

# Modalities

**Modalities** are one of the most important aspects to consider when choosing a remedy and are used whether it's an acute or a chronic case. They are essential criterion that enables us to decide between remedies and without this defining information the remedy search is often too generalised.

The modalities of a symptom are what makes the symptom **better** or **worse** and this information is often recorded by homoeopaths in patient notes and homoeopathic texts using the notations > better or ameliorated from and < worse from or aggravated by. From the moment you learn the first remedy, you start to learn its modalities.

For example, in cases of joint pain and differentiating between Bryonia and Rhus tox. Bryonia's pain is greatly aggravated by movement i.e. < movement and being disturbed, whereas Rhus tox is stiff and creaky to start with, but much better from sustained movement i.e. > movement or < inactivity.

In differentiating the clingy child: is the child truly clingy and cuddly, as in Pulsatilla i.e. > consolation, or cranky and discontented, wanting to be picked up and down but cranky and discontented as in Chamomilla i.e. < consolation.

Modalities can apply to all sorts of factors such as the effects on the individual or on the symptoms from the weather, movement, time, temperature and even the full moon, food desires and aversions, sides of the body affected, consistency and colour of discharges, frequency of complaints and so the list goes on.

Learning the leading characteristics, keynote and modalities of your home prescribing remedies will help when looking for the correct remedy to treat your family for first-aid and seasonal disorders. For instance, when you see a family member with a fever, or an illness that comes on after exposure to chill wind, you will think of the modality < after being in a chill wind, this is a keynote symptom of the remedy Aconite.

When researching for the correct homoeopathic remedy, remember to use both your Materia Medica and your Repertory paying special attention to the differentiating modalities and cross reference to see if the remedy is indeed the best match.

Familiarising yourself with the nuances of each remedy and each member of your family seems daunting initially but quickly becomes fascinating and fun.

**Handy hint:** If you find it hard to remember the better from and worse from notations then print this and tape it to your desk, remedy box or home prescribing book – soon it will be second nature.

**Better** from or **ameliorated** by >

**Worse** from or **aggravated** by <

Next month we will explore **potency** and **dose**.