

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

3. The following symptoms are common in disturbances of perception and ADD/ADHD but **have proved to be unreliable when choosing a homeopathic remedy**. They still may play a certain role in the fine tuning of the remedy determination. Therefore underline only symptoms here which are very pronounced.

<b>Mind</b>	<b>Performance</b>	Hunger aggravates
Mood swings	Mistakes in arithmetic	Sweet things aggravate
Sulky	Slowness	Milk aggravates
Serious	<b>Fresh Air/Movement</b>	After eating ameliorates
Fearful	Desire for fresh air	After drinking ameliorates
Compulsive ideas	Aversion to fresh air	
Proud, arrogant	Fresh air ameliorates	
Nasty	Walking in fresh air ameliorates	
Jealous	Physical effort ameliorates	
Greedy, stingy	Involuntary movements (tics)	
Brash, cheeky, rude	<b>Touch</b>	
Dictatorial	Pressure of clothes aggravates	
Dislikes washing himself	Combing hair aggravates	
<b>Modalities of Mind</b>	Touch ameliorates	
Mental effort aggravates	Rubbing, massaging ameliorates	
Being alone aggravates	<b>Weather/Phases of Moon</b>	
Being with people aggravates	Cold weather aggravates	
Darkness aggravates	Autum aggravates	
Room full of people aggravates	Winter aggravates	
Strangers aggravate	Windy weather aggravates	
Being consoled aggravates	Change of weather aggravates	
Fear aggravates	Full moon aggravates	
Upset aggravates	New moon aggravates	
Annoyed aggravates	<b>Eating/Drinking</b>	
Anger aggravates	Disgust	
Lack of sleep aggravates	Desires sweet things	
<b>Motor phenomena</b>	Desires salty things	
Stammering	Desires milk	
Grinding teeth	Middday aggravates	

Please note here further specific symptoms not mentioned on this checklist: