

## Polarity Analysis: Green (high reliability) Rubrics to Learn

Remedy Count	Modifier or Condition	Polarity	Your Notes
64	irritability (anger, aggression)	P	
61	sadness (dejection, inclined to weep)	P	
74	understanding, difficult	P	
74	eyes, pupils dilated	P	
61	eyes, pupils contracted	P	
115	appetite, absent	P	
99	hunger	P	
99	thirst	P	
86	thirst, absent	P	
91	urination, scanty	P	
99	urination, profuse	P	
90	urination, frequent	P	
68	urination, infrequent	P	
55	sexual instinct, weak	P	
82	sexual instinct, strong	P	
84	menstruation, too early, too often	P	
69	menstruation, late, too seldom	P	
29	menstruation, too short duration	P	
49	menstruation, too long duration	P	
66	menstruation, too weak	P	
80	menstruation, profuse	P	
92	breathing, quickened	P	
58	movement, desire for	P	
68	movement, aversion to	P	
61	obesity		
86	air, aversion to open air	P	
76	air, desire for open air	P	
15	bones, fractures, healing slow		
80	pulse, quick	P	
43	pulse, slow	P	
37	heat, with inclination to uncover	P	
55	heat, with aversion to uncover	P	

37	perspiration, with inclination to uncover	P	
55	perspiration, with aversion to uncover	P	
65	< mental effort [worse]	P	
70	< physical effort [worse]	P	
79	< rising from bed, while getting up [worse]	P	
80	< rising from bed, after getting up [worse]	P	
70	< rising from seat, while [worse]	P	
10	< rising from seat, after [worse]	P	
34	< eructations (burping) [worse]	P	
68	< stepping hard [worse]	P	
65	< stretching out affected limb [worse]	P	
121	< touch [worse]	P	
126	< movement [worse]	P	
54	< movement, of affected parts [worse]	P	
108	< bending over, while [worse]	P	
93	< pressure, external [worse]	P	
37	< warmly, from wrapping up [worse]	P	
99	< while falling asleep [worse]	P	
56	< uncovering [worse]	P	
111	< while/after waking up [worse]	P	
66	< eating, before [worse]		
91	< eating, during [worse]	P	
121	< eating, after [worse]	P	
110	< open air [worse]	P	
48	< after breakfast [worse]	P	
126	< walking [worse]	P	
118	< walking, in open air [worse]	P	
54	< walking, fast [worse]	P	
47	< food and drink, cold things [worse]	P	
52	< food and drink, warm things [worse]	P	
27	< hang down, letting arm/leg [worse]	P	
60	< raising affected limb [worse]	P	
44	< bending affected limb [worse]	P	
90	< cold in general [worse]	P	

88	< weather / air, cold [worse]	P	
78	< cold, when getting cold [worse]	P	
32	< warmly, from wrapping up head [worse]	P	
45	< uncovering head [worse]	P	
71	< shaking head [worse]	P	
54	< running, jogging [worse]	P	
69	< reading [worse]	P	
80	< light (bright) [worse]	P	
125	< lying position [worse]	P	
124	< lying, in bed [worse]	P	
48	< lying, on back [worse]	P	
50	< lying, on side [worse]	P	
29	< lying, on right side [worse]	P	
33	< lying, on left side [worse]	P	
80	< lying, on painful side [worse]	P	
25	< lying, on pain-free side [worse]	P	
112	< lying down, after [worse]	P	
39	< sitting down, while [worse]	P	
47	< sneezing [worse]	P	
57	< before breakfast, fasting [worse]	P	
44	< rubbing [worse]	P	
102	< resting (not moving) [worse]	P	
113	< sleep, during [worse]	P	
58	< sleep, after [worse]	P	
93	< swallowing [worse]	P	
76	< writing [worse]	P	
85	< looking, eyes strained [worse]	P	
126	< sitting [worse]	P	
43	< sitting, erect [worse]	P	
42	< sitting, bent over [worse]	P	
77	< talking, speaking [worse]	P	
107	< standing [worse]	P	
93	< room [worse]	P	
54	< warmth, of room or stove [worse]	P	

71	< drinking, after [worse]	P	
73	< warmth, in general [worse]	P	
44	< weather / air, warm [worse]	P	
67	< warm, becoming heated in bed [worse]	P	
68	< warm, becoming heated in open air [worse]		
42	< water and washing [worse]	P	
58	< weather / air, wet, damp [worse]	P	
28	< weather / air, dry [worse]	P	
41	> rising from bed, while [better]	P	
124	> rising from bed, after [better]	P	
27	> rising from seat, while [better]	P	
106	> rising from seat, after [better]	P	
36	> eyes, opening [better]	P	
24	> eyes, closing [better]	P	
44	> stretching out affected limb [better]	P	
102	> movement [better]	P	
43	> movement, of affected parts [better]	P	
74	> pressure, external [better]	P	
74	> darkness [better]	P	
56	> warmly, from wrapping up [better]	P	
37	> uncovering [better]	P	
28	> sleep, after; while waking up [better]	P	
54	> eating, during [better]	P	
52	> eating, after [better]	P	
93	> open air [better]	P	
58	> after breakfast [better]	P	
102	> walking [better]	P	
77	> walking, in open air [better]	P	
53	> food and drink, cold things [better]	P	
42	> food and drink, warm things [better]	P	
60	> hang down, letting arm/leg [better]	P	
27	> raising affected limb [better]	P	
61	> bending affected limb [better]	P	
73	> cold in general [better]	P	

44	> weather / air, cold [better]	P	
74	> cold, when getting cold [better]	P	
45	> warmly, from wrapping up head [better]	P	
32	> uncovering head [better]	P	
106	> lying position [better]	P	
103	> lying, in bed [better]	P	
50	> lying, on back [better]	P	
46	> lying, on side [better]	P	
24	> lying, on painful side [better]	P	
78	> lying, on pain-free side [better]	P	
32	> lying, on right side [better]	P	
30	> lying, on left side [better]	P	
100	> lying down, after [better]	P	
68	> sitting down, while [better]	P	
65	> before breakfast, fasting [better]	P	
74	> rubbing [better]	P	
117	> resting (not moving) [better]	P	
47	> swallowing [better]	P	
101	> sitting [better]	P	
71	> standing [better]	P	
107	> room [better]	P	
90	> warmth, in general [better]	P	
88	> weather / air, warm [better]	P	
35	> warmth, of room or stove [better]	P	
77	> warm, becoming [better]		
38	> warm, becoming heated in bed [better]	P	
30	> weather / air, wet, damp [better]	P	
55	> weather / air, dry [better]	P	
29	< teething, during, in children		
			Rubrics from <a href="http://Polarity-Analysis.com">Polarity-Analysis.com</a> Software by Heiner Frei
			Polarity Analysis Training Inc <a href="http://www.polarityanalysis.com">www.polarityanalysis.com</a>