contraindications. Nux vomica has a slightly higher polarity difference, but three contra-indications. Helleborus is going through the patient symptoms like a red thread. Due to the high polarity difference of Nux vomica we discuss its

contraindications: > *Open air*, < *sitting*, < *standing* is confirmed and *Nux vomica* has to be dropped. *What is Lindas central problem?*

### *Materia Medica Comparison for Helleborus (MMRH)<sup>2</sup>*

*She is afraid of losing control of herself. Answers questions slowly. He does not grasp what is being said to him and is sleepy. Annoyance, indifference, fear, restlessness, crying. Inability to reflect. Gradually mounting depression. Poor memory – he does not retain what he has read, even for a moment. He dresses in an unseemly way. Poor concentration when studying. Befuddled and pressure in the forehead. General dullness of the head. Inanity and mild vertigo.*

### Prescription and Progress

Linda is given a dose of *Helleborus 200 C* and is advised to take things easy.

A week later she returns to the practice in a cheerful frame of mind: the symptoms have all disappeared. Her partner takes more care of their teething son so she can get an uninterrupted night's sleep every other night. And she is about to take a short holiday in Barcelona.

Linda is given *Helleborus M*, *XM* and *LM* at monthly intervals, and she continues to do well on this. Period of observation: 4 years.

### Treatment effort:

Casetaking and remedy selection: 30 min

Check-ups: 15 mins each

## How to proceed with an inconclusive Repertorisation

### Case 3: Acute Ear Pain

5 year old Linus has a coryza and coughs since one week. To days ago he became weepy and irritable and complained about ear pain. The *examination* reveals a red throat and an extremely inflamed ear drum on the left. *Diagnosis: Upper respiratory tract- and middle ear infection on left side.*

## Checklist

Acute Ear Pain

Coryza

Throatpain

Dry cough

< Weather wet-P

< Cold in general-P

< Becoming cold-P

< Uncovering-P

> Warmth of bed-P

> Warmth of room, stove-P

Thirstlessness-P

Lack of appetite

< Movement-P

> Resting, while-P

< Noises

> Eyses, closing-P

> After sleep-P

For repertorisation we enter all the polar symptoms and modalities.

AOM links

	Nux-v.	Con.	Aur.	Bell.	Bry.	Canth.	Ars.	Phos.	Ign.	Sep.	Chin.	Am-c.	Nux-m.	Cocc.	Hep.	Sil.		
Hits	13	12	12	12	12	11	11	11	11	11	11	10	10	10	10	10		
Sums	45	24	23	27	29	19	32	23	23	25	24	21	24	24	25	21		
Polarity Difference	24	8	5	2	1	16	15	9	5	3	3	15	11	11	10	8		
58	< weather / air, wet, damp [worse]	P	1	1	2	1	1	1	2	1		1	2	5	4		1	1
90	< cold in general [worse]	P	4	3	3	3	2	2	4	2	3	2	2	3	3	3	4	3
78	< getting cold [worse]	P	4	2	4	2	3	1	4	3	2	3	2	2	2	3	3	2
38	> warm, becoming heated in bed [bett	P	4	1	2	1	4	2	4	1			2	2	2	2	3	2
56	< uncovering [worse]	P	3	3	3	2	1	2	3	1	1	2	2		3	3	4	4
86	thirst, absent	P	2	3	1	2	1	2	3	2	1	3	2	1	4	2	1	
117	> resting (not moving) [better]	P	4	1	1	4	4	2	1	3	1	1	1	2	2	3	3	1
126	< movement, during [worse]	P	4	1	1	4	4	2	1	3	1	1	3	2	2	3	3	1
24	> eyes, closing [better]	P	3	2	2	1	3	1		1	3							
115	appetite, absent	P	4	3	1	3	3	3	2	3	4	4	2	1	3	1	4	
35	> warmth, of room or stove [better]	P	3	1	2	1		1	4					1	1	1	2	1
43	< noises [worse]		4	3	1	3	2			3	3	2	1					2
28	> sleep, after [better]	P	5			1		3	4	1	3	2			1			
30	> weather / air, wet, damp [better]		4/Cl			2	3/Cl		2		2						4/Cl	2
73	> cold in general [better]		1		1	1	1		1	1	1	1		1	1	1	1	1
74	> cold, when getting cold [better]		1		1	1	3		1	1	1	1		2	2			1
67	< warm, becoming heated in bed [worse]		2		1		1		2	1	1	1		3/Cl	3/Cl			
37	> uncovering [better]		1		1		1		1	2	2	1	2					
99	thirst		3/Cl	1	1	3/Cl	4/Cl	2	4(Cl)	1	2	2	4/Cl	1		1	3/Cl	3/Cl
102	< resting, while [worse]			4/Cl	4/Cl	1	1		2	1	1	3/Cl	1	1	1	1	1	1
102	> movement, during [better]			4/Cl	4/Cl	1	1		2	1	1	3/Cl	1	1	1	1	1	1
38	< eyes, closing [worse]		1	1		5/Cl	5(Cl)		2	1	1	1	3/Cl				1	
99	hunger		2		3/Cl	3	3	1	2	2	2	3	4	2	3/Cl	2		2
54	< warmth, of room or stove [worse]		1		1	1	1		2	2	1	1					1	
58	< sleep, after [worse]		1	3/Cl		4/Cl	2		2		2		1		2	2	3/Cl	

## Interpretation

Only Nux vomica covers all symptoms, but has contraindications, which the mother confirms.

*The next step is to order the remedies according to the height of the polarity difference (click in the field polarity difference).*

AOM links

		Nux-v.	Camph.	Canth.	Ars.	Am-c.	Cic.	Mang.	Scill.	Stront.	Nux-m.	Cocc.	Colch.	Hep.	Kreos.	Ran-b.	Phos.
Hits		13	8	11	11	10	9	9	8	9	10	10	8	10	8	6	11
Sums		45	22	19	32	21	20	20	18	22	24	24	23	25	14	12	23
Polarity Difference		24	17	16	15	15	14	13	13	12	11	11	11	10	10	10	9
58	<weather / air, wet, damp [worse]	P 1		1	2	5		3		3	4		3	1			1
90	<cold in general [worse]	P 4	4	2	4	3	3	3	2	4	3	3	1	4	2	3	2
78	<getting cold [worse]	P 4	3	1	4	2	2	2	1	3	2	3		3	2	1	3
38	>warm, becoming heated in bed [bett	P 4	2	2	4	2	2		2	2	2	2		3			1
56	<uncovering [worse]	P 3	2	2	3		3		4	4	3	3	3	4	2		1
86	thirst, absent	P 2	3	2	3	1		3	2		4	2		1	1		2
117	>resting (not moving) [better]	P 4	3	2	1	2	2	2	3	1	2	3	4	3	2	3	3
126	<movement, during [worse]	P 4	3	2	1	2	2	2	3	1	2	3	4	3	2	3	3
24	>eyes, closing [better]	P 3		1			1										1
115	appetite, absent	P 4		3	3	2	3	2	1	1	1	3	2	1	1	1	2
35	>warmth, of room or stove [better]	P 3	2	1	4	1	2	1		3	1	1		2		1	
43	<noises [worse]	4				1		2					3				
28	>sleep, after [better]	P 5			3							1	3		2		4
30	>weather / air, wet, damp [better]	4/CI			2									4/CI			
73	>cold in general [better]	1									1	1	2	1			1
74	>cold, when getting cold [better]	1						1			2	2	1				1
67	<warm, becoming heated in bed [worse]	2								2	3/CI	3/CI	1				2
37	>uncovering [better]	1			1												2
99	thirst	3/CI		2	4(CI)	1	2		1	2		1	3/CI	3/CI	1	1	1
102	<resting, while [worse]				2	1	1	1		2	1	1		1	1		1
102	>movement, during [better]				2	1	1	1		2	1	1		1	1		1
38	<eyes, closing [worse]	1	2		2			1						1			1
99	hunger	2		1	2	2	2	1	2	2	3/CI	2				1	2
54	<warmth, of room or stove [worse]	1											2	1			2
58	<sleep, after [worse]	1	3/CI		2				2		2	2		3/CI	1		

Now Camphora, Cantharis and Arsenicum album are the next remedies with a high polarity difference.

Camphora does not cover all symptoms and has a contraindication.

Cantharis does not cover the two symptoms with intermediate reliability (yellow).

Arsenicum album does not cover two symptoms, one of them with high reliability (green), and has a relative contraindication.

*The next step is to omit the symptoms with intermediate reliability.*

AOM links

			Nux-v.	Camph.	Canth.	Am-c.	Scill.	Ars.	Cic.	Nux-m.	Hep.	Mang.	Stront.	Cocc.	Con.	Rhus.
Hits			11	8	11	9	8	10	9	10	10	8	9	9	11	10
Sums			36	22	19	20	18	29	20	24	25	18	22	23	21	29
Polarity Difference			20	20	16	15	15	14	14	13	13	13	12	12	11	10
58	< weather / air, wet, damp [worse]	P	1		1	5		2		4	1	3	3		1	4
90	< cold in general [worse]	P	4	4	2	3	2	4	3	3	4	3	4	3	3	4
78	< getting cold [worse]	P	4	3	1	2	1	4	2	2	3	2	3	3	2	4
38	> warm, becoming heated in bed [bett	P	4	2	2	2	2	4	2	2	3		2	2	1	2
56	< uncovering [worse]	P	3	2	2		4	3	3	3	4		4	3	3	4
86	thirst, absent	P	2	3	2	1	2	3		4	1	3		2	3	2
117	> resting (not moving) [better]	P	4	3	2	2	3	1	2	2	3	2	1	3	1	1
126	< movement, during [worse]	P	4	3	2	2	3	1	2	2	3	2	1	3	1	1
24	> eyes, closing [better]	P	3		1				1						2	
115	appetite, absent	P	4		3	2	1	3	3	1	1	2	1	3	3	4
35	> warmth, of room or stove [better]	P	3	2	1	1		4	2	1	2	1	3	1	1	3
30	> weather / air, wet, damp [better]		4/CI					2			4/CI					
73	> cold in general [better]		1							1	1			1		1
74	> cold, when getting cold [better]		1							2		1		2		1
67	< warm, becoming heated in bed [worse]		2							3/CI			2	3/CI		2
37	> uncovering [better]		1					1								1
99	thirst		3/CI		2	1	1	4(CI)	2		3/CI		2	1	1	3/CI
102	< resting, while [worse]					1		2	1	1	1	1	2	1	4/CI	4/CI
102	> movement, during [better]					1		2	1	1	1	1	2	1	4/CI	4/CI
38	< eyes, closing [worse]		1	2				2			1	1			1	
99	hunger		2		1	2	2	2	2	3/CI		1	2	2		2
54	< warmth, of room or stove [worse]		1								1					1

Now Cantharis emerges as the best fitting remedy.

## MM Comparison for Cantharis (GS)

Tearing in ear and mastoid, as if bone would be torn out. Ringing, humming or roaring in ears.

## Remedy and Progress

Linus receives Cantharis 200 C.

Within a few hours ear and throat pain disappear. After two days cough and coryza are cured too.



### Procedure with Inconclusive Repertorisation, a Summary

1. Enter all polar symptoms and modalities into the software → inconclusive result
2. Arrange the remedies according to the height of the polarity difference, and check the contra-indications of the remedies with the highest polarity difference.
3. If the result is not clear yet omit the symptoms with intermediate reliability. After this procedure most often a best fitting remedy emerges.

### Case 4: Lack of Symptoms

Annina Z., 2½ yrs old, nightly coughing

Annina, the second-born twin, has always been smaller than her sister, right from birth. She is also very restless and more often ill. Her mother brings her to the practice due to nightly coughing; no fever, no concomitants. The *examination* is normal apart from a retracted eardrum on the right side. The blood test shows mild lymphocytosis (WBC 8.9, LYM 48.7%). On the *Checklist* Mrs. Z. marks only few symptoms .

#### Checklist

Dry cough, night and morning

< While waking up - P

< Breathing out – P

Irritability - P

> Touch - P (this is normal in an ill child)

< Being alone - P (also normal in an ill child)

#### Analysis of Symptoms

*3 polar symptoms only*

No redundant formulations

No contradictions

No unreliable polar symptoms

Peculiarities: < being alone (normal), > touch (normal)

**A. Z.**

Cough

		Ign.	Nux-v.	Carb-v.	Puls.	Chin.	Coff.	Aur.	Sep.
Hits		4	4	4	4	4	4	4	4
Sums		14	13	10	15	12	9	9	13
<b>Polarity Difference</b>		<b>7</b>	<b>7</b>	<b>7</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>5</b>
113	cough, without expectoration (dry)	3	3	3	3	3	3	2	3
64	irritability (anger, aggression) P	4	4	2	3	2	4	4	3
111	< after waking up [worse] P	4	4	4	5	5	1	2	4
52	< breathing, out (expiration) [worse] P	3	2	1	4	2	1	1	3
37	mildness	3			4(CI)			1	
28	> sleep, after; while waking up [better]	1	3		2	2			4
61	> breathing, out (expiration) [better]					1			1

Next step: Ask about basic modalities

Position (lying / sitting / standing)

Open air / room

Warmth / cold

Uncovering / wrapping up

Movement / resting

Effort, physical and mental

Thirst / appetite

Food and drink, warm / cold

Time of day (falling asleep / waking up)

Supplementary symptoms of A.Z.

< Standing - P

< Open air - P

< Cold - P

> Movement, during - P

> Rising from bed, after getting up – P

**A. Z.**

Cough

		Aur.	Sep.	Dulc.	Ign.	Nat-c.	Ars.	Chin.	Ph-ac.	Carb-v.	Verat.	Cham.	Zinc.	
Hits		8	8	8	8	8	8	8	8	8	8	8	8	
Sums		21	23	18	23	18	19	18	17	16	17	17	12	
<b>Polarity Difference</b>		<b>16</b>	<b>13</b>	<b>13</b>	<b>12</b>	<b>12</b>	<b>10</b>	<b>10</b>	<b>9</b>	<b>9</b>	<b>8</b>	<b>8</b>	<b>8</b>	
107	< standing [worse]	P	3	3	2	2	2	1	1	3	1	3	1	2
110	< open air [worse]	P	1	1	1	3	2	1	3	2	3	1	3	1
90	< cold in general [worse]	P	3	2	4	3	2	4	2	1	2	1	1	1
102	> movement, during [better]	P	4	3	4	1	4	2	1	3	1	2	2	1
111	< sleep, after waking up [worse]	P	2	4	2	4	4	5	5	3	4	2	3	3
124	> rising from bed, after [better]	P	3	4	2	3	2	3	2	2	2	3	2	1
64	irritability (anger, aggression)	P	4	3	1	4	1	2	2	1	2	3	4	2
52	< breathing, out (expiration) [worse]	P	1	3	2	3	1	1	2	2	1	2	1	1
71	> standing [better]				1		2	1		1				
93	> open air [better]		2	1	1	1	1		2	1	2		2	
73	> cold in general [better]		1	1	1	1	1		1	1	1	2		
126	< movement, during [worse]		1	1	1	1	1	3/CI	1	1	1	1	1	
28	> sleep, after; while waking up [better]			4		1	1	3	2	1			1	
80	< rising from bed, after getting up [worse]			2	2	3	1	2		2	3/CI	3	3/CI	
37	mildness		1			3	1			1		1		1
61	> breathing, out (expiration) [better]			1					1			1	2	

**Interpretation**

16 remedies cover all symptoms, 9 without contraindications.

The highest polarity differences are found with

Aurum (16), Sepia (13) and Dulcamara (13).

Sepia is ruled out due to the desire for company

1<sup>st</sup> choice: Aurum

2<sup>nd</sup> choice: Dulcamara

**Remedy and Progress**

Annina is given *Aurum 200 C* and the acute symptoms disappear within a few hours. And, as a general effect on an old symptom, she now sleeps much better.

**Case 5: Smalltalk instead of symptom observation**

Alec, 4 years old, is vomiting since two days. He has no diarrhoea and no fever but he is increasingly apathetic and is producing scarcely any urine. His general condition is poor: dry mucous membranes, accelerated and deepened breathing, his breath smells of acetone, and scarcely any intestinal noises can be heard.

*Diagnosis: Acetonemic vomiting, Ketoacidosis*

## Checklist

Vomiting

Weakness

Abdominal pain

Muscles: flabby - P

> Open air - P

Open air: desire for - P

< Becoming warm in bed - P

> Lying - P

< Standing - P

> Swallowing - P

> Warm food - P

> After drinking - P

Thirst - P

Hunger - P

< Burping – P

## Analysis of Checklist

12 polar Symptoms

No Redundant formulations

No Contradictions

Unclear symptoms: Open air: desire for, > Swallowing, > After drinking, Hunger,  
< Burping?

A. H.

Ketoacidosis

	Graph.	Bry.	Rhus.	Sulph.	Puls.	Lach.	Nux-v.	Kali-c.	Phos.	Nat-c.	Spong.	Mag-c.	Caps.	Mez.	Verat.	Calc.	Arn.	Pib.		
Hits	12	12	12	12	11	11	11	11	11	11	10	10	10	10	10	10	10	10		
Sums	25	28	24	28	32	20	27	14	21	15	22	17	20	18	24	24	20	17		
Polarity Difference	8	-5	-5	-1	3	0	-14	-11	-8	-4	14	8	6	6	4	4	3	3		
76	air, desire for open air	P	1	1	1	1	4	1		1	1	1	2	3	2	3	1	1	3	1
93	> open air [better]	P	3	2	1	2	4	3	1	1	3	1	3	4	1	3	2	1	2	2
67	< warm, becoming heated in bed [wors]	P	3	1	2	4	3	3	2	2	2	1	3			1	3	2	1	
106	> lying position [better]	P	2	4	1	1		1	4	1	1	1	1	1	1	1	3	3	1	
107	< standing [worse]	P	1	2	3	3	3	1	1	1	2	1	2	3	1	3	1	1	1	
47	> swallowing [better]	P	2		1	1	3	3	3		1	1	3	1	3	2			3	
42	> food and drink, warm things [better]	P	3	1	4	3	1		4	1		1			2	3	1		2	
99	thirst	P	1	4	3	4	2	1	3	2	1	2	2	1	2	2	3	4	3	2
99	hunger	P	4	3	2	1	4	1	2	1	2	2	2	1	1	2	2	4	1	2
34	< eructations (burping) [worse]	P		2	3	1	2	3	1	2	3		2						2	
53	muscles, flabbiness	P	1	1		3	2	2		1		2	3	2	4		2	4	1	1
85	vomiting in general		2	4	1	4	4	1	4	1	3	1		1	1	4	3	2	3	
13	> drinking, after [better]	P	2	3	2			2		3										
86	air, aversion to open air		1	3/Cl	3/Cl	3/Cl	1	2	4/Cl	4/Cl	1	4/Cl			1		1	4/Cl	1	2
110	< open air [worse]		1	1	2	1	1	4(Cl)	4/Cl	1	1	2	1	1	1	2	1	2	1	1
38	> warm, becoming heated in bed [better]		2	4/Cl	2	1		1	4/Cl	3/Cl	1		1				1		1	
125	< lying position [worse]		1	1	4/Cl	2	4/Cl	2	1	2	1	3/Cl	1	2	4/Cl	1	2	1	1	1
71	> standing [better]		2	2	1			3/Cl		4/Cl		2				1		2	2	2
93	< swallowing [worse]		1	4/Cl	3/Cl	4/Cl	3	2	3	2	3/Cl	1	1	2	1	1	2	2		1
52	< food and drink, warm things [worse]			4/Cl	1	1	4/Cl	2	1	3/Cl	4/Cl		1		3/Cl	1	2			
86	thirst, absent			1	2	2	4/Cl	1	2	1	2	1	1		2		2	1	1	
115	appetite, absent		1	3	4/Cl	3/Cl	3	2	4/Cl	1	2	1	1	1	1	2	2	3	3/Cl	1
44	> eructations (burping) [better]		4/Cl	3/Cl		3/Cl		2	3/Cl	4/Cl	2	3/Cl	1							
34	muscles, tense		1		2	2	2		4/Cl	2	4/Cl	1							2	1
71	< drinking, after [worsal]		1	3	4/Cl	3/Cl	3/Cl	1	4/Cl	1	1	2			2	2	4/Cl		3/Cl	2

## Interpretation

No remedy covers all symptoms without any contraindications. The remedy with the highest polarity difference, Spongia, does not cover the main symptom vomiting and a key modality. Other remedies without contraindications also don't cover some key modalities.

*Conclusion: This repertorisation makes no sense. Clarify the symptoms with the mother.*

## Clarification of symptoms

Open air, desire for: Also found in healthy state → omit

> Swallowing: She means he vomits everything → omit

> Drinking: She means *thirst*

Hunger: Only in healthy state, the real symptom is *no appetite*.

< Burping: She means *vomiting*

**A. H.**

## Intractable Vomiting

			Sulph.	Verat.	Calc.	Lyc.	Thuj.	Graph.	Bry.	Nat-c.	Hell.	Kali-c.	M
Hits			9	9	9	9	9	9	9	9	9	9	
Sums			27	23	22	21	14	17	22	12	14	11	
<b>Polarity Difference</b>			<b>13</b>	<b>10</b>	<b>7</b>	<b>6</b>	<b>6</b>	<b>4</b>	<b>2</b>	<b>2</b>	<b>0</b>	<b>-3</b>	
93	> open air [better]	P	2	2	1	2	1	3	2	1	3	1	
67	< warm, becoming heated in bed [wors	P	4	3	2	3	3	3	1	1	1	2	
106	> lying position [better]	P	1	1	3	1	1	2	4	1	2	1	
107	< standing [worse]	P	3	3	1	2	2	1	2	2	1	1	
53	muscles, flabbiness	P	3	2	4	3	1	1	1	2	2	1	
42	> food and drink, warm things [better]	P	3	3	1	4	1	3	1	1	1	1	
115	appetite, absent	P	3	2	3	3	3	1	3	1	2	1	
99	thirst	P	4	3	4	1	1	1	4	2	1	2	
85	vomiting in general		4	4	3	2	1	2	4	1	1	1	
110	< open air [worse]		1	1	2	1	2	1	1	2	1	1	
38	> warm, becoming heated in bed [better]		1	1		4(Cl)		2	4/Cl			3/Cl	
125	< lying position [worse]		2	2	1	4/Cl	2	1	1	3/Cl	1	2	
71	> standing [better]				2		1	2	2		2		
34	muscles, tense		2					1		1		2	
52	< food and drink, warm things [worse]		1	1	2		1		4/Cl		2	3/Cl	
99	hunger		1	2	4(Cl)	3		4/Cl	3	2	3/Cl	1	
86	thirst, absent		2	2	1	1	1		1	1	4/Cl	1	

**Materia Medica Comparison**

*Sulfur*: Vomiting in morning, with trembling of hands and feet.

*Veratrum album*: Vomiting: strong, with persistent nausea, retching and severe exhaustion, always when moving or drinking anything.

**Remedy and Progress**

Alec is given *Veratrum 200 C* with instructions to give him a sip of cola every 10 minutes. If he vomits again he must receive *Sulfur 200 C*.

After 2 hours he vomits and so he gets *Sulfur 200 C*. Now his general condition improves rapidly, the vomiting stops, and the appetite returns.

*What would we do in such a case with conventional medicine?*

## Too Many Symptoms

Patients who report too many symptoms very often did not understand what their job is: To observe relevant modalities. And they cause us a lot of work.

To avoid this we have the following sentence on our checklist:

---

**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 following case happened before we entered this instruction on the checklists.

### Case 6 : Headaches, vertigo and fainting

24-year old Ms. K. has been suffering from headache and vertigo for a month, fainting twice as a result. Due to several traumatic injuries in her childhood, she is susceptible to headaches, which occur repeatedly, lasting for long periods. At the moment she is afraid that she has stage 2 borreliosis although there is no known history of a tick bite. Her last period was two weeks ago. PA: at the age of four she had her first concussion, at 11 she suffered whiplash, and at 20 she had concussion again. She has tense neck muscles and slight reddening of the tonsils, otherwise her condition is normal. *Lab tests:* BB, ferritin, CRP and borreliosis serology all normal; she has had a previous EBV infection.

*Diagnosis:* chronic recurrent headaches and vertigo, probably as a result of whiplash.

On the Checklist she underlines a large number of symptoms (next page):

- > Open air / desire open air-p
- < Wrapping up warmly, head-p
- > Getting cold-p
- < Wet weather-p
- > Dry weather-p
- < After perspiration-p
- < Wet compress on body-p
- < Lying-p
- > Sitting-p
- < Standing-p
- < Bending over-p
- Dislike of movement-p

- > Movement-p
- < Walking in open air-p
- < Effort physical / mental-p
- < Walking-p
- < Shaking head-p
- > Resting, while-p
- < Eating, after-p
- Lack of thirst-p
- < Lying down, after-p
- < While falling asleep-p
- > While waking up
- < After getting up-p
- < Light-p
- < Strained vision-p
- < Reading-p
- > External pressure-p

All symptoms are polar

### Procedure with Too Many Symptoms

- Summarize the symptoms with the same meaning, establishing the largest common denominator, for example: < cold, < when getting cold, < cold weather, < cold bath, < cold food and drink = < cold.
- Clarify contradictory symptoms: use an alternative formulation with the patient's consent. If the contradiction remains, omit the symptom.
- If there are a series of complaints originating at different times, use only the most recent symptoms during repertorisation (Hering).
- If there is a main complaint and secondary complaints, remedy selection is based on the main complaint. The secondary complaints are omitted (Boenninghausen).

In our case the solutions of Boenninghausen and Hering don't work, because the patient has just one complaint. We proceed to solution 1 and 2.



## Analysis of Symptoms of L. K.

### *Redundant formulations*

- Desire for open air
- > Open air
- > Movement

} = > Walking in open air

- < Lying down, after
- < While falling asleep
- < Lying position

} = < Lying position

- < Wet weather / > Dry weather

= < Wet weather

- < Physical effort
- < walking
- > Resting
- Movement: aversion to

} = < Physical effort

- < Mental effort
- < Strained vision
- < Reading

} = < strained vision

### *Contradictions*

- > Movement / > resting
- > Getting cold / < wet compress

= > Walking in open air

= > Getting cold

### *Imprecise formulations*

- < Wrapping up warmly, head
- < Touch
- < after perspiration

= < Wrapping up warmly in gen.

= > Being alone

= < Physical effort

## Remaining Symptoms after Clarification

- > walking in open air
- > lying position
- < weather, wet
- < physical effort
- < strained vision
- > getting cold
- > wrapping up warmly
- > sitting
- < standing
- < bending over
- < shaking head
- < after eating
- thirst absent
- < rising from bed
- < light in general
  - > pressure external

## Repertorisation

			Bry.	Rhus.	Thu.	Phos.	Nux-m.	Psor.	Sulph.	Calc.	Spig.	Nux-m.
Hits			16	16	16	16	15	15	15	15	15	15
Sums			39	39	35	31	30	26	26	37	31	38
Polarity Difference			18	14	12	8	19	15	15	12	11	10
77	> walking, in open air [better]	P	1	3	1	2		4	1	1	1	
106	> lying position [better]	P	4	1	1	1	2		1	3	2	4
58	< weather / air, wet, damp [worse]	P	1	4	3	1	4	3	3	4	2	1
70	< physical effort [worse]	P	4	4	1	2	2	1	4	3	1	3
85	< looking, at something close-up, strain	P	1	1	1	3	1	2	2	4	3	1
74	> cold, when getting cold [better]	P	3	1	2	1	2	4	3	1	2	1
56	> warmly, from wrapping up [better]	P	1	4	1	1	3	1				3
101	> sitting [better]	P	4	1	1	2	2	1	1	2	1	4
107	< standing [worse]	P	2	3	2	1	1	3	3	1	1	1
108	< bending over, while [worse]	P	4	3	3	1	1	2	1	4	4	1
71	< shaking head [worse]	P	3	1	1	2	3	1	2	1	3	4
121	< eating, after [worse]	P	4	4	2	4	2	4	4	4	1	5
86	thirst, absent	P	1	2	1	2	4	4	2	1	3	2
80	< rising from bed, after getting up [worse]	P	3	4	2	3	1	3	3	3	3	3
80	< light in general [worse]	P	2	1	1	4	1	3	3	4	2	3
74	> pressure, external [better]	P	2	3	2	1	1	1	2	1	2	2

Due to the large number of symptoms, the opposite polarities do not fit in the graphic. They are therefore not displayed.

## Analysis of the Repertorisation L. K.

Four remedies cover all symptoms but three of them have significant contraindications.

Are the contraindications for highly polar remedies relevant? The patient says yes.

Thuja is the remedy of choice.

### *Materia Medica Comparison for Thuja (GS)<sup>3</sup>*

*Vertigo: with eyes shut, ceases on opening them; when rising from sitting...*

*Violent pressing pain in vortex, [...] > from exercising in open air [...] obliges him to walk about, < on lying down.*

## Prescription and Progress

Liliana is given a dose of *Thuja 200 C*.

A week later she reports the following:

The headache, after initially worsening for a brief period on the evening of taking the remedy, has now disappeared. The vertigo is much better (approx. 80%), still occurring when quickly getting out of bed (*Thuja*). Two further doses of *Thuja* in ascending potency (M, XM) cause the complaints to disappear completely.

## Case 7: Robins' Case

Anna is 24 years old. She consults Robin\* due to an extreme dysmenorrhoea and PMS since the age of 12.

Anna says during menstruation: «I can't eat, breathe and work, and scare my boyfriend, wriggling around and screaming. Every month is different, some are brutal. The pains are everywhere (abdomen and legs), and can shoot up, like stabbing with a knife «worst pain of my life». Lasts 7 days. Needs comfort.

The period is 32 days but variable, strong bleeding, and clotted blood.

The PMS starts the week before menstruation, she is emotional, weepy, sensitive, angry and irritable, has tender breasts and headaches, feels foggy and weak. And her hunger is insatiable.

On the *Checklist* Anna markst he following symptoms:

Menstruation profuse-P

< Menstruation before

< Menstruation at start

< Menstruation during

Menstruation blood clotted

Menstruation blood bright

Stabbing pain internal parts

> Bending over-P

> Sitting bendt over-P

> Warmth of Bed-P

> Warmly from wrapping up-P

> Open air-P

< Light in general-P

< Noises

< Coffee-P

Thirst absent-P

Hunger-P

Irritability-P

Sadness-P

> Company of people-P

\* Robin Pollok-Daniel, Toronto, with kind permission

## 1. Repertorisation

		Beil.	Puls.	Nux-v.	Caustr.	Lyc.	Bry.	Merc.	Sep.	Igh.	Hyos.	Phos.	Rhus.	Ars.	Con.	Ph-ac.	Nit-ac.	Chin.	Sulph.	
Hits		18	17	16	16	16	16	16	16	16	15	15	15	14	14	14	14	14	14	
Sums		43	45	41	33	44	32	31	40	38	37	38	31	27	34	27	22	29	31	
Polarity Difference		14	-2	12	9	6	5	3	2	1	11	6	5	12	7	3	3	1	-5	
80	menstruation, profuse	P	4	2	4	1	2	3	3	3	1	3	3	2	3		2	3	3	2
28	menstruation, blood, clotted (lumpy)		3	3	1	2		1	2	1	3	3	4		2	2	2	3		
66	<menstruation, before [worse]		1	4	1	2	4	1	3	4	1	2	3	1		3	3		1	4
28	<menstruation, at start [worse]		1	3		3	3	2	1	3	1	4	3					1		
44	>bending over, while [better]	P	2	1	2	1	2			1	4	1	1	1	3	1	2	1	1	
122	stabbing, pricking pain in internal parts		3	4	2	3	1	4	2	4	4	1	4	3	1	2	3	3	4	3
11	>company of people [better]	P				4						3		3	2					
66	thirst, absent	P	2	4	2	1	1	1	1	3	1	1	2	2	3	3	2	1	2	2
41	menstruation, blood, bright	P	4	1			2	2	1		4	3	3	1				1	1	
93	>open air [better]	P	1	4	1	2	2	2	1	1	1	3	1	1	1	2	1		2	
38	>warm, becoming heated in bed [bets]	P	1		4	5	4	4		2		2	1	2	4	1	2	2		
56	>warmly, from wrapping up [better]	P	2	1	3			1	2	2	1	2	1	4	3	3	1		2	
43	>sitting, bent over [better]	P	3	1	1	1	3	1	3		3		1	1	3			1	1	
80	<light in general [worse]	P	3	3	3	2	3	2	3	3	3	2	4	1	2	4	3	2	3	
43	<noises [worse]		3	1	4	1	3	2	1	3	3				3	3	1	2		
27	<food and drink, coffee [worse]	P	2	3	4	5	3		3	2	4			2	1			1	3	
71	<menstruation, during [worse]		2	4	3	2	3	1	1	3	3	4	3	1	1	2	1	1	2	
64	irritability [anger, aggression]	P	3	3	4	1	3	3	2	3	4	3	3	2			1	1	2	
61	sadness (dejection, inclined to weep)	P	3	3	2	1	3	2	1	2	4	1	1	3		2	1	1	2	
66	menstruation, too weak			4/Ci	1	3/Ci	3/Ci	1	3	2	2	1	3	1		4/Ci			4/Ci	
108	<bending over, while [worse]		1	2	1	1	1	4/Ci	3/Ci	4/Ci	1		1	2	1	1	2	1	2	
22	<emotions, company of people [worse]		3/Ci	2			4			4/Ci	2	2	2	2	2				2	
99	thirst		3/Ci	2	3/Ci	2	1	4/Ci	4/Ci	2	2	3/Ci	1	3/Ci	4/Ci	1	1	3/Ci	4/Ci	
40	menstruation, blood, dark		2	3/Ci	4/Ci		2	2		3/Ci	2	1			1	2	3/Ci	2	2	
110	<open air [worse]		4/Ci	1	4/Ci	1	1	1	3/Ci	1	3/Ci	1	1	2	1	5/Ci	2	2	3/Ci	
67	<warm, becoming heated in bed [worse]			3/Ci	2	2	3	1	4/Ci	1	1	2	2			3/Ci	1	1	4/Ci	
37	<warmly, from wrapping up [worse]		2	1		4/Ci	1	1	1	2	2	1					1	2		
42	<sitting, bent over [worse]			2	2	1		2	2	2	2	3/Ci	3/Ci	3/Ci				2		
13	>light in general [better]														1					
4	>food and drink, coffee [better]														3/Ci					
37	mildness			4/Ci		1	3			3			1			1				
42	cheerfulness, happiness		3	3		2				2	3/Ci	3/Ci			1	1				

### Robins frustration

«I am now cursing at your polarity analysis because I have a patient who seems very strongly to be Pulsatilla, but her menses are dark and profuse, and it seems I will commit an egregious error to give her this because of these symptoms.»

Answer: «the color of the menstrual blood is not a reliable symptom. If you just take menstrual blood clotted, what comes out?»

«I still don't get Pulsatilla»

Answer: «Try to just take the symptoms of high reliability»

## 2. Repertorisation

Dysmenorrhea



		Nux-v.	Sep.	Hep.	Bry.	Bell.	Hyos.	Phos.	Ph-ac.	Ars.	Camph.	Coff.	Rhus.	Caust.	Nit-ac.	
Hits		8	8	8	8	8	8	8	8	7	7	7	7	7	7	
Sums		23	19	19	18	19	15	18	14	18	11	16	15	13	11	
<b>Polarity Difference</b>		<b>12</b>	<b>12</b>	<b>12</b>	<b>10</b>	<b>9</b>	<b>7</b>	<b>6</b>	<b>6</b>	<b>12</b>	<b>8</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>4</b>	
80	menstruation, profuse	P	4	3	2	3	4	3	3	2	3		3	2	1	3
86	thirst, absent	P	2	3	1	1	2	1	2	2	3	3	1	2	1	1
93	> open air [better]	P	1	1	1	2	1	1	3	2	1	1	3	1	2	1
38	> warm, becoming heated in bed [bett	P	4	2	3	4	1	2	1	2	4	2		2	5	2
56	> warmly, from wrapping up [better]	P	3	2	4	1	2	2	1	1	3	2	1	4		
80	< light in general [worse]	P	3	3	3	2	3	2	4	3	2	1	2	1	2	2
64	irritability (anger, aggression)	P	4	3	4	3	3	3	3	1	2	1	4		1	1
61	sadness (dejection, inclined to weep)	P	2	2	1	2	3	1	1	1		1	2	3	1	1
66	menstruation, too weak		1	2	1	1		1	3					1	3/Cl	
99	thirst		3/Cl	2	3/Cl	4/Cl	3/Cl	3/Cl	1	1	4(Cl)		1	3/Cl	2	3/Cl
110	< open air [worse]		4/Cl	1	3/Cl	1	4/Cl	1	1	2	1	3/Cl	3	2	1	2
67	< warm, becoming heated in bed [worse]		2	1		1			2	3/Cl				2	2	1
37	< warmly, from wrapping up [worse]		1	1		1			2				1	1		1
13	> light in general [better]										1		1			
37	mildness									1				1	1	
42	cheerfulness, happiness					3	3/Cl	3/Cl	1				4/Cl			

### The next step

Robin: «I still don't get Pulsatilla».

Answer: «There are two "symptoms" in your reliable repertorisation which might be traits of the patient: always present, not only when she has dysmenorrhoea:

Thirstlessness

> open air

If they are traits you may not use them. This would open up the differential diagnosis considerably».

### 3. Rertorisation

Anna

Dysmenorrhoea

		Nux-v.	Bell.	Bry.	Sep.	Hyos.	Stram.	Phos.	Cocc.	Hep.	Ars.	
Hits		7	7	7	7	7	7	7	7	6	6	
Sums		22	19	18	18	15	15	15	12	17	16	
<b>Polarity Difference</b>		<b>14</b>	<b>13</b>	<b>12</b>	<b>10</b>	<b>10</b>	<b>7</b>	<b>3</b>	<b>-1</b>	<b>15</b>	<b>12</b>	
80	menstruation, profuse	P	4	4	3	3	3	4	3	1	2	3
38	> warm, becoming heated in bed [bett]	P	4	1	4	2	2	1	1	2	3	4
56	> warmly, from wrapping up [better]	P	3	2	1	2	2	2	1	3	4	3
80	< light in general [worse]	P	3	3	2	3	2	3	4	1	3	2
64	irritability (anger, aggression)	P	4	3	3	3	3	2	3	1	4	2
61	sadness (dejection, inclined to weep)	P	2	3	2	2	1	2	1	2	1	
99	hunger	P	2	3	3	3	2	1	2	2		2
66	menstruation, too weak		1		1	2	1	1	3	3/CI	1	
67	< warm, becoming heated in bed [worse]		2		1	1			2	3/CI		
37	< warmly, from wrapping up [worse]		1		1	1			2			
13	> light in general [better]							2				1
37	mildness							1		4/CI		
42	cheerfulness, happiness			3			3/CI	3/CI	3/CI			
115	appetite, absent		4/CI	3	3	4(CI)	1	1	2	3/CI	1	3/CI

Answer: Now you can add the important symptoms of intermediate reliability.

### 4. Repertorisation

Anna

Dysmenorrhoea

		Bell.	Nux-v.	Bry.	Sep.	Caust.	Cham.	Merc.	Ign.	Rhus.	Puls.	Hyos.	Chin.	
Hits		12	12	11	11	11	11	11	11	11	11	10	10	
Sums		30	32	22	28	23	30	25	29	23	31	24	23	
<b>Polarity Difference</b>		<b>18</b>	<b>17</b>	<b>11</b>	<b>10</b>	<b>9</b>	<b>8</b>	<b>8</b>	<b>7</b>	<b>5</b>	<b>-1</b>	<b>8</b>	<b>8</b>	
80	menstruation, profuse	P	4	4	3	3	1	3	3	1	2	2	3	3
38	> warm, becoming heated in bed [bett]	P	1	4	4	2	5				2		2	
56	> warmly, from wrapping up [better]	P	2	3	1	2		2	2	1	4	1	2	2
80	< light in general [worse]	P	3	3	2	3	2	2	3	3	1	3	2	3
64	irritability (anger, aggression)	P	3	4	3	3	1	4	2	4		3	3	2
61	sadness (dejection, inclined to weep)	P	3	2	2	2	1	3	1	4	3	3	1	2
99	hunger	P	3	2	3	3	1	1	2	2	2	4	2	4
28	menstruation, blood, clotted (lumpy)		3	1	1	1	2	4	2	3	4	3	3	3
66	< menstruation, before [worse]		1	1	1	4	2	1	3	1	1	4	2	1
71	< menstruation, during [worse]		2	3	1	3	2	4	1	3	1	4	4	2
43	> sitting, bent over [better]	P	3	1	1	1	1	2	3	3	1	1	1	1
27	< food and drink, coffee [worse]	P	2	4		2	5	4	3	4	2	3		
66	menstruation, too weak			1	1	2	3/CI		3	2	1	4/CI	1	
67	< warm, becoming heated in bed [worse]			2	1	1	2	4/CI	4/CI	1	2	3/CI		1
37	< warmly, from wrapping up [worse]			1	1	1		2	1	2	1	2		2
13	> light in general [better]													
37	mildness					1			3	1	4(CI)			
42	cheerfulness, happiness		3						2		3	3/CI		
115	appetite, absent		3	4/CI	3	4(CI)	1	2	3/CI	3/CI	4/CI	3	1	4
42	< sitting, bent over [worse]			2	2	2	1	1	2	3/CI	2	2	2	2
4	> food and drink, coffee [better]						4							

## Materia medica Comparison

### Belladonna

Menses too profuse, clotted blood.

Bevor menses colic, cramp of stomach.

Dysmenorrhoea with spasmodic contraction of uterus and terrible bearing down pains. Pains in limbs and back

### Pulsatilla

Menstrual colic with great restlessness, tossing in every direction, pain violent, causing her to cry out and toss about.

### My suggestion :

Belladonna C 200 after the next menstruation.

Robin has already previously given Pulsatilla M weekly to Anna, and Mag phos. as a tissue salt.

So we will hear how that went before the end of the webinars.

### Avoiding Mistakes

*Do not:*

*Uncritically enter all patient symptoms into repertory*

*Use unreliable symptoms*

*Mix polarity analysis with other methods of remedy selection*

### Further Information

[www.heinefrei.ch](http://www.heinefrei.ch), <http://polarity-analysis.com>



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