

Below is the 2008-2009 questionnaire for identifying Nux vomica genus epidemicus patients that we developed and used in the clinical trial. Further discussion follows, including the tie-in to what is currently happening with the swine flu.

REMEDY-SYMPTOM MATCHING QUESTIONNAIRE

This questionnaire assesses the correspondence of the patient's symptoms to the homeopathic remedy to be given. There are a total of 29 possible points. To qualify, the patient must score at least 16. Give the points indicated by the response at each question, then sum the points on the answer lines for a total score.

Some questions ask for rating of a symptom. The scale for rating of symptoms is 0 – 3:

0= Not present.

1= MILD, it exists but is not very problematic or distressing and does not limit activities in any way.

2= MODERATE, bothersome but **not interfering** with activities of daily living in a major way.

3=SEVERE, interferes with or stops usual activities (interrupted sleep, difficulty going to work or doing household chores).

1. Have you had a sore throat at any point in this illness?

- If yes, go to 1A. If no, skip to question 2.

1A. Has your throat felt better when you drink cold or warm liquids? If yes, which?

- If yes, better warm (regardless of response to cold), **3 point** _____

1B. Have you been more thirsty than usual?

- If yes, **1 point** _____

1C. Has the back of your throat felt raw?

- If yes, **1 point** _____

2. Have you had a dry feeling in your throat, mouth, or lips?

Have you had any cracking in your lips?

- If yes for either question, **1 point**. _____

3. Have you experienced fatigue during this illness? If yes, please rate on a scale of 0-3 (see scale above).

- If patient rates fatigue as 2 or 3, **3 points** _____

4. Have you experienced body aches? If so please rate on a scale of 0-3

- If patients rates body ache as 0 or 1, go to question 5.
- If patient rates body aches as 2 or 3, **3 points** _____

4A. Have there been any significant changes in your body aches with movement (such as getting up from bed, walking around or being active in any way)? Did they significantly improve or get worse or did they stay the same?

- If body aches DO NOT improve NOR worsen markedly with movement/activity (i.e., if movement has little effect on body aches), **2 points** _____

5. Have you experienced chills or felt very cold during this illness? If yes, please rate on a scale of 0-3

- If patient rates chills/felt cold at 2 or 3, **3 points** _____
AND proceed to 5A.
- If patient rates chills/felt cold at 1, go to question 5A.
- If no chills/cold (ie, rated at 0), skip to question 6.

5A. Have the chills been worse in any particular area of your body?

- If answer includes either back or limbs in particular, **3 points** _____

5B. Have the chills/feeling cold made you want to cover up with extra clothes or blankets?

- If yes, **3 points** _____
- If no, skip to question 6.

5C. Once covered, were you still chilled/cold?

- If yes, **3 points** _____

5D. If you needed to uncover, how did you feel?

- If felt chillier uncovered, **1 point** _____

6. Have you had any changes in your mental state or emotions, are you.....?

(ask all A-D regardless of each answer as you go)

6A. More irritable, easily irritated?

6B. Happier, more content?

6C. Fearful, more worried?

6D. Dull, flat, more indifferent?

- If yes to 6D, regardless of answer to 6A-C, **2 points** _____

TOTAL _____

- If the total score is 15 or less, the patient is excused from the study. If the total score is 16 or more, proceed to the influenza lab test.

The remedy for the *genus epidemicus* for 2008-2009 was *and still is, Nux vomica*. Please note that the vast majority of patients in the midst of this influenza will not have any of the key notes or common features of *Nux vomica*, which is why homeopaths did not give and may not think to give this remedy. I am not going to describe the reasons for this problem here, or

the systemic problems within our profession. Instead, I just want to highlight one thing here, before moving on. The purpose of this tool is not to make someone into a homeopath, rather it is designed for just one purpose; to find a single remedy, from all the possible remedies, during a discrete period of time and possibly in a particular area. Moreover, the tool cannot be theoretical. It has to fit the symptoms that the patients who need this particular remedy are exhibiting in *this particular situation*. The last question of the questionnaire is a perfect example of that. People needing *Nux vomica* tend to be irritable, but during this epidemic, the irritable people needed *Bryonia*, and the people needing *Nux vomica* were dull, flat and indifferent.