

Jonathan Hardy

Mammal Remedies in Homeopathy

IMPRINT

Jonathan Hardy

Mammal Remedies in Homeopathy

ISBN: 978-3-95582-239-2

First English Edition 2021

Second English Edition 2022

©2021, Narayana Verlag GmbH

Interior layout: Nicole Laka

Cover Layout: Narayana Verlag

Cover Photo: shutterstock #1015724284 © Nagel Photography

Narayana Verlag

Blumenplatz 2, 79400 Kandern, Germany

Phone +49 7626 9749700

info@narayana-verlag.com www.narayana-verlag.com

All rights reserved. Without the written permission of the publisher, no part of this book may be reproduced, duplicated, photocopied, translated or stored in any form by any mechanical, electronic or photographic process, with the exception of short passages for book reviews.

In so far as registered trademarks, trade names and common names are used, the usual protections apply (even if these are not marked as such).

The recommendations in this book have been compiled and checked to the best knowledge of the author and publisher. There is nevertheless no guarantee provided. Neither the author nor the publisher shall be held liable for possible detriment or damage resulting from the instructions in the book.

In accordance with the relevant legal provisions, the publisher excludes any liability for the contents of external links. The owner of the linked pages is solely responsible for the contents, correctness, precision, completeness, quality and usability of the information displayed on such linked pages.

Medical knowledge is subject to constant change in the light of ongoing research and clinical experience. The author and translator of this work have taken special care to ensure that the therapeutic information in this work (especially in terms of indication, dosage and undesirable side effects) corresponds to the current state of knowledge. However, this does not exonerate the user of this work from the duty of checking - with the help of the relevant specialist literature and further written sources of information - whether the information given there differs from this work, and from the responsibility of selecting a prescription accordingly.

The publisher accepts no responsibility for the comprehensiveness and selection of the listed medications. Protected trade names (trademarks) are in general very clearly denoted (*). However, if such an indication is missing, it cannot be automatically concluded that this concerns a nonprotected trade name.

CONTENTS

1 THE BIOLOGY OF MAMMALS.....	1	9 PAN TROGLODYTES.....	52
2 THEMES IN MAMMAL CASES.....	7	Pan troglodytes case.....	54
3 MAMMALS REPERTORY SEARCH.....	20	10 LAC HUMANUM.....	57
4 MAMMAL WORDS.....	26	Main themes in Lac humanum....	58
5 PRIMATES.....	28	Other themes.....	60
6 ORANGUTAN.....	35	Lac humanum Case 1.....	62
Orangutan case.....	36	Lac humanum Case 2.....	66
7 GORILLA GORILLA.....	41	11 LAC MATERNUM.....	70
Gorilla case.....	42	Main themes in Lac maternum ...	70
8 MACACAMULATTA.....	46	Lac maternum Case 1.....	73
Lac rhesus case.....	47	Lac maternum Case 2.....	79
		12 CATSAND DOGS.....	83
		13 DOGS.....	84
		Main themes in dog cases:.....	84

14	CANIS LUPUS FAMILIARIS.....	88	20	PANTHERA ONCA.....	187
	Main themes.....	89		Case.....	188
	Lac caninum Case 1.....	91	21	FELIS CATUS.....	191
	Lac caninum Case 2.....	96		Main themes of Lac felinum.....	192
15	CANIS LUPUS.....	100		Lac felinum Case 1.....	194
	Main themes.....	100		Lac felinum Case 2.....	197
	Lac lupinum Case 1.....	103	22	URSUS ARCTOS.....	201
	Lac lupinum Case 2.....	109		Sanguis ursus arctos Case 1.....	203
	Lac lupinum Case 3.....	114		Sanguis ursus arctos Case 2.....	208
				Sanguis ursus arctos Case 3.....	213
16	LYSSINUM.....	119	23	PHASCOLARCTOS CINEREUS.....	219
	Main themes.....	120		Phascolarctos cinereus Case 1... ..	224
	Lyssinum Case.....	122		Phascolarctos cinereus Case 2 ..	226
17	CATS.....	124	24	SURICATTA SURICATTA . .	230
	Main themes in cat cases.....	124		Suricatta suricatta case.....	231
18	PANTHERA LEO	140	25	BOS TAURUS	236
	Lac leoninum Case 1.....	141		Lac vaccinum defloratum Case 1.	239
	Lac leoninum Case 2.....	146		Lac vaccinum defloratum Case 2. .	246
	Lac leoninum Case 3.....	151	26	DAMA DAMA.....	248
	Lac leoninum Case 4.....	155		Dama dama Case 1.....	251
	Lac leoninum Case 5.....	158		Dama dama Case 2.....	256
19	PANTHERA TIGRIS.....	160	27	CASTOR CANADENSIS.....	259
	Sanguis panthera tigris Case 1.....	161		Castoreum canadense case.....	261
	Sanguis panthera tigris Case 2 ...	170			
	Sanguis panthera tigris Case 3 ...	177			
	Sanguis panthera tigris Case 4 ..	180			
	Sanguis panthera tigris Case 5 ..	184			

28	HYSETER	
	MACROCEPHALUS	273
	Ambra grisea Case 1	276
	Ambra grisea Case 2	281
	Ambra grisea Case 3	284
29	TURSIOPS	
	TRUNCATUS	288
	Main Themes	289
	Lac delphinium case	293
30	SARCODES	296
31	PLACENTA	298
	Placenta Case 1	303
	Placenta Case 2	307
	Placenta Case 3	311
	Placenta Case 4	315
	Placenta Case 5	316
	Placenta Case 6	319

32	UMBILICAL CORD	322
	Main theme: Violation	322
	Umbilical cord Case 1	323
	Umbilical cord Case 2	327
	Umbilical cord Case 3	330
33	AMNIOTIC FLUID	335
	Amniotic fluid case	336
34	FOLLICULINUM	342
	MAIN THEMES	343
	Folliculinum case	345
35	SOME NOTES ON CASE	
	TAKING	348
	INDEX	353



CHAPTER 1

THE BIOLOGY OF MAMMALS

Scientists divide the animal kingdom into several major groups for the purposes of classification. By far the largest group is the invertebrates: it contains about 95% of the millions of known species of animals. Invertebrates include animals like worms, jellyfish, sponges, molluscs, insects and spiders. Vertebrates - animals with backbones - comprise the other 5 % of species. Vertebrates include fish, amphibians, reptiles, birds and mammals.

There are fewer than 5000 species of mammals. There is however astonishing diversity: the enormous blue whale, the tiny field-mouse, the horseshoe bat, the gorilla and the human being are all mammals.

Mammals are warm-blooded animals which suckle their young on milk. They have a body covering of hair or fur, prominent external ears and a mouth filled with teeth. These features, although not shared by all mammals, serve to differentiate mammals from all other vertebrates.

Mammals evolved from a group of carnivorous reptiles and the most primitive mammals were small flesh-eaters. As they evolved mammals spread and adapted to many different habitats and now occupy a wide variety of niches, from small flying insect-eaters to large terrestrial grazers, and from tiny burrowing carnivores to the largest of living animals: the plankton-feeding whales.

Skin and Fur

The skin of mammals shows a number of features not found in other back-boned animals. These include the presence of hair and a number of different types of skin glands.

Hairs have a complex structure. Many mammals have at least two main hair types in their body covering: long guard hairs and shorter hairs or underfur.



The combination of these two hair types provides efficient thermal insulation by trapping a layer of still air close to the skin. In some large mammals hair is sparse or absent and these species rely on the properties of the skin which provides insulation through its fatty inner layer. Replacement of skin, or moulting, may occur continuously or, in colder climates, at specific times of the year. Some species have separate summer and winter coats. Specialised hairs called vibrissae have sensory cells and provide important tactile information.

Glands

Of the different types of glands occurring in the skin the most important are the mammary glands. Mammals are named after the mammary glands which are found only in this group of animals and which secrete the milk which nourishes the young. Milk is a complete food, providing all the nutrients the young need until they are ready to eat solid food.

Sebaceous glands are present in most mammals, in close association with the hair follicles. They produce an oily secretion which serves to lubricate and protect the hairs.

Many mammals have sweat glands, which promote evaporative cooling and elimination of metabolic wastes.

Scent glands are highly specialised structures which produce volatile odorous secretions. These are important as a means of communication and in some species as a form of defence.

Skeletal Structure

Most mammals have seven cervical vertebrae. In most mammals ribs are associated only with the chest vertebrae.

The limbs of mammals have retained the basic vertebrate five-fingered plan with few modifications, even in such diverse species as bats, whose limbs have become wings, and whales, whose forelimbs are oar-like.

In the hoofed mammals there is a reduction in the number of toes from five to two or even only one.

Brain and Senses

Mammals have much larger brains, relative to body size, than other vertebrates, due to an expansion of the cerebral hemispheres.

The sense of smell is highly developed in most mammals, although it is less important in many primates (monkeys and apes) and reduced or absent in cetaceans (whales and dolphins). Touch receptors occur widely on the body.

The mammalian eye is well developed. Colour vision has evolved independently in a number of mammals including primates and rodents. Binocular vision, which permits accurate estimation of distance, is particularly well-developed in primates. Many nocturnal mammals have a reflective layer at the back of the eye which increases visual acuity by reflecting weak incoming light back into the retina.

Hearing is important to most mammals and a number of specialisations have evolved, particularly the amplifying function of the middle ear. Most mammals have an external ear which collects sound and concentrates it on the opening to the middle ear. Many mammals can hear sound of very high pitch, and this has been exploited - by bats for instance - in echolocation, by which the animal locates objects by listening to the reflections of its own sound pulses.

Reproduction

Mammalian reproduction is characterised by internal fertilisation which results in an amniote egg: one which develops in a safe, watery environment.

The female reproductive system consists of a pair of ovaries and their associated ducts. Under the influence of hormones produced by the pituitary gland, mature ova are released into the fallopian tubes. The control of ovulation may be environmental, as in many highly seasonal breeders, or it may be induced by copulation, as in cats. Males produce sperm in the testes, which are located



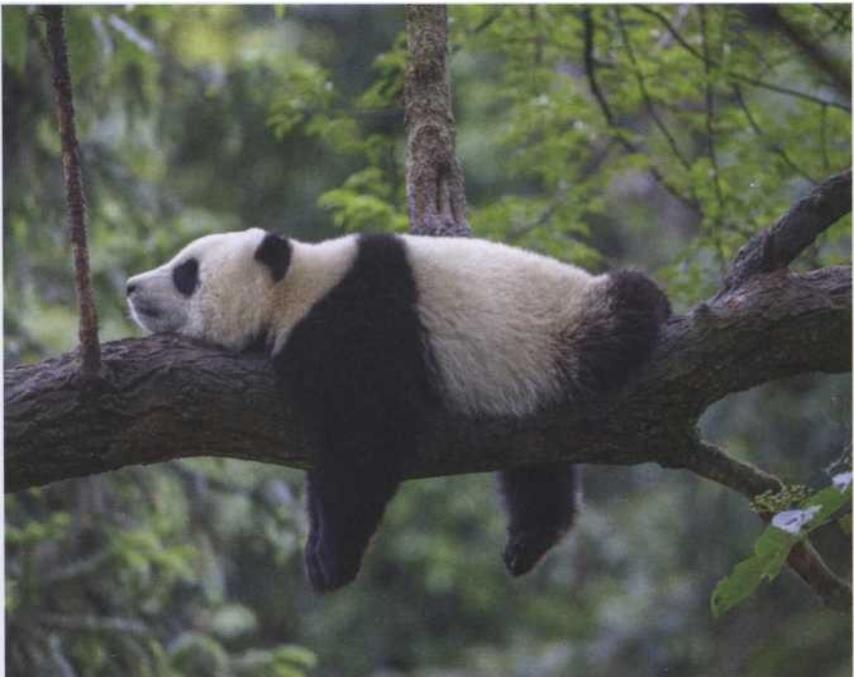
within the body cavity or outside in a scrotum, where the sperm can develop at a temperature lower than the normal body temperature.

The young of marsupials (which include opossums, kangaroos, wallabies and koalas) are born in a very undeveloped state after a very short gestation. They attach firmly to the teat of a mammary gland which may be located in a pouch on the mother's belly. In placental mammals (which comprise nearly all other mammals) gestation is relatively longer and the young are born in a more advanced state of development, although in some species they are still naked and helpless. A major trend in the evolution of placental mammals has been the lengthening of the gestational period and the birth of more highly developed young. This is usually associated with the production of fewer young in each litter.

Orders of Mammals

Primates - lemurs, tarsiers, marmosets, monkeys, gibbons, apes and man

Carnivores - dogs, foxes, bears, pandas, mongooses, cats, sealions, walruses, seals, raccoons and weasels	Rodents - beavers, squirrels, mice, porcupines and rats
Marsupials - opossums, kangaroos wallabies and koalas	Lagomorphs - rabbits and hares
Insectivores - shrews, moles and hedgehogs	Smaller orders:
Bats	Monotremes - duckbilled platypus
Cetaceans - whales, dolphins and porpoises	Tree shrews
Elephants	Flying lemurs
Odd-toed ungulates - horses, tapirs and rhinoceroses	Sea cows - dugongs, manatees
Even-toed ungulates - pigs, camels, deer, giraffes and cattle	Hyraxes
	Aardvarks
	Pangolins
	Elephant shrews
	Edentates - sloths, anteaters





CHAPTER 2

THEMES IN MAMMAL CASES

A mammal remedy reflects both the qualities of mammals in general and the specific animal source.

Milk is the unique evolutionary adaptation of mammals and it is fundamental to our understanding of mammal remedies. It is the source of nourishment for all young mammals. Not only is it essential to the physical survival of the baby mammal but it involves the process of suckling. The infant mammal draws nourishment from the breast of its mother. This means bodily contact and warmth. It also has an emotional element - it is an act of great intimacy: the mother is literally giving of herself to give life to her young.

All these elements of nourishment, warmth, bodily contact, motherly nurturing and intimacy are found in mammal cases.

We could say that being fully nourished, on both a physical and emotional level, with feelings of warmth, intimacy and closeness combine to make the healthy “mammal feeling”. As humans we should have this feeling deep within us, as part of our basic inner structure, at a visceral and subconscious level of our being. If we do, it will go a long way towards helping us feel adequate, secure, worthwhile - able to be happy and effective in life. On the other hand, if we do not have this “mammal feeling”, we will lack these basic elements which make a secure and stable person. There will be a nagging sense of something missing, an inner insecurity which is very fundamental. This is often experienced in a very physical way - a visceral sense of emptiness, a hole which cannot be filled. A deep feeling that something is wrong with us, we are not complete.

The following are themes which recur in mammal cases.

Suckling

Children requiring mammal remedies can have difficulties at the time of weaning. They do not want to relinquish regular intimate contact with their mother. They can also be abnormally attached to surrogate forms of suckling, for example their dummy or pacifier. There can be huge battles around this and they may cling to it long past the usual time. Thumb sucking, nail biting and fondness for a comfort blanket are other ways in which a child, or sometimes even an adult, will try to mimic the comfort derived from breastfeeding.

Warmth

Mammals are warm-blooded animals: they generate their own body heat and doing this is essential to their survival. We find the theme of warmth often helps to identify the need for a mammal remedy. Especially at times of stress these patients find comfort in being in a warm, cosy place - in bed or wrapped in a blanket. The following are words which recur frequently when describing this:

Warm, cosy, snug, comfort, comfortable, homely.

We also hear words describing the opposite pole - what mammal patients really do not like:

Icy, ice-cold, cool, cold-hearted, cold-blooded, cold-shoulder, frosty, freeze, freezing, frigid, glacial, lukewarm, chilly, hypothermia.



Body Contact

In the healthy state mammal patients love body contact. They are very tactile people and derive comfort from the sensation of being in touch with another warm body. Children love playing in a way which involves body contact. These people love hugging, cuddling and demonstrating affection in a physical way. When under stress they sometimes caress, rub or squeeze themselves in an attempt to derive some relief. The following frequently heard words reflect this:

Cuddle, hug, tactile, tickle, caress.

Nurturing and Nourishment

The healthy mammal state creates an inner sense of being satisfied, fulfilled, and content. The opposite state is one of feeling empty and dissatisfied.

The following words reflect the positive side of this theme:

Satisfied, fulfilled, contented.

These are the words reflecting the negative aspect:

Empty, dissatisfied, hole.

Visceral Experience

Emotions are felt intensely and often at a visceral level. This physical experience of emotion is reflected in expressions such as:

"Gut instincts"

"I feel it in my guts"

"I'm gutted".

When describing the discomfort which they feel with and in their bodies they can use phrases like:

"I want to get out of my skin"

"It makes my flesh creep"

"I get sick with anxiety"

"It makes me feel sick".

Usually this is accompanied with cringing of the body and grimacing of the face, again emphasising how visceral the experience is.

The physical element in their feelings can also be expressed positively: they love hugging and kissing.

Or there can be a marked aversion to touch - being touched can seem to exacerbate the feeling of discomfort they experience in their bodies and they shrink from it or cringe away.

Bonding and Intimacy

In the healthy state mammal patients establish close, intimate connection with their loved ones. But in the unhealthy state there are often problems with bonding, particularly in relationships with the mother. The following words recur in case taking when patients are describing this element in their lives:

Connection, friendship, friendliness, kindness, understanding, affection, love, intimacy, closeness, togetherness.

The opposite pole is expressed using these words:

Snubbed, shunned, distant, remote, indifferent, unfeeling, reserved, withdrawn.

Soft

Most of us like cuddling puppies and kittens and part of the pleasure is the lovely soft feeling of their coats. Mammal people really love this soft sensation and use words to express this:

Smooth, gentle, soft, sympathetic, yielding.

They do not like the opposite sensation of hardness:

Stony, stony-hearted, harsh, rigid, inflexible, wooden, stiff, severe, spartan, austere.

One patient described her childhood as follows:

“It was a cold home, with no warmth and cuddles. I was given two dolls but they were made of china. I remember lying in bed between those cold hard dolls...”

Valued

The healthy mammal feeling is feeling fulfilled, content, confident and valued:

Appreciated, admired, respected, treasured, cherished, valued.

One parent described his role as follows:

“I know part of the reason for me being here is to make my children feel safe, protected, special, loved and valued”.

The opposite state is also expressed:

Neglected, abandoned, ignored, rejected, worthless, ashamed, insignificant, useless, unimportant, desolate.

Impulse and Instinct

A child until two years old only has primitive feelings - they are not under control. It is like the instincts of an animal. A child has to learn to get impulses under control. In mammal patients of any age behaviour can be childlike, impulsive, out of control.

They express this by describing their behaviour as follows:

Irrational, mad, out of control, crazy.

Feeling Uncomfortable

The words comfort and comfortable are heard commonly in mammal cases. "Comfort" is often spoken of in relation to their relationships, for example:

"I feel so *comfortable* with my mother".

The opposite feeling is just as often expressed, in particular when describing anything to do with their physical bodies. This includes their appearance - they can dislike anything to do with how they look. They can also be uncomfortable with their "animal nature" - in other words the physical functions of their body, especially those to do with eating, eliminating waste and sexuality. The instinctive part of their nature is often something they do not like to feel or experience and this can sometimes be suppressed or denied. This theme is expressed in those children who have difficulty coming to terms with basic bodily functions. All aspects of eating can be affected, with fussy eating and poor appetite sometimes leading to a poorly nourished state. Problems with bowel function are common, in particular withholding of the stool. These children can refuse to pass a stool unless it is into their nappy. As a result, potty training can be a particularly traumatic time for the whole family. If coerced into using the toilet or potty they can then refuse to pass a stool for days on end. They may still be using a nappy as the age approaches when they have to go to school.

Emotional Immaturity

Some mammal patients can have little capacity to deal with emotional stress. They can regress emotionally under stress and revert to a childish state. They can be very sensitive to reprimands and use expressions like:

"It makes me feel like a child".

They can have a chronic feeling of inadequacy and incompetence which leaves them unable to succeed in life.

They may easily feel put down and looked down upon. As a result they have a great need for respect and reassurance. They can complain there was no praise when a child - they felt rejected and abandoned emotionally.

In this negative state they are self-conscious and shy, prone to blushing and with a bashful, downward gaze.

This is when they are most prone to nail biting and thumb sucking, deriving some comfort from these surrogate forms of suckling the breast.

Parental and Family Relationships

The commonest theme to be found in mammal cases is a disturbed relationship with one or both parents, or with the family as a whole.

In the course of case taking a history of poor bonding with the mother is common. They felt not properly mothered or feared one or both parents. Most characteristic in mammal cases is the feeling that the parents were cold or never gave any physical affection or touching. There may have been a feeling of not being part of the family or of feeling as if one was adopted. There may have been a strong desire to leave the family early or a feeling that the family worked better without them in it.

In some cases where the feeling is of insufficient bonding with one's caregivers the reaction may be the paradoxical one of wanting to hold on all the more tightly in compensation. There can be clinging to a parent, or, in the case of a parent, a tendency to cling to an unhealthy degree to the children. As a result the patient may experience a sensation of being smothered.

Common Childhood Histories

Mental illness in the mother is a common history in mammal cases.

We often hear that the patient's mother had emotional disturbance during pregnancy. This can have been through trauma of any kind, both psychological and physical.

A history of postnatal depression is not uncommon with resultant lack of bonding with the patient when they were an infant.

Sometimes the mother may have had chronic mental illness and this can be especially damaging to her children, often creating a deep feeling of insecurity. A feeling of instability and insecurity can also be caused by alcoholism in either parent.

We often hear mammal patients saying they felt a sibling was preferred to them.

Another common story is that the patient found a surrogate mother to compensate for the lack of healthy mothering they experienced in their nuclear family. This is usually a grandmother but any other adult can fulfil that role, such as the mother of a close friend.

In some cases roles are reversed in the family and the child ends up as the adult, becoming a carer for their dysfunctional parent. They "mother their mothers". Sometimes they complain that their parent disclosed information to

them which was completely inappropriate, such as the mental state the parent was in or illicit sexual relationships the parent was having.

All of these kinds of childhood stories are likely to result in the child feeling insecure, unvalued and inadequately nurtured. Such is the foundation for a mammal remedy state to develop.

Parenting

Mammal patients may be adults who feel very strongly about being a parent - they love it too much and overdo being a parent. This is an over-compensation for the lack of a secure emotional foundation in their own lives. They lose themselves in the mothering role, both starving themselves of sufficient time and nurturing, but also smothering their child in the process. The effect may be for the child to resist the overly clingy attentions of their parent, leading to tensions and frustration in the relationship. "Suffocation" and in particular "smothering" are words which express this tendency.

This abnormal compulsion to express maternal care may be expressed inappropriately in other relationships, in particular towards the partner.

They may say:

"I mother my husband - I cannot help it".

Or they may feel that is what their partner wants while the partner actually may hate it. It doesn't matter which pole of the mothering concept they are feeling - if they spontaneously begin to talk about the concept of mothering in the course of non-leading case taking, then a "mammal state" may be at the root of their problems.

There may be the opposite state expressed: a strong aversion to parenthood. They may have internalised a dysfunctional mammal state which renders them incapable of nurturing a child and makes them feel an aversion to being in that role.

In amore healthy state there can be a very strong protective instinct towards family members and to others in general, particularly those members of society who are vulnerable or weak. This can include animals.

Children

Mammal children often exhibit strong sibling rivalry. There can be intense jealousies from feeling pushed out by a brother or sister. Very characteristically mammal children will physically push themselves between a parent and a sibling when the two are cuddling.

If rivalry descends into fighting it can be ferocious and spiteful with biting, scratching and kicking.

In the positive state mammal children are engaging, charismatic and affectionate. They are playful and love hugging, kissing, tickling and jumping on others. They express their affection physically, throwing their arms around family members, in particular their mother, and saying how much they love them.

This affectionate nature can of course be unbalanced in the opposite direction. They may be unable to show affection: they cannot hug or kiss and shrink from any physical contact. On the other hand they may be too clingy. The strong body consciousness which is part of the mammal state can have many positive effects. These children can be very athletic and excel in sport. Mammal children often love the outdoors and spend their time running, climbing and getting dirty. This includes girls who may prefer playing with boys and can often surpass their male friends at physical activities. Girls may be especially averse to what they describe as “bitchiness” in their female peers.

These children often love animals of all kinds and enjoy visiting zoos. They may especially love baby animals. Their animal energy can be attractive to animals with whom they often have a special rapport: animals love them. There may be poor impulse control. These children can be unable to control their behaviour. They may be impulsive, speaking without thinking and unable to follow rules. They may be diagnosed with specific disorders such as attention deficit and hyperactivity.

Animals

Mammal people have strong feelings about animals. Most commonly they love animals, including domestic pets and wild creatures. Less often there is an aversion to all animals, or a fear of one specific creature. Usually there is a deep love for and appreciation of animals and a sensitivity to their being mistreated. Dreams of animals are common.

The Group

Many mammal species live in groups. This part of the remedy state will be reflected in themes to do with group dynamics: how to be a part of the social structure to which they belong. There can be a tension between how much one is able to manifest one's individuality while remaining an acceptable member of the group.

It is important to have a strategy to remain in the group and to be included. This can be played out within the family, friendship group, work environment or any other social grouping. Often case taking will reveal a history of feeling excluded or rejected in some way. In nature an individual mammal excluded from its social grouping will probably not survive. These group dynamic issues therefore run deep in the state of the corresponding remedy.

There can be stories of fighting for supremacy, resisting bullying or feeling pushed out. There may be a feeling of needing to be aggressive, competitive and stronger than others. Or the feeling may be of being inferior and dependent and then the strategy may be to be submissive, to hide and blend in.

Predator and Prey

Predatory mammal cases show territorial behaviour. They are sensitive to anyone encroaching on what they see as their space. They will seek to maintain their sphere of influence and importance through dominance, power, strength, alertness and vigilance.

Prey mammal cases show fear with desire to escape and hide. Characteristic prey mammal defence strategies are to freeze, hide, make themselves small and to curl into a ball. All these concepts can emerge in the course of case taking.

Dreams and Fears

There can be dreams or a fear or a sensation of suffocation or smothering.

Dreams or fear of falling.

Dreams of pregnancy, children, babies.

Dreams or fear of snakes and spiders.

Dreams of embarrassment (from guilt and shame).

Dreams of missing a train, etc. (signifying loss of relationship or sense of inadequacy).

Signatures

A signature is anything which speaks directly of the remedy source. Clothing such as animal print T-shirts can give us a hint and can also be very misleading. For example an image of a tiger should be treated circumspectly, whereas a T-shirt saying "Honour" is telling us something more subtle and is probably more significant.

Animal print clothing is common and is typically a variation on wild cat patterns. Animal cases of any type of animal are attracted to these designs,

not just mammal or wild cat cases. In recent years these patterns have become so fashionable that they are even worn by people needing mineral and plant remedies.

Mammal patients often wear fur - or much more often fake fur - or woolly clothing. They describe a "warm, snug, comfortable feeling" when they wrap themselves in this type of material.

Brooches reflecting mammal themes are sometimes seen. For example a brooch showing two adults with their arms encircling each other together with two small children so the whole family group is in a close, intimate embrace. This kind of design will probably reflect a desire by the wearer for the mammal themes of bonding, touch and security.

Nicknames can be helpful in any homeopathic case. The family members or friends who choose them often will have a deep intuitive feeling for a central aspect of the person's character. Typical mammal nicknames include Tigger, Minx and Little Monkey.

Manner

In the positive, successful state mammal people are often energetic, sociable, extrovert and entertaining. They can be engaging, animated, lively and magnetic. They exude an animal magnetism. This confident and outgoing state is seen especially in remedies from the larger mammals and especially predators.

The extreme opposite is also seen: a withdrawn, quiet and shy state. There may be poor eye contact and a kind of numb, unfeeling and indifferent state.

Memory

Memory is sometimes very poor. In cases where there has been severe abuse in childhood there can be little or no memory of that time of life.

Forgetfulness generally and mistakes in speaking and writing are common.

Mood and Language

Mammal patients often describe their mood and behaviour as irrational, illogical, out of control, hysterical or even "mad".

When angry they can be malicious and spiteful.

It is not uncommon for them to use words like "bitch" or "cow" when referring both to others and to themselves.

Lack of Control

They can break into rage, sometimes with violence. There can be an inability to control themselves and they can act in an impulsive and instinctive manner. Very characteristically in mammal cases this lack of control includes addictive behaviours. Destructive urges with lashing out, wildness, howling and shrieking are especially seen in children but this type of behaviour is not uncommon in adults. As a result of these deep subconscious impulses there can be a strong urge to control one's emotions. There can be a fear of losing control, "going mad" and bad feelings about one's "animal nature".

Shame and guilt will often follow an episode of uncontrolled aggression.

Appearance

The eyes can be very expressive of the mammal state.

In predator cases the eyes can appear fierce, fiery and with an intense, piercing look. By contrast in prey cases the eyes can be soft, gentle and can be described as "doe-eyed".

Body Image

As in all animal remedy groups there is concern about appearance.

It is important for these patients to look good. In the positive, successful state there can be a confident, even proud bearing with good posture and nice clothing. However those with a negative body image feel unattractive and in the extreme there is a disgust for their bodies. They can feel dirty and ugly. They can express hatred for themselves and say things like:

"I'm stupid"

"I'm a horrible person"

As a result of these deeply unpleasant inner feelings there can be a compensatory desire for washing and cleanliness.

Sexuality

Sexual desire can be heightened, usually to compensate for the forsaken, empty feeling. This can lead to promiscuity and a series of unsuccessful, unhappy relationships.

On the other hand sexuality can be repressed as a result of emotional numbness, aversion to touch, fear of intimacy and sense of shame.

Occupation, Interests and Pastimes

In most cases mammal patients will have a lot of physical energy.

They can be athletic, well-coordinated, agile and sporty.

Generally they love the outdoors, walking and the countryside.

Martial arts can be a particular favourite, for example kick-boxing, karate and boxing. This combines the desire for activity with aggression and competition. In professional occupations the basic animal quality of competition is often manifested. They can be ambitious and in the positive state tend to be successful. They can choose careers which involve body work, becoming for example yoga teachers, aerobics instructors or sports coaches. The desire to nurture is also expressed in a career or voluntary work with children. They may work for children's charities or as teachers, especially with young children.

Pathology and Symptomatology

The use of mammal remedies is not limited to any particular kind of pathology. If the patient is manifesting a mammal state at the level of their general symptoms then a mammal remedy is indicated whatever their physical symptom picture. However, the following are common forms of pathology seen in mammal cases:

ADDICTIONS

Mammal patients often talk of their addictions in terms of trying to fill a hole within. There can be a craving for something - anything - to fill their feeling of emptiness and to suppress the horrible feeling of self-loathing they can experience at both an emotional and a visceral level. The four main forms of addiction are to drugs, alcohol, sex (often in the form of pornography) and gambling. A mammal patient may have addictions to any - or all - of these. Digital addiction is increasingly common and this and addiction to other forms of entertainment are also seen.

The drugs of choice range from the most powerful and dangerous illegal drugs to simple everyday substances like chocolate and sugar.

"Comfort eating" is a very common mammal pathology and indeed another form of addiction.

NUTRITIONAL DISTURBANCES

Mammal patients are often unable to assimilate nutrition in a normal way. It is as if the lack of emotional nourishment they feel is expressed also in the form of being unable to assimilate nutrition at a physical level. This can lead to being underweight and to nutritional deficiencies. The psychological imbalance can

also of course be expressed as obesity, especially when accompanied by food addictions. Patients may complain of disturbances in appetite, being hungry all the time with an insatiable appetite or lacking any appetite at all. Fussiness about food is very common, especially in children. Anorexia nervosa and bulimia are common. There can also be disturbances in thirst. There can be intolerance of fasting with trembling and hypoglycaemia. The sense of shame commonly associated with these conditions, especially obesity and bulimia, are of course also characteristic of the mammal state.

GASTROINTESTINAL SYMPTOMATOLOGY

Unsurprisingly symptoms associated with the gut are common.

Nausea, disturbances in appetite, bloating and abdominal pains and cramps are all common. The patient will often have been given a diagnosis of Irritable Bowel Syndrome.

Gastric reflux, constipation and diarrhoea are all common.

Regurgitation of food is a symptom I have seen especially often in large predatory mammal cases.

MILK

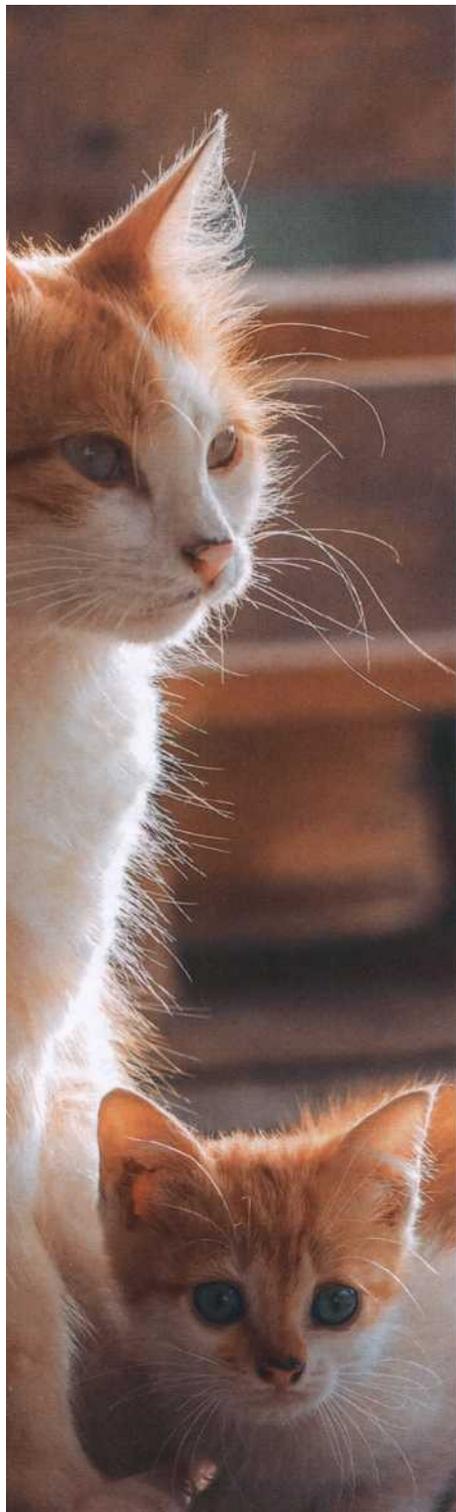
Mammal patients often have issues with milk. This can be an aggravation, aversion or desire. Absence of any milk related symptoms is not, however, a contraindication for a mammal remedy.

BREAST PATHOLOGY

Pain, heaviness and swelling of the breasts, especially premenstrually, are extremely common.

Symptoms associated with breastfeeding can occur. These can be emotional, for example weeping, anxiety or depression during nursing, or physical such as inflammation of the breast or failure of milk production.

Other common pathologies include vertigo, headaches, rheumatism, arthritis and eczema but usually there are few modalities which will specifically indicate a mammal remedy: the prescription must be based on the general symptoms in the case.



CHAPTER. 3

MAMMALS REPERTORY SEARCH

Searching the repertory for rubrics with a large mammal representation indicates what themes recur in mammal remedies.

The following rubrics all have at least three mammal remedies in them. Grouping them together gives us a clear picture of the main themes found in mammal cases.

Abandonment

mind; DREAMS; forsaken, forsaking; friends, by (6)

mind; DREAMS; jealousy (23)

mind; DREAMS; forsaken, forsaking (24)

mind; DREAMS; alone, he is (30)

mind; FORSAKEN feeling; friendless, feels (38)

mind; FEAR; forsaken, of being (40)

mind; DELUSIONS, imaginations; neglected; he is, she is (42)

mind; NEGLECTED; ailments from, agg. from being (47)

mind; DELUSIONS, imaginations; separated; world, from, one is (81)

Death of Relatives

A common cause of the feeling of abandonment is death or loss of family members, in particular of one's carers.

mind; ADOPTION, ailments from, agg. (7)

mind; DEATH; ailments from, agg.; parents or friends, of (39)

mind; DEATH; ailments from, agg.; loved ones, of (58)

Independence

The positive, successful reaction to feeling abandoned is to feel the need to look after oneself. This means growing up quickly, rejecting external authority and leaving home.

mind; HOME; leave, desire to (18)

mind; QUARRELSOMENESS, scolding; family, with (25)

mind; SPOKEN to; aversion to being; alone, desires being (37)

mind; AUTHORITY, refusal to accept someone's (41)

mind; COMPANY; aversion to; avoids the sight of people (46)

mind; DOMINATION by others agg. (63)

mind; PRECOCITY (67)

Clinging

The negative, failing reaction to being neglected is to cling on even harder to your source of support; or to collapse into a passive state.

mind; HELPLESSNESS; infant, feels like an (8)

mind; DEPENDENT; mercy of others, at (13)

mind; DREAMS; father, of (48)

mind; ATTACHED, very; mother, to (48)

mind; DEPENDENT (55)

Lack of Self-esteem

This takes several forms. It is felt as an inability to face up to the challenges one is facing in life and to succeed as an independent person.

mind; DELUSIONS, imaginations; fail, everything will (23)

mind; DELUSIONS, imaginations; worthless, he is (23)

mind; CONFIDENCE; want of self; failure, he is a (30)

mind; FEAR; failure, of; business or work, in (31)

mind; FEAR; examinations, of (32)

mind; DELUSIONS, imaginations; failure, he is a (41)

mind; CONFIDENCE; want of self; inadequate, feels (51)

mind; TIMIDITY; bashful (81)

mind; AMBITION; loss of (85)

mind; FEAR; failure, of (96)

Poor self-esteem in mammal cases is most characteristically felt at a visceral level: a sense of shame about one's physical body.

mind; DELUSIONS, imaginations; body, body parts; short (15)

mind; DELUSIONS, imaginations; dirt, dirty; he is, she is (28)

mind; DELUSIONS, imaginations; ugly, is (33)

mind; AVERSION; oneself, to (37)

mind; BATHING, washing; desire for; cleanliness, mania for (46)

mind; CONTEMPTUOUS; oneself, of (52)

Poor Mental Functioning

Mammal patients can perform poorly mentally, especially making mistakes and being forgetful.

mind; FORGETFULNESS; purchases, making, and goes out without them (31)

mind; MISTAKES, making; calculating, in (37)

mind; FORGETFULNESS; put objects, for where he has (48)

mind; DULLNESS; reading, from (56)

mind; MATHEMATICS, calculating; inept for (62)

mind; FORGETFULNESS; head complaints, in (64)

mind; MISTAKES, making; writing, in; letters (70)

mind; THOUGHTS; disconnected (71)

mind; FORGETFULNESS; read, for what he has (71)

mind; FORGETFULNESS; do, for what he was about to (91)

mind; EXPRESS oneself; difficult (94)

Community

Many mammals live in groups. This is strongly reflected in the provings with themes concerned with making and maintaining strong and effective bonds with others.

mind; DREAMS; cousin, of (5)

mind; DREAMS; groups, of (9)

mind; PLEASE others, desire to (22)

mind; DREAMS; helping (28)

mind; DREAMS; relatives (39)

mind; SOCIABILITY (39)

mind; DREAMS; parties, of pleasure (43)

mind; DREAMS; friends; old (59)

Learning

Many of the more advanced mammals which live in groups develop culture. This is a learned mode of behaviour in the group which is passed on from one generation to the next.

mind; DREAMS; teaching, of (10) mind; SCHOOL, aversion to (34)

Childbearing and Nurturing

All mammals invest significantly in raising their young. There is a period of gestation during which the foetus is fed within the mother through her placenta, followed by a period of intimate care and contact between mother and offspring, mind; DREAMS; child, children; babies; nursing (10) mind; DREAMS; mammae (13) mind; DREAMS; kidnapping (13) mind; DREAMS; birth, of (15) mind; ANXIETY; children, about his (30) mind; SYMPATHETIC, compassionate, too; children, to (32) mind; ANXIETY; others, for; loved ones, for (33) mind; DREAMS; child, children; babies (57) mind; DREAMS; mother, of (67) mind; ANXIETY; family, about his (73) mind; PREGNANCY, in (89)

Danger

The fundamental difference between animals and plants is in the level of consciousness. Animals have conscious awareness. And at some stage in the life of all animals there will be awareness of danger.

mind; DREAMS; hiding; danger, from (22)

mind; DELUSIONS, imaginations; injury; injured, of being (25) mind; DREAMS; animals, of; pursued by (29)

mind; DREAMS; attacked, of being (40)

mind; DREAMS; murder; murdered, of being (50) mind; DREAMS; violence (70) mind; DREAMS; killing (70)

mind; APPROACH of a person agg. (85)

Abuse

A history of abuse is commonly disclosed during case taking in mammal cases. The abuse can take any form.

mind; ABUSE agg., ailments from; childhood, in (20)

mind; RAPED, being, agg., ailments from (26)

mind; DELUSIONS, imaginations; insulted, he or she is (28)

mind; HUMILIATION; ailments from, agg. (42)

mind; ABUSE agg., ailments from; sexual (45)

Sexuality

The strong representation of mammal remedies in rubrics to do with prostitution and flirtation indicate the difficulty some individuals needing mammal remedies have in finding a healthy, balanced approach to sexual relationships. The theme of prostitution is especially strong - five of the nine remedies in the rubric "Dreams of prostitution" are mammal remedies. The basic mammal inner feelings of rejection, unattractiveness and lack of confidence in life probably all combine to produce dysfunctionality in the sphere of sexuality.

mind; DREAMS; flirtation, of (7)

mind; DREAMS; prostitution, of (9)

mind; COQUETTISH; too much (24)

mind; DREAMS; coition (46)

mind; NYMPHOMANIA (99)

Lack of Control

Children needing mammal remedies can exhibit uncontrolled and disruptive behaviour. Adults who are more aware of their actions can express an inability to control their impulses and even a fear of losing control.

mind; SHRIEKING, screaming, shouting; anger, vexation agg. (34)

mind; BREAK things, desire to (35)

mind; TALK, talking, talks; abrupt (40)

mind; ACTIVITY; hyperactive (70)

mind; RUNS about (77)

mind; RAGE, fury; ailments from, agg.; mental and emotional consequences (78)

mind; RUDENESS (81)

mind; ANGER; temper tantrums (87)

mind; BITING; oneself (91)

mind; THROWS; things; away, around (91)

Body Consciousness

Mammal patients often express a feeling of being uncomfortable in their bodies. There is a high degree of awareness of one's physical body and emotions are often felt at a physical level.

mind; DREAMS; hair (35)

mind; DELUSIONS, imaginations; smaller; he is (37)

mind; DELUSIONS, imaginations; separated; mind and body are (49)

mind; DREAMS; nakedness, about (52)

mind; ANXIETY; abdomen; in (84)

mind; FEAR; suffocation, of (94)

CHAPTER 4

MAMMAL WORDS

The following are the words we can repeatedly hear from mammal patients during case taking.

THE POSITIVE STATE:

What feels good to a mammal patient is warmth, body contact, softness, nurturing, acceptance, appreciation and intimacy.

Warmth

Warm

Warm-heartedness

Cosy

Snug

Comfort

Comfortable

Homely

Soft

Smooth

Gentle
Tender

Sympathetic

Satisfied

Content

Fulfilled

Nurturing

Care

Nurture

Foster

Parent

Nourish
Feed

Touch

Caress
Tactile

Tickle

Bond

Connection

Friendship

Attachment

Friendliness

Kindness
Understanding

Affection
Good-natured

ness
Love

Suckling

Nurse

Breastfeed

Intimacy

Closeness

Togetherness
Relationship

Valued

Appreciated
Admired

Respected

Treasured
Cherished

THE NEGATIVE STATE:

These are the words which describe what feels bad to a mammal patient:

Coldness

Icy Ice-cold

Cool Cold-
hearted Cold-
blooded Cold-
shoulder

Frosty Glacial

Freeze out

Freezing Frigid

Lukewarm

Chilly

Hypothermia

Hard

Stony Stony-
hearted Harsh

Rigid Inflexible

Wooden Stiff

Severe Spartan

Austere

Empty

Bare Desolate

Unimportant

Worthless

Of no value

Insignificant

Useless

Neglect

Forsake

Abandon

Leave

Ignore

Snub

Shun

Turn one's back

Reject

Distant

Remote

Indifferent

Unfeeling

Forbidding

Reserved

Withdrawn



CHAPTER 5

PRIMATES

There are two hundred species of primates, belonging to eleven different families. Primates include monkeys, apes and humans. Several characteristics of primates are of interest from the homeopathic perspective and can be a significant element in a primate patient's presentation.

1. Grasping Hands

One of the digits of a primate's hand grips against the other four, enabling a firm grip and the ability to hold and manipulate objects.

2. Large Brains

Primates have cerebral hemispheres which are large compared to those of other mammals. This gives them higher intelligence, the ability to learn and a complex repertoire of behaviours.



3. Complex Social Organisation

Many primates have complex social structures. Combined with their intelligence this enables primates to learn from each other and from experience. Not all primates live in groups but they are all acutely aware of their neighbours and adapt their behaviour according to their last encounter. The long period of maternal dependency - childhood - also allows the next generation to learn from their elders' experience. In long-lived species which live in permanent social groups we see the emergence of the role of grandparents. In this way some learned behaviour patterns are passed on, leading to the emergence of culture. This is most obvious in humans and apes who have developed the ability to make and use tools.

Much of primates' social learning takes place while they play with each other. Knowing how to interact safely with other members of the group or with neighbours is important for social success and ultimately leads to reproductive success. The larger the social group the more complex this process can be. These complex social interactions may involve political alliances, careful planning and even deception.

4. Communication

The complexity of primate social structures necessitates sophisticated communication.

Various types of information are communicated between group members: Where are you? What are you doing? How are you feeling? Are you friend or foe? Are you sexually receptive? This information is relayed using the senses of smell, sight, sound and touch. Among the most important modalities are facial movements: these are the most varied and subtle in the animal kingdom. Body language can involve whole body stance or movement. These signals are sometimes emphasised with vocalisation or odour.

VISUAL SIGNALS

These are especially important in primates and some species have evolved physical features to emphasise such signs:

- Patches of coloured skin on face or genitals

- Tufts of hair on the ears, eyebrows or lips

- Bony or fleshy protuberances on the face

Some examples of facial expressions include:

- Yawning - this can indicate nervousness or stress.

- Flipping the upper lip - this exposes the teeth and is a threat.

- Lip smacking - this means "I want to groom you" and is used to invite a friendly encounter or defuse aggression.

SOUND SIGNALS

These are used by all primates in communication, both for intimate signals at close quarters and for long-distance messages. Examples of loud territorial calls include orangutan "long calls", gibbon singing and howler monkey bellowing: all these announce ownership of a patch of habitat. Examples of intimate signals include soft grunts which may reassure and denote affection.

Squeaks and hoots can convey excitement.

Very precise information can be conveyed, eg. vervet monkeys have specific alarm calls for a snake, bird of prey or a leopard and can communicate from which direction the threat is coming.

Studies of apes show that although lacking the vocal apparatus for human speech their brains do have the capacity for language. All the apes have been shown to have the ability to learn sign language or use abstract symbols to construct simple sentences.

5. Food

Most primates live in trees and feed on fruit and leaves; some sip nectar and sap; some catch small animals and a few kill large animals.

Group Living in Primates

Any species which evolves the strategy of living in groups will derive benefits from doing so, but also suffer disadvantages.

ADVANTAGES OF GROUP LIVING:

There are more pairs of eyes and ears alert to danger, so each group member can spend more time feeding, socialising or resting. By working together sometimes even large predators can be chased away.

DISADVANTAGES OF GROUP LIVING:

There is competition for food - this is often the limiting factor in determining group size. Competing for limited food with other group members can lead to aggression. The ways in which such conflicts are resolved forms the key to group living. Aggression is usually followed sooner or later by appeasement and reconciliation, because the long term benefits of living together outweigh the short term disadvantage of having to share.

There are seven phases in a primate's life:

1. Infant: in the mother's arms and totally dependent on her for warmth, food, security and transport.
2. Juvenile: playful and imitative, learning what to eat and where to find it and the rules of their species' society.
3. Adolescent: beginnings of sexual awakening.
4. New parent: responsibility.
5. Experienced parent: secure in the social hierarchy.
6. Grandparent: older and wiser; keeping order and settling disputes.
7. Old age and disease: usually falling prey to predators.

The following are common themes in primate cases and they relate to the above characteristics:

1. Manual dexterity and the use of tools: hand gestures to do with grasping and picking things up.
These gestures may be accompanied with comments like:
"I like to collect information".
"I pick things up easily".
These gestures combine the primate features of manual dexterity and advanced mental development.
2. High social awareness: there can be a strong attachment to their group - the family, friends, wider community or even society in general. A marked tendency to nurturing behaviour and the care of others, again often beyond their immediate family or circle. They love talking and socialising - anything which helps to reinforce the bonds between them and often a large number of other people. They are good communicators. They can feel it is their responsibility to maintain the integrity and harmony of the family, team, neighbourhood, society, etc. Primate patients are often closely bonded with their cousins.
3. Intelligence. They love learning, assimilating information and exercising their mental faculties.
4. Primate children tend to be playful and entertaining. They are often especially good at climbing and gymnastics. They are sociable and can play a central role in friendship groups. On the other hand they can be especially sensitive to conflicts and disharmony. They love the outdoors and active play.
5. Dreams of falling from a height, sometimes specifically from trees.

6. Primate patients are often athletic and nimble.
7. There can be a very strong parent-child bond. Children love cuddling, sitting on adult's laps, combing the adult's hair and being carried around.
8. Idealisation of childhood. Primate patients may look back on their childhood as a wonderful, perfect time, full of love, fun and security. They can idealise their parents. They may then suffer disappointment, feeling terribly let down when the parent turns out to be fallible, or find that the "real" world is different. In contrast to the feeling of complete security they experienced as a child - mirroring the tight bond of a primate baby with its mother - they can find adult life harsh and uncaring. There may be disappointment in love: "My husband was not what I expected - I expected a man like my father - warm, caring, loving, and reliable".
9. Communication. There may be a theme of extreme sensitivity to visual or auditory clues in communication. For example a high degree of awareness of the facial expressions of other people or a tendency to use sound in the form of a loud voice as a means to dominate others.

Analysis of primate provings:

Primate themes illustrated through the most characteristic symptoms of Lac humanum and Lac maternum:

1. SENSE OF COMMUNITY AND KEEPING THE GROUP TOGETHER

Lac humanum

Dreams, friends, company of, being in Company, desire for, group, old, wants to belong to, again
 Dreams, helped, being, strangers, by

Lac maternum

mind; COMPANY; desire for; attracts others towards himself (1)
 mind; DREAMS; entertaining socially (1)
 mind; DREAMS; community, future of (1)

2. COOPERATION

Lac humanum

Dreams, game, team captain, wants him to win
 Dreams, helped, being, strangers, by
 Dreams, rescued, brother, by
 Dreams, friends, assisting a sick friend
 Dreams, friends, of helping his
 Dreams, fights, fighting a man who attacked his group

Lac maternum

mind; DREAMS; cooperation, sharing (1)
 mind; DREAMS; friends; helping his (2)

3. AVOIDING CONFLICT, FOLLOWING THE RULES, CONFORMING, FITTING IN

Lac humanum

Dreams, reverence to elders
Dreams, peace, of making, between
quarrelling friends
Dreams, reprimanded, mother, by, rude
behaviour, for
Dreams, ritually showing respect to an
elder family member
Dreams, friends,
punished by

Lac maternum

mind; DELUSIONS, imaginations; re-
sponsibility, has none (1)
mind; DELUSIONS, imaginations; faces,
sees; distorted (9)

4. LEARNING, EXPLORING, DISCOVERING NEW THINGS

Lac humanum

Dreams, cousin, teaching, younger
cousins
Dreams, clothes, convincing his son to
wear unusual clothes
Dreams, consoling his teacher
Dreams, classroom, being turned out of
Dreams, efforts to evolve his subject

Lac maternum

mind; DREAMS; research, doing; library,
in (1) *

5. POLITICS

Lac humanum

Being helped by members of rival com-
munity
Inter-community riots
Delusion, friends, he had done a lot for
his, and got nothing in return
Delusion, self-centred, all others were

Lac maternum

mind; DREAMS; police, of; bribing police
(1) mind; DREAMS; gangs, urban (1)

6. COMPLEX SOCIAL ORGANIZATION, LARGE GROUPS

Lac humanum

Dreams, family, large
Dreams, families, two different, living in
the same house
Dreams, assisting a sick stranger
Dreams, cousins

Lac maternum

mind; DREAMS; cousin, of (4)

7. CONCERN: FOR STRANGERS AND FOR WIDER FAMILY

Lac humanum

Dreams, assisting a sick stranger
Dreams, cousin, emaciated
Dreams, cousin, fearful, of reassuring
Dreams, cousin, handicapped, she was
helping
Dreams, murder, cousin, being murdered

8. CONFLICT BETWEEN GROUP CONFORMITY AND EXPRESSING INDIVIDUALITY (FOUND IN ALL GROUP ANIMALS TO A DEGREE)

Lac humanum

Antagonism with herself, constant, sympathetic and helpful, whether she should be, or selfish and self-centred
Antagonism with herself, individuality versus group, conformity, about Dreams, helpful, being, rather than think of himself which he later regretted

Lac maternum

mind; MISUNDERSTOOD, feels (7)

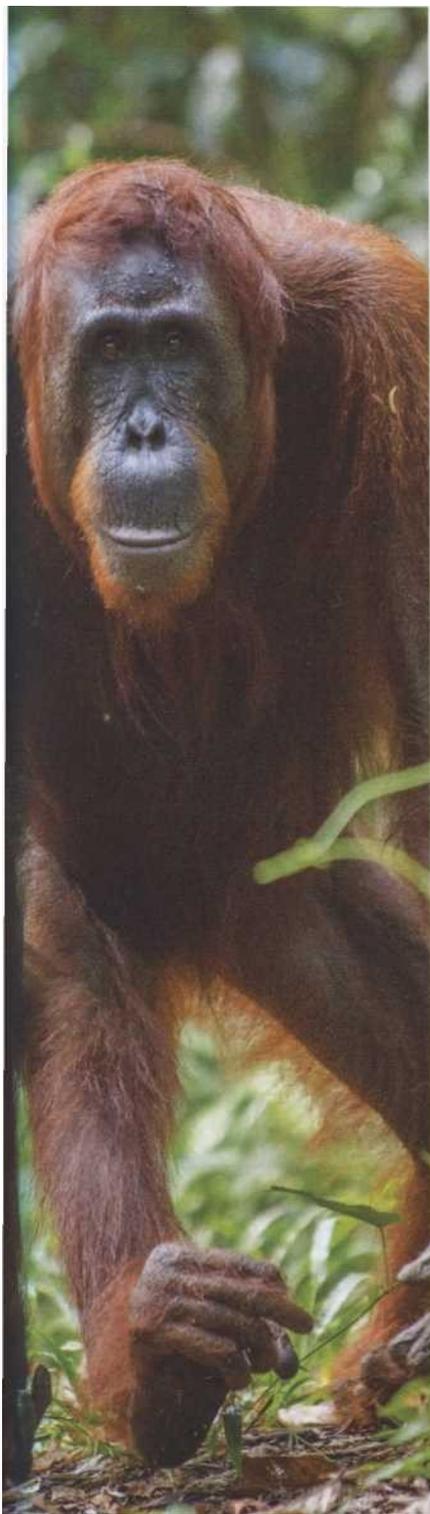
9. FORSAKEN FEELING (A THEME FOUND IN MOST ANIMAL FAMILIES)

Lac humanum

Dreams, forsaken, of being
Dreams, friends, alone, left, by Delusion, friends, unwanted by

Lac maternum

mind; DREAMS; forsaken, forsaking; friends, by (5)
mind; ESTRANGED; friends, from (12)
mind; DELUSIONS, imaginations; division between himself and others (14)
mind; DELUSIONS, imaginations; friend, beloved one; affection of, has lost the (19)
mind; FORSAKEN feeling; friendless, feels (34)



CHAPTER. 6

ORANG UTAN

Remedy: *Orangutan fur*

Orangutans have red-brown shaggy fur, very long arms and cheek pads. There is a throat sac in adult males and a beard in both sexes. They live in tropical rain forests. Their diet consists of fruit, leaves, bark, flowers, birds' eggs, various small vertebrates and honey. They can live up to sixty years. They live in trees, where they make nests. They are solitary and are active during the day. Alpha males make "long-calls" to deter rivals and attract females.

Orangutans have a measured clambering technique to travel through trees, known as quadrumanal climbing: usually at least two limbs are holding on at any one time. Orangutans swing on vines and sway back and forth on tall saplings until an outstretched arm can catch hold of the next tree's branches.

Orangutans spend most of their lives alone, or at least some distance from their nearest neighbour. Females have overlapping home ranges of one to five square kilometres.

Dominant males range over a much greater area that includes the ranges of several females.

When fruit is plentiful orangutans eat virtually nothing else.

During their long childhood young orangutans study botany and food preparation by watching their mothers closely and by sampling her food choices. Adult orangutans are very skilled at processing food - dropping fruit husks, twigs and other detritus from the canopy.

They have slow reproduction: a single infant is born and must immediately cling firmly to its mother's body hair as she clammers through the canopy. The infant is totally dependent on its mother, experimenting with solid food at only about eleven months. Suckling continues for five or six years. A juvenile may stay with its mother even after she gives birth to her next infant. The inter-birth interval is the longest of any species of primate at eight or nine years.

ORANGUTAN CASE

Woman aged 76

Chief complaint: Food addiction

P: My appetite is normally too good - I like food - it's my failing - I love sweets - I'm greedy. My appetite is not normal. It's like I'm trying to fill a hole in my stomach.

The patient describes herself as follows:

P: I'm generous and I'm out-going. I like helping people. I can be very negative. I'm competitive. I beat myself up if I lose. I'm jealous.

D: Say a bit about being jealous.

P: It makes me want to be spiteful. Which I hate. I want to say something nasty but I wasn't brought up to be like that so I suppress it, which makes me feel even worse. My mother always said, "You have to be nice otherwise people won't like you". I've run away from lots of stuff in life that I don't want to deal with.

D: What have you run away from?

P: In my marriage I had to stand there and take it - my ex-husband forced me to have six abortions, he and his mother. I've never picked decent men in my life. I've always picked the bastards. My husband was brutal. It affects you. I definitely think all men are swine, bastards. I don't trust them at all and I won't put up with anything now, but at that time when I was married I was in victim mode. I would not have wanted to live if not for the children. That's what I had most guilt about - the children.

D: Say more about that.

P: I felt that I should have been adult but I ended up as one of the children. And now when I'm ill I'm just a big baby. I should have protected them. I failed them.

D: Say more about not trusting.

P: I don't let anyone in. I'm more or less guarding myself. I give a certain extent but I always keep some back for me. (She does a hand gesture, clasping her hands across her chest).

D: Say more about that.

P: It's a pleasure feeling like "It's for me! It's mine!" Something for me and no one else can have it - when I was five the war took my dad away from me. (She starts crying). Before the war life was brilliant.

D: Say more about the war taking your dad away from you.

P: He disappeared into the army. There was so much uncertainty about what would happen to us. I was really scared. I had muscular rheumatism - my mum had to carry me everywhere - when I was nine years old she was carrying me to her work.

D: Tell me about your mother carrying you everywhere.

P: I feel guilty about my poor mother having to pick me up and carry me to places. I remember the achy pain in my legs.

Before the war I remember my whole life as one of those pictures where everything is bliss. (She does a gesture with her hands making a circle). I remember freshly ironed clothes, walking through the lanes with all the beautiful wild flowers ... then all of a sudden we were whisked away with the bombs falling around us. We had to move, life changed completely. Dad wasn't there.

D: What was it like before the war? **P:** Heaven! Settled. A lot of love around me. We were totally and utterly happy.

D: Describe a lot of love around you. **P:** Parents, aunts, people cared about me and my brother and we were caring about them. It was that era when everybody was caring.

D: What was the feeling?

P: Totally, totally content. Totally happy. I remember my father looking after me - little things. Absolute contentment.

And then being whisked away at five years of age - I remember standing at the harbour waiting for a ship as planes came in and bombs were dropping. Then it was a totally different life.

D: How did that feel?

P: Scary.

D: Describe it more.

P: We were scared but most of all I missed my dad.

D: Tell me about that.

P: He was different to my mum in that he was a very cuddly person. He played games with us. He'd let us comb his hair for hours and put make up on him if we wanted to. Mum never gave us many cuddles - she didn't know how to. When dad left it finished me.

D: What was it like?

P: I just thought "He's gone, he's left me". I was totally lost.

When he came back from the war things were never the same. I punished him for leaving me. I really misbehaved when I was a teenager.

D: In what way?

P: I was terrible! Staying out all hours. A really disobedient child. I was trying to punish him for leaving me. He was an absolutely lovely man.

D: What fears do you have?

P: Not having someone to care about you - I don't mean a partner, I mean family.

D: Say more about being jealous.

P: It's in relationships, because my ex-husband was extremely unfaithful, he went with anybody. So now in my relationship with my partner I'm very wary and watching.

D: Say more about being "wary and watching".

P: I'm a face-watcher. I'm suspicious all the time. I look at other women's faces and think "Is she flirting with him?" It's one of the threats in relationships. I'm a great face-watcher - the fear almost makes me want to finish the relationship.

D: Say more about the fear.

P: It's a warning. It almost makes my mind jump. I want to run away.

D: Say more about this.

P: It's like something is happening. You've got to guard what's yours. (She extends her arms out in a protective gesture).

D: Say more about this.

P: It's gathering in, folding in.

D: Close your eyes, please, and just imagine and feel this experience more.

P: It's being safe. Where you can't be touched. It's my space. And it's for who I want to be in that space.

D: Describe this more.

P: It's a monkey. A loving orangutan with long, gentle arms, holding you safe.

D: Say more about orangutans.

P: They're so docile looking, they're so slow and they're hairy, cuddly. And it's almost a human look

they have. And their nice long arms. (She does a gesture with her arms in an embrace).

D: Describe this more.

P: It's motherly. Gentle. Enfolding. This makes me laugh!

Case Analysis

ANIMAL THEMES

Competitive

Jealous

Victim mode

Wary and watching

Flirting

You've got to guard what's yours

MAMMAL THEMES

Eating disorder

A hole that needs to be filled

The need to protect children Emotional regression Neediness

A cuddly person

Motherly, gentle

PRIMATE THEMES

I like helping people

You have to be nice otherwise people won't like you

A big baby

My mum had to carry me everywhere A lot of love around you

Parents, aunts ... everybody was caring

Total contentment

Perception of childhood as blissful and perfect - then a big disappointment

Combing his hair for hours

Face watcher (in primates more than in any other animal group facial expression is a very important mode of communication)

ORANGUTAN THEMES

Long gentle arms

Prescription

Orangutan fur 200C - one dose

Follow Up at Four Weeks

D: How are you?

P: I'm better. I'm clearer.

D: How is your appetite?

P: More subdued than before - I've looked at food and thought "I don't need any more".

D: How big a change is that?

P: It's a big change - I'm happy I'm not urging to eat something all the time.

D: How long had that urging been going on?

P: Well, I gave up smoking twenty-four years ago and it's been going on since then. I always had a hole - something that needed to be filled. It was a compunction - I knew I wasn't hungry but I had to eat - trying to fill this hole up.

D: How is that hole now?

P: It's filling up! (She laughs). It's filling up on its own. Three weeks ago I thought "I must be ill! I don't want to eat!" It's not just that I don't want to - it's that I don't need to.

D: Is this the most normal your eating has been for some time?

P: Yes.

D: How far back would you have to go?

P: Like I say - since I gave up smoking-

D: Twenty-four years?

P: Yes.

Follow Up after Ten Weeks

P: I'm much braver! I picked up a spider and threw it out - before I have always screamed when I saw a spider. And I drove quite a long way on my own - before I would have been too scared to do that.

D: How big a change is that?

P: Oh massive! Now I'm not frightened to go places. It is so liberating. We went to the monkey zoo!

D: Do you go there often?

P: No-they'd try to keep me there! (We both have a good laugh. She is a very funny, entertaining per

son. We laugh a lot during her consultations). We had so much fun at the zoo.

D: How is the eating?

P: A lot less.

D: Anything else that is different?

P: Yes - I'm opening out. My mind is not rushing from one thing to another like it used to. (Hand gesture of her hands alternately making grasping gestures). I'm more settled. I'm content. I was dissatisfied before. I didn't feel fulfilled. I was such a baby.

Analysis

PRIMATE THEMES

Such a baby

Entertaining person

Grasping gesture when talking about mental activity



CHAPTER 7

GORILLA GORILLA

Remedy: *Gorilla fur*

Gorillas are ground-dwelling, predominantly herbivorous apes that inhabit the forests of central Sub-Saharan Africa. They are the largest living primates.

Gorillas move around by knuckle-walking, although they sometimes walk bipedally for short distances while carrying food or in defensive situations.

Gorillas construct nests for daytime and night use. Nests tend to be simple aggregations of branches and leaves about 0.6 to 1.5 m in diameter. Gorillas, unlike chimpanzees or orangutans, tend to sleep in nests on the ground. The young nest with their mothers, but construct their own nests after three years of age.

Gorillas live in groups called troops. Troops tend to be made up of one adult male or silverback, multiple adult females and their offspring. Multiple-male troops also exist. A silverback is typically more than 12 years of age, and is named for the distinctive

tive patch of silver hair on his back, which comes with maturity. Silverbacks have large canine teeth that also come with age.

A gorilla's day is divided between periods of rest, travel and feeding. Diet consists of fruit, leaves, stems, flowers, seeds, bark, roots and some invertebrates such as ants.

Dominant male gorillas use a variety of techniques to intimidate rivals or intruders. These include screaming or roaring very loudly, chest beating and charging. These displays are often sufficient to avoid actual conflict.

GORILLA CASE

Girl aged 3 years and 7 months

Chief complaint: Separation anxiety and toothache

Her mother describes the present problems:

M: When it is time to go into nursery she bursts into tears and has a tantrum. She can't be consoled. She says "I want to come with you. I don't want you to go. I don't want to stay with XYZ. You may not come back".

She has had pain in her left lower molar for about a month. She keeps pointing to it. The dentist has found no abnormality. She rams her finger in her mouth and chews her sleeve. When it is bad it makes her miserable.

Past History

The child was first brought for homeopathic treatment at eight months of age with a complaint of frequent coughs and colds. She had loose sounding coughs. The cough is worse at night, worse when she is lying down, worse in a stuffy atmos-

phere and much better in cooler air. She responded very well to *Kalium sulphuricum*. At that time her mother described her personality as follows: "Very sunny, very easy baby, but she has got a personality!"

D: What do you mean?

M: We have the impression she is glad to be here. She is so loud - she can really yell! It's a sort of "joy of living, being alive" noise! She is very much HERE. She wants to be on the go.

D: Describe loud a bit more.

M: Invigorating. She surprises people and they laugh, or some people get cross. It's almost an operatic yell.

She was born by caesarean section. She developed colic at six weeks, which was resolved with cranial osteopathy. She was solely breastfed for the first four months but became increasingly hungry and needed formula milk and baby rice. Her mother says she was always very strong as an infant and could easily hold her head up, almost from birth. She could sit at twelve weeks. At eight months she was crawling and desperate to stand and walk. She was very determined at this age. Very sociable. Loved the company of other babies. In her baby group she was the liveliest and the loudest. She tried out lots of new sounds. She was large for her age in both height and weight. She adored her big sister and followed her everywhere. At eighteen months her mother described her as "very outgoing, very sure of what she wants".

D: Describe that more.

M: She is able to tell you - she knows "Yes" and "No". There's no negotiation - she almost cuts you off. She is generally very cheerful and sociable. She has quite a temper and she is beginning to exert domination over her sister. She pushes her out of the way to get to me. (Her sister was eight years old at the time).

At two years of age her mother said: "She is full of life, full of fun. She has bags of energy. She is quite humorous. She is very definite about what she likes and dislikes. She is fearless."

D: Describe that more.

M: She loves climbing. She has no fear when letting go or jumping off.

D: How is she with her peers?

M: She is more of a leader. She doesn't join in with other games: she tells the others what to do! She is quick to learn - she potty-trained in two days when she was quite young.

Her mother describes her personality more:

M: She is very lively. She makes people laugh. She is very quick-witted, catches on to things very quickly. She is very bright. She knows her own mind - she walks out of music if she dislikes it. She hands people their coats when she wants them to go!

D: What stands out most about her? **M:** She is very personable.

D: Describe that more.

M: She is very easy to get on with. She is not retiring or shy. She makes people laugh. She is very independent. She is very dominant to her older sister. She talks in her sleep and shouts "It's mine, it's mine!" She is incredibly bossy. She has power struggles with her sister. She is very independent, very determined and won't give up. She loves climbing. She is very articulate and has an amazing memory as well. She hates being laughed at. She is very good company, very funny. Very dominant.

D: How does she play?

M: She charges around. She has a craving for milk.

She is assertive - she likes to hear her own voice. She likes to control the home.

D: Describe that more.

M: She orders people around. D: How does she do that?

M: Verbally.

D: Describe it more.

M: She gives very clear instructions, for example, "Don't speak to me like that" to her grandmother. Very self-assured, so the separation thing is odd. She gets over it but it's very surprising. She is very, very confident apart from when she's in water. But she won't let it defeat her. She says "I will try". She has incredible drive and determination.

D: What stands out most about her?

M: She loves climbing. She does love to swing from monkey bars. She jumps up to the top bar of the bunk and swings. She has very advanced speech for her age and mental agility. She is very funny and makes people laugh.

She says things like "I love you mummy pussycat" to her mother and puts her arms around her neck. She is quite nurturing. She has dolls which she likes dressing up. She prefers soft animals.

D: Describe her being nurturing.

M: She gives honey to them. She always does it herself, saying "I'll do it, I'll do it!" She prefers live, soft animals. She loves the cats. She rubs her face on their fur. She pretends to be a lion and does mighty roars which are very loud.

D: Describe that more.

M: She crawls after the animals on all fours and lies with them and rubs her cheeks along their fur.

D: Describe the roars.

M: Very loud. Loud and scary. Her mouth opens wide. It's loud and penetrating, commanding. She can be very affectionate and soft as well. When she is with her peers she tries to be assertive but it doesn't work because they're older. She grasps things very quickly and her memory is phenomenal.

Case Analysis

ANIMAL THEMES

Very animated
Dominant issues

MAMMAL THEMES

Bags of energy Craving for milk
Nurturing
Prefers soft animals
Rubbing against animal's fur

PREDATORY MAMMAL THEMES

Precocious development
Vocal and loud
Roaring
Very sure of what she wants Tells them
what to do Very bossy Assertive
Fearless

Follow Up at One Month

M: She is doing really well. She was really unsettled before the remedy and she has no problem with separation now. She has stopped calling me "mummy pussycat" since the remedy. She had been doing that for a long time. She is still dominant, but only in the home situation, not in the nursery. Since the treatment she is much more settled about leaving me.

Case Discussion

Although she pretends to be a lion a primate remedy is indicated by the primate themes of sociability, love of

Likes to control the home

PRIMATE THEMES

Very sociable
Loves climbing
Quick to learn
Phenomenal memory
Quick-witted
Articulate
Humorous and entertaining

GORILLA THEMES

Charging around
Using vocalisation to exert dominance.
Gorillas bare their teeth and scream or roar very loudly when angry to scare others away.

Prescription

Gorilla gorilla 1M

She doesn't need me to read to her before bed now. She settles herself to sleep. She has only roared once!

Two months later she developed acute fever with a sore throat. *Gorilla gorilla* 1M was given and she immediately slept for four hours, had a very peaceful night and woke up fine the next day.

climbing and most of all the advanced cerebral development.



CHAPTER 8

MACACA MULATTA

Rhesus macaque

Remedy: *Lac rhesus* Milk of the Rhesus macaque

Rhesus macaques live in active, noisy troops that can include up to two hundred animals. Their diet includes roots, fruit, seeds, and bark but also insects and small animals. These monkeys are good climbers (and swimmers) but troops spend a lot of time on the ground. Males are the dominant sex, but they do not remain with troops permanently, so female macaques lead the communities. Because troops include multiple mature males and females, their members are sexually promiscuous. Females usually produce one young each year, which will

be raised by its mother within the very social environment of the troop. The troop provides the structure and the rules by which monkeys move, forage and interact with each other and with outsiders.

Social grooming is an important mechanism for both creating and maintaining social relationships.

As with most monkey species, rhesus monkeys have a long period of infant dependency and an extended mother-infant relationship. However, this close maternal contact is greatly reduced after the birth of a sibling. Weaning occurs shortly before or at the birth of the next infant, which typically occurs around one year of age. After the first year, female infants continue to maintain close ties with their mother, whereas males join playgroups.

Female rhesus monkeys typically remain in their natal group and associate closely with their mothers and female relatives throughout their lives, whereas most adolescent males leave their natal group before reaching sexual maturity. Emigrating males lead a solitary life or join other peripheralised males until they successfully enter a new troop. Emigration is a time of significant danger for young adolescent males. Because rhesus society is closed to outsiders, strangers are faced with aggression and possible death. In fact, it is estimated that 40-50% of adolescent males do not survive this transfer.

LAC RHESUS CASE

Girl aged 11

Chief complaint: Warts

P: I have them all round my nails, on my fingers and toes They just get bigger. On examination she has numerous warts, around her nail beds of both her hands and both her feet. I ask her mother to describe her.

M: She is very popular, outgoing, chatty, extrovert. Energetic. Can be moody - happy as long as things are going her way. Takes it very personally when she is told off - takes it to heart - it takes the humour out of her immediately.

D: When told off?

M: Yes - but also even just advice - it's taken to the heart immediately as if it is punishment. (The mother gestures towards her heart). She's struggling socially at the moment - she's finding it hard to keep friends for any length of time. They absolutely adore her to start with and then she has problems. She's a one friend person - if someone else comes in making it a threesome she doesn't cope with it.

She's hungry, always hungry. She eats a lot.

She has a problem with sugar - she shows signs of hypoglycaemia: she's uneven before a meal (hand gesture in a wave motion). She loves animals and they love her too.

She's very agile, very good at climbing.

She gives in quite easily ... can get discouraged and then she needs a cuddle.



She will sit on any man's lap given half a chance. It's OK - they all love it! She has a very good memory and remembers jokes and is very entertaining. She's always trying to get everybody involved doing tricks and quizzes for everybody. She's an entertainer.

D: What do you like doing in your spare time?

P: Reading, riding, trampolining, anything outdoors.

If the sun is shining I can't stand being cooped up indoors. I'd rather be outside, up a tree or something! I ride my bike a lot. **M:** She plays with a lot of boys in the village and she keeps up with them all. She throws a ball like a boy and climbs a fence or tree quicker than most of the boys!

D: Are you good at climbing trees? **P:** Yeah.

D: The best?

P: Pretty much yes. I don't mean to boast!

D: Anything else you're very good at? **P:** Being cheeky.

D: Say about being cheeky.

P: I will answer back if the teachers have got something wrong. I will remember ... one time the teacher said something and I knew she said it differently to the other person and I told her she had it wrong. She shouted

at me. But I can remember - if somebody says something I will remember it.

D: Do you have any dreams?

P: Yeah I keep on having the same dream over and over again.

D: Tell me that one please.

P: It's my step-mum and my dad. They have one child but in the dream they have another child and it is enormous. It's really big and they keep on forgetting about me and they keep on having more and more children. I'm slowly kicked back and in the end dad doesn't even know my name. It's really horrible and I keep on having that dream.

D: Does anything frighten you?

P: Snakes.

D: Any other animals that you don't like or like a lot?

P: I like monkeys, cats, dogs, horses, donkeys.

D: Which is your favourite?

P: Monkeys.

D: Any idea why you like monkeys so much?

P: Because they're good at climbing and they like bananas and they're cute.

D: Why does that make you like them? **P:** Because I like climbing and I like bananas - so they are like me! (We all laugh).

D: You are a bit like a monkey?

P: Yeah.

D: In what way?

- P:** I can climb and I can eat bananas and I'm cheeky. And I'm good at running to get away. All my teachers at school call me "monkey" because whenever I bring food for break it's always bananas.
- D:** But why do they call you monkey?
- P:** They all know I'm good at climbing and I eat bananas and I'm cheeky.
- D:** Can you tell me about your father please.
- P:** He has brown hair. When I'm with him it's as if he prefers to give us money than spend time with us. He's always doing whatever his new wife tells him to do. So if he was going to play tennis with me she'll say "No you've got to look after the baby, I'm going shopping" and he'll do that instead of being with me.
- D:** What do you think of him?
- P:** I don't think he should be with her. He should do what he says he'll do. He does a lot of things he doesn't really want to do. But he's nice once you're on your own with him.
- D:** But quite often that doesn't happen?
- P:** Barely ever.
- D:** How does that make you feel?
- P:** It makes me feel kicked in the stomach and pushed back millions of steps. (Hand gesture palm away from her). It's like I'm not allowed to talk with him. All the time it's "No! Look after the baby - you can't do that!"
- D:** Describe kicked in the stomach. **P:** I'm pushed away and the baby is more important than me. He doesn't care.
- D:** Do you actually feel it in your stomach?
- P:** Yeah - it's as if I'm not wanted and nobody cares.
I know he does but he doesn't show it.
- D:** What is the feeling?
- P:** A pain and butterflies. Does he like me or not?
Why doesn't he show me that he likes me? Why does the baby always get in the way?

Case Analysis

ANIMAL THEMES

Jealousy

Extrovert

Moody

MAMMAL THEMES

Energetic

Visceral experience of emotions

Kicked in the stomach

Agile

Pushed back

Always hungry
Hypoglycaemia
Loves animals and they love her
Emotionally fragile
Needs a cuddle
Loves the outdoors
Keeps up with the boys
Dreams of a large baby
Sibling rivalry
"I'm not wanted"

PRIMATE THEMES

Good at climbing

Very good memory Problems socially

LAC RHESUS THEMES

Entertainer
Tricks
Jokes
Sitting on any man's lap
"Monkey"

Prescription

Lac rhesus 200C - one dose

Follow Up at Five Weeks

P: The warts are going. They started going about three weeks ago.

But the ones on my toes are still there.

Follow Up at Ten Weeks

P: The warts are going. And the ones on my feet are going - there was a big clump and now there's only one.

M: She's coping socially much better. She seems really happy.

D: In what way is she better?

M: She's taking things to heart less. She's easier to get along with. She's more reasonable.

P: I'm a lot calmer. I'm not so restless. I'm normal now!

I'm more relaxed.

She had a repeat of the remedy about three months after the initial dose when her mother noticed a slight regression in her mood and behaviour.

Follow Up at Four Months

P: My warts have all gone!



CHAPTER 9

PAN TROGLO- DYTES

Chimpanzee

Remedy: *Pan troglodytes fur*

Pan troglodytes is the scientific name of the chimpanzee.

It has a black coat and a naked face. Chimpanzees live in forests, dry woodland and wooded savannah. Their diet is varied and consists of fruit, leaves, flowers, seeds, mammals, birds, ants, termites, wasps and grubs. They hunt and eat other primates especially colobus monkeys. Hunting is often carried out in groups and is ferocious. The prey is literally torn limb from limb. Warfare between rival chimpanzee groups is equally sophisticated and fierce.

Gestation is about eight months and the lifespan up to about fifty years.

They are active in daytime and make sleeping nests in trees at dusk. They use many kinds of tools. They live in large territorial communities.

Bonobos

Bonobos are a very closely related species, also known as the pigmy chimpanzee. Both share 99 % of their DNA with humans.

Chimpanzees and bonobos are sometimes called the 'left bank' and 'right bank' chimpanzees respectively, because of their distribution on either side of the Congo River. They show striking differences in social behaviour: communities are dominated by males in chimpanzees and by females in bonobos. Bonobos have sex for social reasons as well as to reproduce. In chimpanzees disputes are usually settled through aggression, in bonobos through sex. The bonobo's scientific name is *Pan paniscus*.

Tools used by chimpanzees:

1. Leaves: chewed up to make a spongy wodge to drink rainwater from inaccessible tree holes
2. Rocks: used to crack nuts or wood
3. Palm leaf: the base is used to pound the soft centre of a palm tree crown
4. Leafy stick: used as a fly whisk
5. Large leaves: used as a sitting pad
6. Leaves: used as napkins to clean the body, dab a wound, to inspect bleeding, to squash an external parasite
7. Weapons: branches can be used as clubs and pieces of wood or rock as projectiles. Sharp sticks have been used to spear bush babies in tree holes

PAN TROGLODYTES CASE

Man aged 25

Chief complaint: Headaches

He has headaches most days. They can be very severe and are aggravated by the stress he experiences in his job as a football coach and looking after his two young children with his wife.

He is very animated with fluid movements. He has a very relaxed manner and at the same time is very engaging. He moves and gestures a lot and speaks loudly and forcefully. **P:** There are a few things which have irritated me about the preschool my three year old is going to. Usually I would be very aggressive about that kind of thing. I realise that the best thing for my child is not to be. I need to channel my emotions more rather than just be totally raw.

I have discussions with my parents about the whole issue of respect for elders from young people. I stand up to my mother - I try not to be too in your face and too aggressive about it. Sometimes I'm too much. The players I coach know I won't tolerate them stepping out of line. You could say that is a good thing but in some cases it is not a good thing. I'm black and white - I'm trying to develop my grey.

I realise when I come home and I'm tired and stressed my wife needs to tell me about her day and to hear about mine. She doesn't necessarily need me to take problems and say "I'll sort that".

Later in the consultation the conversation turns to animals. **D:** What kind of animals do you like? **P:** I've always warmed to jungle animals.

D: Tell me about jungle animals.

P: They're big, they're unusual, they're colourful. They're raw. I hate domestic animals. My wife wants a dog and I'm not interested at all but I'm sure I'll lose that battle because my three year old wants one! But I don't want one. I'm not interested in domestic animals. I don't know why. I think I like jungle animals because they're wild, they're free and they *are* raw - you know what a gorilla feels when you see a gorilla! I admire the silverback (mature adult male gorilla) because he rules the roost and it is clear he rules the roost. And he doesn't do anything but when

push comes to shove he'll let you know he's the boss.

But most of the time he doesn't do anything. I'm sure he listens to his wife! He plays with the kids. It sounds so traditional and that is not necessarily what I want myself to be but the silverback is there and he munches his food and plays with his kids and lets them climb all over him ... but if he sees anything out of the ordinary he's up and he's watchful and he's on it! He's very aware of his surroundings. But in this apparently lazy state. But he is the boss, very clearly. I love that - when we have been to the zoo for example you see the size of their hands ... and when they come up, when they look at you they're really intelligent animals: they get it! So I admire that and I admire their savageness.

D: Tell me about that.

P: There's no airs and graces. There's no worrying about what another one's going to feel. My wife and I constantly have this battle - she cares about what other people think! Constantly. And I don't care the tiniest bit what other people think. So if I go to the supermarket in my slippers - which I did the other day - I don't care what people think of me. My wife couldn't believe that I did it. It's not important to me. Sometimes in

my job I come across as a little bit sharp - but I don't care if they don't like it ... and I think that is why the rawness ... it's all connected ... and that's why when you look at these animals - they charge around and they eat, sleep and procreate. I love that simplicity. There's no thought process, it's very simple living and I admire that and perhaps with me, perhaps the reason I make things black and white is to create simplicity. The whole thing about these animals is they kill you if you're in the way. It's a bit extreme but it's a very simple way of dealing with things. That's why I admire them.

I like the gentle side too. These big animals can rip a deer's head off but carry their kids in their hands. So these big gorillas can let their little gorillas climb all over them and they don't mind that - they can throw them around but in a very gentle and controlled way. So they have their savageness and being uncontrolled and wild but the ability to control it in the right context. I like that balance: they can be kind and very careful but in a split second they can change it and boy - you know! That is why I admire them ... I am yet to have that control.

D: It will come.

Case Analysis

ANIMAL THEMES

Animated and engaging manner

Aggressive

Black and white

Battle

Rules the roost

Watchful

Aware of his surroundings

Simple living

MAMMAL THEMES

Gentle and kind

PREDATOR THEMES

Totally raw

Savage

Sharp

They kill you

Wild and free

He's the boss

Apparently lazy state and in a split second they can change

Follow Up at Six Weeks

Little has changed. He is feeling perhaps a bit more relaxed but his headaches continue as severely as previously.

Case Discussion

When a patient apparently identifies so strongly with a source substance it is easy to be misled. In this case he clearly identifies with an animal but it is not the animal he thinks it is! He has a concept in his mind about a creature

Could not care less what anybody thinks

MAMMAL PREDATOR THEME

Combination of gentle and savage

PRIMATE THEMES

Frequently makes whole body movements as he speaks

"My wife needs to tell me about her day and hear about mine" Playing with the kids

IDENTIFICATION WITH THE SOURCE

He spontaneously jumps from describing the animal he most admires to comparisons with his own nature.

Prescription

Gorilla gorilla 1M - one dose

Long Term Follow Up

The remedy which cured his headaches and helped him a great deal generally was *Pan troglodytes*.

which actually fits a different species. He clearly describes a large mammalian, predatory animal. But gorillas are mostly herbivorous whereas chimpanzees are omnivores and sometimes fiercely carnivorous.

CHAPTER 10

LAC HUMANUM

Human Milk

Provings:

Kees Dam

Cornelia Angelica Dumitrescu-Noica

Juliane Hesse

J. Houghton and E. Halahan 1993

Matthias Richter 1994

Rajan Sankaran 1995

Madeline Evans 1997

Patricia Hatherly 2005

MAIN THEMES IN LAC HUMANUM

The polarities in a remedy reflect the core issues of that remedy state. Animal remedies in general have a tendency to strong inner conflicts, as demonstrated by the large representation of animal remedies in the following rubrics:

Will, contradiction of Antagonism, oneself, with Thoughts, two trains of thoughts

Mammal remedies can feel this inner split very intensely and *Lac humanum* has very strong inner conflicts, in particular to do with human relationships.

RUBRIC

Mind; lamenting, bemoaning, wailing; relationships, about human (1) **

The following analysis shows the themes demonstrated by the most characteristic rubrics of *Lac humanum*, i.e. those of its rubrics which it shares with few other remedies.

(The numbers in brackets are the numbers of remedies in the rubric. The number of asterisks indicates the ranking of *Lac humanum* in the rubric).

1. Inner Conflict: Antagonism with Oneself

Mind; will; contradiction of; work and rest, about (1) *

Mind; will; contradiction of; religious, being, and sinful (2) *

Mind; indolence, aversion to work; alternating with desire to work (3) *

Mind; conflict between higher consciousness and worldly existence (7) *

Mind; will; two, feels as if he had two wills (13) *

2. Desire for or Aversion to Intimacy

2a. Desire for intimacy;

Mind; intimacy, desire for (4) *

Mind; helplessness; infant, feels like an (8) *

Mind; affection; desires (13) *

Mind; clinging; mother, to (14) *

Mind; caress, caressed; desire to be (27) *

Mind; clinging; children, of (37) *

Mind; attached, very; mother, to (44) *

2b. Aversion to intimacy:

Mind; pacifier; aversion to (2) *

Mind; irritability; mother, towards (4) *

Mind; caress, caressed; aversion to be (14) *

Mind; irritability; alone; desires to be (20) **

3. Desire to Belong and Conform in Polarity with the Desire to Express Individuality

3a. Desire for conformity:

Mind; writing; agg.; left handed, suppressing (2) *

3b. Desire to be an individual:

Mind; independence; demonstrative (3) *

Mind; domination by others agg. (60) *

Mind; precocity (62) *

4. Empathy in Polarity with Lack of Feeling

4a. Empathy:

Mind; help; others, wants to (39) *

4b. Lack of feeling:

Mind; impulses, morbid; harm loved ones, to (1) *

Mind; indifference, apathy; suffering, to; others, of (4) **

Mind; unsympathetic, unscrupulous (46) **

Mind; sensitive, oversensitive; want of sensitiveness (49) *

5. Desire for Motherhood in Polarity with Aversion to It

5a. Desire for motherhood:

Mind; dreams; family, own; family planning (1) *

Mind; delusions, imaginations; nesting, she is (4) *

Mind; dreams; child, children; babies; nursing (9) **

Mind; childless, ailments from being (10) *

Mind; dreams; birth, of (13) *

Mind; anxiety; others, for; loved ones, for (31) **

Mind; dreams; child; children; babies (53) *

5b. Aversion to motherhood:

Mind; indifference, apathy; children, to her (18) *

Mind; irritability; family, to her (28) **

Mind; responsibility; aversion to (31) ** Mind; irritability; children, towards (47)

* Mind; indifference, apathy; duties, to (47) *

6. Desire for Knowledge and Learning in Polarity with Aversion to or Difficulty with Learning. (Primates are characterised by a high level of intelligence and ability to learn)

6a. Desire for learning:

Mind; reverence; those around him, for; teachers, for (1) Mind; dreams; studies, of (7) *

Mind; dreams; examinations (15) *

6b. Difficulties with learning:

Mind; weeping, tearful mood; reading, from (5) *

Mind; thoughts; disconnected; read, cannot (5) **

Mind; concentration; difficult; calculating, when (12) ** Mind; concentration; difficult; children, in (13) *

Mind; mistakes, making; reading (33) **

Mind; mistakes, making; calculating, in (35) ** Mind; mathematics, calculating; inept for (59) **

OTHER THEMES

7. Food Issues (a common mammal remedy complaint)

Mind; anxiety; food, about (1) **

Mind; weaning, ailments from (2) *

Mind; dreams; breastfeeding (3) *

Mind; nursing; ailments from, agg. (9) *

Mind; dreams; eating (28) *

Mind; dreams; food (47) *

8. Warmth (a common mammal theme)

Mind; dreams; child, children; babies; coldness, saved from (1) *

9. The Importance of Family - Sensitivity to Loss of Family Members

Mind; dreams; death, of; family, in; daughter, of (2) *

Mind; dreams; death, of; family, in; son (2) *

Mind; death; ailments from, agg.; parents or friends, of; mother, of (4) *

Mind; death; ailments from, agg.; parents or friends, of (37) *

Mind; death; ailments from, agg.; loved ones, of (48) *

Mind; dreams; death, of; relatives (49)

10. The Importance of Community

(Community is a common theme in primate cases):

Mind; dreams; cousin, of (4) **

Mind; estranged; friends, from (12) **

Mind; reverence; those around him, for (14) *

Mind; harmony, sensation of (17) *

Mind; dreams; relatives (33) **

Mind; forsaken feeling; friendless, feels (34) **

Mind; dreams; parties, of pleasure (39) **

11. Shame (a common mammal theme)

Mind; delusions, imaginations; ugly, is (31) **

Mind; aversion; oneself, to (35) *

Mind; mutilate his body, tendency to (41) *

Mind; abuse agg., ailments from; sexual (45) *

LAC HUMANUM CASEI

Girl aged 6

Chief complaint: Anxiety

Other complaint: Cough

This case is of a girl who has been having behavioural problems. Having been adopted at the age of three years she demonstrates classic symptoms of attachment disorder - a broad term which describes disorders of mood, behaviour, and social relationships arising from a failure to form normal attachments to primary care giving figures in early childhood. Her symptoms and behaviour also give a familiar picture of a well-known and very useful remedy.

In the consultation:

P: I have busy bees in my head. Also I have this cough - when I am nervous or frightened.

D: Tell me more about that please. **P:** I want to stick to my mother and give her kisses and cuddles.

D: What do you like doing best?

P: Swimming, playing with my toys and playing in the garden.

M: She loves animals - she wants to be a vet.

P: I give them kisses and hugs because they're so cute.

D: Do you have any favourite animals? **P:** Elephants and giraffes.

D: What do you like about them?

P: I love the babies.

M: Her favourite play is about babies, mummies and daddies. Always babies.

D: Tell me more about how you feel about animals.

P: I love dogs, puppies, cats, kittens and birds.

D: Do you have any dreams?

P: Of kittens and puppies. I often dream about them. I dream of them coming out of their mummy's tummy.

D: Do you have any scary dreams?

P: Of monsters which eat me and mummy and daddy. They eat us in one big chunk. (She is hugging her mother and kissing her).

I speak to the mother alone.

M: She's adopted. She was taken from her mother when she was three years old and then went to a foster family for about a year. Since then she has been with us. Her birth family had a lot of problems with violence, drugs and family breakdown.

She has a very poor memory - for example by the afternoon

she cannot remember what has happened in the morning.

She doesn't like to be seen as someone who doesn't know anything.

She's always taking control, for example saying to me "Don't do this - do that instead!"

Control and tidiness are very important to her.

Her energy goes really fast. She'll be very energetic then suddenly collapse.

She is suddenly very tired about five o'clock in the afternoon.

D: Say more about her liking tidiness. **M:** For example she tidies away her pencils after school. And at home she'll say "This is a mess, mum" and then she'll tidy things up!

She is very attached to rules. She follows the rules and tells others to do so. She is also very alert to what she thinks is fair or unjust. At school if someone is hurt in the play area she runs and helps - she's always the first to cheer them up. She's always trying to help people. She's always there for me. She has a very high level of empathy.

D: Tell me about the cough please. **M:** It's always when she is trying to deal with something that she can't manage. Her cough was horrible when she first came to us. The first time we went on holiday she was very angry and frightened and she coughed a lot

then. It's a dry cough. If anything new is happening she coughs but then when we tell her what's happening and the problem is dealt with she's ok.

D: Tell me more about how she likes to play.

M: Her play is all about mummies, babies, people getting married. If she sees a bird she always says "It's a baby bird we need to protect it and take care of it". It is very strange but she described her own birth to me, she said: "There were bright lights, lots of people, they were holding me. It was a warm feeling of welcoming". She loves babies who have just been born - pictures of them.

It was interesting that when she saw my niece being breastfed she really regressed. She became like a baby - moaning and grieving. But she improved again after a few hours.

D: Anything else to say about the word warm?

M: She likes warm things - she loves teddy bears - she is surrounded by teddy bears!

D: Anything else?

M: If I or my husband disturb her during the night she is very, very startled - it's almost like she has a fit.

M: She's very restless. Constantly on the go. She finds it very hard to sit still and concentrate.

Whenever she is anxious or stressed she wants sweet food. She finds it very hard to absorb information. At school she is having difficulty learning. She

gets anxious if she is in company with a lot of people. She has a very bad body image - she doesn't like to be naked.

Case Analysis

MAMMAL THEMES

Disturbed relationship with mother Poor memory
Difficulty assimilating information Poor body image
Uneven energy levels: overactive or collapsed
Cuddling, hugging, kissing
Recurrent dreams of mammals and baby mammals
Play involving mothers and babies.
Desire to protect and take care

THEMES OF LAC HUMANUM

This patient shows a number of keynotes of *Lac humanum*:
Disturbed relationship with the mother
The need for control
A high level of empathy
Dreaming of babies and baby animals
A very strong desire to cuddle and caress the mother
Desire for sweet things
Restlessness, hyperactivity
Difficulty in concentrating
Aversion to untidiness
Possibly the strangest symptom she demonstrates is the aversion to unti

diness and this is a peculiarity seen in some cases of *Lac humanum*

RUBRICS OF LAC HUMANUM

Mind; dreams; animals, of; young (2)
Mind; death; ailments from, agg.; parents or friends, of; mother, of (4) (Not an exact rubric but related to her experience of being taken away from her mother)
Mind; afternoon; agg.; 5.00 p.m. (12)
Mind; dreams; birth, of (13)
Mind; affection; desires (13)
Mind; clinging; mother, to (14)
Mind; abuse; agg., ailments from; childhood, in (19)
Mind; concentration; difficult; children, in (13)
Mind; dreams; forsaken, forsaking (17)
Mind; anxiety; company; agg. (22) Mind; caress, caressed; desire to be (27) Mind; delusions, imagination; ugly, is (31) Mind; clinging; children, of (37)
Mind; restlessness, nervousness; sitting, while (38)
Mind; attached, very; mother, to (44)
Mind; dreams; child, children; babies (53)

Minci; activities; hyperactive (63)
Mind; injustice, cannot support (76)
Mind; dictatorial (84)
Mind; starting, startled; fright or fear,
after (91)
Mind; childish behaviour (93)

Mind; restlessness, nervousness; children,
in (113)
Mind; concentration; difficult; studying,
reading, while (144)
Mind; starting, startled; sleep; during (178)
Mind: shame (192)
Cough; EXCITEMENT, emotional, agg.
(217)

Prescription

Lac humanam 1M one dose every two weeks.

Interestingly, the patient refused to take the medicine in the consulting

room. Her mother said this was quite typical behaviour and our conclusion was it was part of her strategy to try to control her environment.

Follow Up at Five Weeks

M: The cough has stopped - she hasn't been coughing at all.

Her sleep is very good now. There is no problem with going to bed and she is not having any bad dreams.

P: I am just having happy dreams now. **M:** It's amazing - she is much more calm. She is happy. She is not anxious anymore. She is not obsessed about babies now. All her play used to be about babies and dolls.

P: I am not dreaming of babies and mummies anymore.

M: Her school say things are much better. They actually said they couldn't believe what a change they have seen in her - she is flourishing.
I speak to the mother on her own.

M: At first after the dose of the remedy she was worse - very babyish - for 2 or 3 days. Then she was euphoric for a few days and then she just became calm and she has remained calm. After each dose of the remedy she complains of cramps in her abdomen for a number of hours. It's amazing - now we can teach her things and she absorbs them. She's much less sensitive to being told off. The negative body image has gone - now she is happy to be naked. She is becoming more independent - she is happy to choose her dresses now and what books to read. Last week she read a whole book to the younger children in her school.

LAC HUMANUM CASE 2

Woman, aged 40

Chief complaints: Compulsive eating; acne

P: I have an awful appetite. I describe it as being “mouth hungry”. I always have to be eating something. I will always, at home, be looking for something little to eat. I look to see if the kids have left some sweets or something. I have just got to have something. I just eat all the time. I think for a woman I have quite a large appetite. I don’t often eat as much as my husband but I eat quite a lot more than other girls I know.

D: Do you have any specific cravings? **P:** No. Not really.

D: If you don’t eat, does anything happen?

P: I get a bit crabby, I do get in a “hungry mood”.

D: Can you describe that hungry mood?

P: I am just grumpy. I don’t get a headache. I just get to the point where I am thinking I can’t do anything until I have eaten. I need some food. It gets a little bit obsessive. I literally cannot do something until I have eaten. I may be running late, I have to get the kids but I have to

go and grab something and I know I am late but there is still that need to go and grab something to eat before I go and get the children and I am thinking “You shouldn’t be doing it, it should be the other way around! I should go and get the children and not worry about food!”

And if I open something ... I couldn’t open a packet of biscuits and just have a couple ... I wouldn’t eat them all but I would get through half of them easily, because they are there and I wouldn’t be able to ignore them. That’s the thing about food for me; I can’t ignore it if it is there. It is a bit of a compulsion but I have got to have it. I wish I was like some people who eat to live and that is it, they are not really interested in food.

D: What other complaints do you have?

P: Spots! That’s the biggest annoyance in my life. As a teenager I don’t think I had many but now I am forty and I am still struggling with them. I have been to

my doctor, I don't suppose she wants to remember how many times! And she always says, "It's nothing, it's nothing". But it isn't nothing! I have had it for 20 years and it just does my head in.

D: Describe that - the biggest annoyance in your life.

P: Yes, it is. It really gets me down. The only time it has ever been clear is with oral antibiotics, but you cannot take those forever.

D: Describe it being an annoyance. **P:** It really is. It really annoys me.

I can't stand getting up in the morning. It just affects how you feel.

D: How does it make you feel?

P: I feel *untidy* for want of a better word. Yes, I don't feel *tidy*.

D: Describe this feeling of it makes you untidy.

P: I don't feel as *polished* as I would like to. I feel it lets me down.

D: Describe not polished.

P: It is just *scruffy*. It is just, you know, you get up, you get dressed to go out or to go to work, and you never feel 100 % comfortable. You have got faults which you are trying to cover up which generally makes you feel worse anyway. But you feel you have to do something, you just never feel 100 % content with what you have done or how you look. Un

tidy is the only word I can think of.

D: Tell me about your childhood please.

P: The one thing I couldn't stand about my mum and I still can't, she is just so untidy. That is one thing I can remember more than anything. I would never bring my friends home because I used to be so embarrassed that she was so untidy. So I wouldn't have friends round very often because of that.

I always got on really well with my dad - my dad was a typical dad - soft - he was the one you went to when you needed something. Mum was more moody.

D: What was that like?

P: It was very difficult because I found myself ... I saw my mum as the protagonist I suppose, I saw my mum as it being her fault really so our relationship broke down - really quite badly. It used to end up in complete shouting matches to the point that she chucked me out a couple of times and I would go and stay with friends. My mum had lots of mental health problems which has made it quite difficult. That's how I see it - quite difficult. And that is why I could understand my dad; I thought she was difficult to live with and

so I sided with my father when they broke up. She *is* difficult to live with. I wouldn't say we had a conventional mother/daughter relationship.

What was it like?

You know, we don't have a lot of mother/daughter time; well we *don't* have mother/daughter time if I am honest. As I see it, it is like the roles are reversed. It is like she needs me as opposed to me needing her. My mum had lots of bouts of depression and depression meant she would not get out of bed, so there was an awful lot of me looking after the kids and I suppose that is why I am not so close to her.

Say more about this.

P: The worst thing was coming home and not knowing what you were coming home to. I just couldn't understand it. I couldn't understand why she allowed my dad to come in from working all day, and he would have to cook the dinner. And I did resent her. I really, really resented her. She ended up two or three times in a mental hospital and I was relieved.

D: What was the feeling like in childhood at that time?

P: It was just horrible.

D: Describe that more?

P: It was just scary, never knowing what was going on. You were never feeling happy. It was horrible - there was no feeling of comfort.

Case Analysis

MAMMAL THEMES

Compulsive eating
Lack of impulse control
Always hungry
"Mouth hungry"
Disturbed relationship with the mother
Role reversal with mother
Mother mentally ill
Expelled from home
Resentment to mother

MAMMAL SOURCE WORDS

Comfort

Soft

WHAT IS LEFT?

Aversion to untidiness!

This is the most peculiar feature in her case. She was sensitive to her mother's untidiness. But the most unusual expression of this sensitivity is that her spots make her feel *untidy*. *Lac humanum* has this strange characteristic.

LAC HUMANUM RUBRICS

Untidiness, aggravates

Quarrelsomeness, scolding: family, with her

Prescription

Lac humanam 1M, single dose

Follow Up at Five Weeks

D: How are you getting on?

P: My spots are worse. But I am definitely less interested in food. I can leave things and not eat them for the sake of it. I have definitely noticed that. Things that in the past I have really enjoyed - I can eat them less.

And I feel happier. I definitely feel a bit happier. I think that is about it. I would be even happier if the spots were better but I do feel a bit jollier!

D: When did you last find your appetite was this balanced?

P: Probably as a child if I am honest. I am going back a long time.

D: Is it a long time since it was like this?

P: Yes, I would say so.

D: And the feeling happier, how far back would you have to go?

P: Probably a similar sort of time really.

Case Discussion

Clearly a deep healing process is underway. Her mental state and appetite are much better while her skin is worse.

She required a further dose after several months. Her mood and appetite remained normal and in time her skin was much improved.

CHAPTER 11

LAC MATERNUM

Milk collected from nine women from day 3 (colostrum) to ten months after parturition.

Proving:

Patricia Hatherly 2002

MAIN THEMES IN LAC MATERNUM

1. Not Properly Incarnated

There is a feeling of not being properly in one's body

mind; ANXIETY; incarnation, about (1) *
mind; DELUSIONS, imaginations; body,
body parts; two steps behind self, is (1) *
mind; DREAMS; dead; bodies; returning to
life (4) *

mind; DETACHED; ego. from (7) * mind;
DELUSIONS, imaginations; body, body
parts; separated, body and thoughts are
(12) *

mind; DELUSIONS, imaginations;

separated; mind and body are (49) *

mind; DELUSIONS, imaginations; body, body parts; separated, divided (59) *

mind; DELUSIONS, imaginations; floating; air, in (122) *

There can also be a strange feeling as though one is not living in the present day - it is a feeling of living in the past, in some earlier era than one's own.

2. Sense of Duality

There is a division between two halves of one's self

mind; DREAMS; body, body parts; lower half removed by dissection (1) *

mind; DREAMS; women; two, marrying (1) *

mind; DELUSIONS, imaginations; arms; work in opposite directions (1) *

mind; DELUSIONS, imaginations; cut; two, in (7) *

mind; WILL; two, feels as if he had two wills (15) *

mind; DELUSIONS, imaginations; divided; two parts, into (28) *

mind; DELUSIONS, imaginations; double; he is (54) *

3. Lack of Boundaries, Dissolution

Too much open to and affected by outside energies. Insufficient boundaries.

Lack of a sense of bodily integrity.

mind; DREAMS; body, body parts; falling off, while walking (1) *

mind; DREAMS; dead; bodies; dissecting; his own (1) *

mind; DREAMS; dead; bodies; skin taken from (2) *

mind; SENSITIVE, oversensitive; energies, to all; personal (2) *

mind; DELUSIONS, imaginations; body, body parts; separated, divided (59) *

4. Disorientation; as if in a Dream

Feeling spaced out, unreal, disorientated. Unable to recognise one's surroundings.

mind; DISORIENTED with everything (18) *

mind; MISTAKES, making; space and time, in (35) **

mind; STUPEFACTION, as if intoxicated; waking, on (35) *

mind; CONFUSION of mind; intoxicated feeling (108)

mind; DREAM, as in a (156) *

5. Mental Dysfunction

mind; THOUGHTS; disconnected; read, cannot (5) *

mind; CONCENTRATION; difficult; calculating, when (12) *

mind; CONCENTRATION; difficult; children, in (15) *
mind; MISTAKES, making; calculating, in (37) *
mind; MATHEMATICS, calculating; inept for (62) *
mind; CONCENTRATION; difficult; studying, reading, while (159) *

6. The Importance of Community

Social cohesion is an important primate theme

mind; DREAMS; co-operation, sharing (1) *
mind; DREAMS; community, future of (1) *
mind; COMPANY; desire for; attracts others towards himself (1) *
mind; DREAMS; friends; helping his (2) *
mind; DREAMS; cousin, of (5) **
mind; DREAMS; relatives (39) **

7. Play; Entertainment

Young primates learn through play.

mind; DREAMS; entertainment; social (1) *
mind; DREAMS; football, of (2) *
mind; DREAMS; parties, of pleasure (43) *

8. Rejection and Disharmony

mind; DREAMS; forsaken, forsaking; friends, by (6) **
mind; ESTRANGED; friends, from (13) **
mind; DELUSIONS, imaginations; division between himself and others (16) * mind;
DELUSIONS, imaginations; friend, beloved one; affection of, has lost the (19) **
mind; DREAMS; forsaken, forsaking (24) **
mind; QUARRELSOMENESS, scolding; family, with (25) *
mind; FORSAKEN feeling; friendless, feels (38) **
mind; DELUSIONS, imaginations; appreciated, that she is not (46) *

9. Poor Self-image

mind; AVERSION; oneself, to (37) *
mind; DELUSIONS, imaginations; ugly, is (33) *
mind; DREAMS; embarrassment (50) *
mind; CONTEMPTUOUS; oneself, of (52) *

LAC MATERNUM CASEI

Woman aged 27

Chief complaint: Acne

Other complaint: Anorexia nervosa

P: I've had spots since my early teens. They are all over my face and also on my chest and back. They can be cysts which are painful and it hurts when I lie down or when I smile.

D: What is the worst thing about it? **P:** It's not who I am - it's not me - it's not meant to be part of my life - I'm a spontaneous carefree person and it's hindered that. I run leadership for teenage girls, I've been doing that for 6 years. I worry that I look unclean and gross.

D: Say more about that feeling.

P: I don't want people to think that - it's not true - I jump to my own defence.

D: Tell me a little about the weight issue.

P: I've always been underweight. To gain weight I need to eat 5000 calories a day and have 5 meals a day! I do want to put on weight - especially on my legs - they are so weak. The thing is I want to eat but I don't like the food I have in the house.

If I eat dairy my skin gets much worse.

If I eat cheese I develop a spot in ten minutes! Milk gives me a sore throat.

D: How does it feel being underweight?

P: I don't like it - I don't like my legs. My clothes don't fit, I don't feel like an adult. As a teacher you must give a good impression and that's a lot to do with how you look.

D: You said that you want to eat but you don't want to eat the food that you have in the house - say more about that.

P: I want to eat but I tend to graze. I go into the kitchen but then none of the food that I have in the larder I want to eat. I buy it but then when it comes to it I don't want to eat it. (This is a typical form of anorexia nervosa - there is a deep subconscious aversion to eating which the patient tries to rationalise in various ways - in this case that she no longer wants the particular food that she has bought).

- About 2 years ago I developed a paranoia about food.
- D:** Say more about that.
- P:** I started not wanting to eat because I thought it would make me ill. I don't want to eat out because I'm not sure who has prepared it and what they have put into it. (This is another common expression of anorexia nervosa).
- D:** What's been going on in your life in the last few years?
- P:** Well, leaving uni was a huge thing. At uni I had a consistent group of friends but ever since I've left I've felt on the outside of the group. They live somewhere else and I'm here and all my friendships have deteriorated except for one. That's huge, I'm devastated about that. I'm really upset... I wasn't invited to one of the weddings, that was so hurtful.
- D:** Can you describe yourself to me please.
- P:** I like hectic, loud, busy environments. I don't like being quiet and solitary. I like knowing people are around me. I love being at the summer camps with the girls and in the school environment.
- D:** Say more about liking loud busy environments. (This is quite an unusual comment and the first thing she said in description of herself so I decide to pursue this straightaway).
- P:** I love things to be happening - for example at the camp - people on the lake, other people horse riding, things going on and people enjoying themselves and me being part of it and the feeling of community - working together for a goal.
- I like to go home and hear about everyone's day. The saddest thing would be for me to be in an office on my own - or at home with only one other person. I like to be included, I hate missing out.
- (So the most important thing for her is a sense of community).
- D:** Say more about that.
- P:** Not being thought of in someone else's plans.
- D:** How would that feel?
- P:** Sad, really sad.
- D:** So you don't like it quiet, what is an ideal situation for you?
- P:** At the camp I'm having my own cabin but there's a communal cabin and you can drift between all those situations, I think that's perfect.
- D:** How does it feel?
- P:** I love it. I'll be excited about every day, savouring every moment watching what everyone is doing. Then I'll have a nap - I like naps.
- I hate gossip and people being mean, people being nasty.

D: Can you tell me about your childhood please.

P: I wasn't happy at all but I don't know why. I remember feeling really empty, really sad. But I don't think I was.

D: Describe feeling empty.

P: I tried to describe it to my mother - I called it my "old feeling".

D: Describe your old feeling.

P: It felt like I was living in the past.

D: Say more about that.

P: It felt like I was living about 30 years before the time I really lived in.

D: Try and describe it again, don't worry if you are repeating yourself.

P: It happened a lot. I was frightened of feeling that way - it just felt so sad, not crying sad but empty - as if I didn't exist.

D: Say more about not existing.

P: Where I was physically wasn't where I was spiritually, it was as though they had got separated. It just made me feel sad - gutted - as if something bad had happened.

D: Just describe it again please.

P: As if I was living in an older age than the one I was in. It was as if how my grandparents would have felt when they were children. Imagining how it would feel living in the nineteenth century. Then I developed hatred for anything in the 1980's! Watching films from that time

made me feel physically sick. I hated anything from the past - dated music or dated TV shows.

D: How did they make you feel?

P: Physically sick, scared, panicky. I was so mummified I didn't want to stay anywhere away from my mother. The worst place was in my grandparents' house - it felt like that all the time.

D: How did it feel?

P: The old feeling - and as if time moved really, really slowly. Something about the era between the 1950s and 1980s, it made me feel really uncomfortable.

D: What were you like as a child?

P: Confident - I always had friends. I was really inquisitive.

D: Say more about that.

P: Wanting to know how things worked. Wanting to know everything about everything. I have a very good memory: for example for dates - I can remember conversations from long ago. My mother said I was her personal diary. I can remember most of the birthdays of the friends in my year group when I left school. I can remember cards I was given when I was 6 years old - who they were from.

D: Say more about the old feeling.

P: For example if I heard music from a previous era it made me feel really empty and I could cry as if I was existing in the past but I was in the present. It felt

like “this is how people would feel in the nineteenth century”.

D: Say a little more about your childhood.

P: I loved our pets. I love guinea pigs - and I love monkeys. They

are my favourite animal. At weekends I would wake up excited because I knew that I could play all day with the guinea pigs. The old feeling never happened then.

Case Analysis

ANIMAL THEMES

Chief complaint a skin condition

Unclean

Gross

I jump to my own defence

Feeling excluded from the group

Inquisitive

Desire for and easy assimilation of knowledge

Extraordinary memory for information relating to the social group

MAMMAL THEMES

Body image issues

Not feeling like an adult

Inability to assimilate nutrition

Dairy food aggravates

Eating disorder

Feeling empty

Visceral experience of emotions - feeling physically sick

Strong attachment to animals

LAC MATERNUM THEMES

Living in the past

Not existing

LAC MATERNUM RUBRICS

mind; DREAMS: cooperation, sharing (1)

mind; DREAMS; friends; helping his (2)

mind; ESTRANGED; friends, from (13) mind; DELUSIONS, imaginations; ugly, is (33)

mind; AVERSION; oneself, to (37) mind; FORSAKEN feeling; friendless, feels (38)

mind; LOVE; animals, for (44)

mind; DELUSIONS, imaginations; separated; mind and body are (49) mind; AFFECTIONATE (95)

PRIMATE THEMES

Leading a group

Desire for loud busy environments

Importance of community

Complex social groupings - everyone doing different things but all working towards the same goal

Savouring what everyone is doing Hatred of gossip and meanness (the opposite of community spirit)

Prescription

Lac maternum 1M - one dose

Follow Up at One Month

P: After the remedy I got a huge outbreak of spots on my neck - I've never had them there before. They went after four days. I've noticed a change about food - I've been eating things without thinking about it, that's really good. I've enjoyed eating things which before I was nervous about. I'm eating lunch at school and taking things which people offer me to eat - that's a breakthrough. I think my weight has increased.

D: Was there any other reaction when you took the remedy?

P: The day after my legs felt really solid - my legs are better and I'm considering wearing a dress and not trousers like I always do. I've felt much more comfortable about my legs.

D: Anything else to mention?

P: After the last consultation I remembered that I cried every day at school for years. I didn't want my mum to leave.

My skin has been better: less painful, less red, less spots.

Assessment: the change in attitude both to eating and body image are very encouraging.

Follow Up at Ten Weeks

P: I'm getting even better about food - I'm eating food when I'm out in a restaurant and not feeling anxious about it. That's the best it's been for years. My weight is increasing. I notice I'm laughing out loud more - more genuine laughter and I'm more assertive, I'm saying what I want more - it's more natural. I'm not feeling so chilly.

Assessment: Most patients, especially those who have been in

a passive or submissive state, will report becoming more assertive after a good remedy and choosing more for themselves in an appropriate way. Being less chilly is a typical response to a mammal remedy.

Further Follow Up

After several months the patient was in a state where her eating disorder was very much improved and her confidence levels much greater. However her skin remained only somewhat improved and she developed some new symptoms. She changed from having been a chilly person to becoming hot and she started to become angry. The change in general symptoms indicated that a new layer had emerged and it was time to change her remedy.

P: The eating is much better - I'm eating everything!

But I really feel angry about what's going on at work. I feel humiliated. I'm really not valued at all. It's not that I feel better

RUBRICS

mind; LAMENTING, bemoaning, wailing; appreciated, because he is not (2) mind; ANGER; understood, when not (15)

Prescription

Calcarea sulphurica 1M - one dose

Follow up One Month Later P: I'm

a lot better than last time. **D:** Describe how you are.

P: I'm less angry - that changed immediately. I'm much less impa-

than other people but I feel I'm being cheated out of the job that I really should be given and they have given it to someone else instead.

D: How does this situation make you feel?

P: Unvalued and humiliated.

D: Describe that more.

P: Humiliation and embarrassment - the worst thing is feeling that people are talking behind my back and I'm a kind of joke. People thinking I'm not good at my job. I don't feel my opinion counts at all. It's demeaning. I'm having to shout louder and louder all the time.

mind; DELUSIONS, imaginations; appreciated, that she is not (46) mind; JEALOUSY (133) mind; INDIGNATION (188)

tient. My skin is a lot better. My body temperature is comfortable now and I don't feel humiliated anymore. I'm not disappointed.

LAC MATERNUM CASE 2

Woman aged 68

She writes on her form:

I attract energies. In places like pubs and old buildings and hotels. I feel and sense them. I've never felt very grounded.

Apparently in my childhood I was always breaking down emotionally. I was the third child of four - the unwanted third daughter.

In my forties with the menopause and stress I suffered what could be called psychic attacks and had a massive breakdown.

In the consultation:

P: I'd like to feel grounded. I often feel like a ghost - that I have no body weight. I'm almost like a part of everything. I sometimes feel I have to pull myself together. It's exhausting, I'm always tired - ever since I was a child.

D: Say more about feeling like a ghost.

P: I don't quite feel I could float away - it's not quite that bad.

D: Say more about feeling like a part of everything.

P: I don't feel individualised - you read about us all being one and I feel that incredibly.

D: Say more about all being one.

P: I've never had good boundaries - I pick up too much stuff from others. I'd like to have a boundary around me (she does a hand gesture with her hands going around herself).

D: Say more about that.

P: My energy is so dissipated it's out there (she gestures this with her hands moving away) all the time. I'm always walking around in an empty space.

D: Say more about that.

P: My orientation is not very good.

D: Describe that more.

P: It's almost like being lost.

D: Go on.

P: It's getting down to feeling abandoned - lost direction - it's what my life has been about.

D: Say more about having no boundary.

P: It makes you feel insecure - I don't want to say float away. Or about picking up others' energies, it's a continual exchange (she indicates going out and coming in) - exchange of what's outside - a kind of osmosis.

D: Say more about your energy being dissipated.

P: It's leaving me and to exist you need energy in yourself. You collapse.

- D: Describe that more.
- P: You lose power completely. It's like somebody takes the plug out of you, you have to hang on to your soul, your power, your strength. As long as you hang onto your soul you'll still be here.
- D: What would it be like if your energy was not dissipated and you did have boundaries?
- P: I'd be more conscious of my movements and what I am saying. I'd be able to walk down the street and enjoy being grounded.
- D: How would that feel?
- P: My centre of gravity would be more in my body and I'd feel my feet were more solidly on the ground. I'd be less anxious.
- D: What's it like feeling like a ghost with no body weight?
- P: It's like being invisible. It would be easy to go insane.
- D: Describe being not individualised.
- P: You're part of everything - you merge with the trees you see, with the flowers on your desk.
- D: Tell me about your childhood please.
- P: I was the third of four. My father wanted boys and wasn't happy by the time I was born as the third daughter. When I was born my father said, "What a waste of time". Then two years later my mother had a boy. I was jealous - an attention seeker. I hated my father.
- D: What was your childhood like?
- P: Miserable, no joy, never treats, fights at Christmas, no fun. I fell apart when I was 11,1 dissolved on the step of the house. My father gave me half of one of his tranquillisers and then I was on them for 30 years.
- D: Can you describe yourself please.
- P: I don't really know how to describe myself. There's hardly anything there now.
- D: Describe that more.
- P: I've lost my vitality, I've lost my curiosity about life, I've lost my joy. I've had ideals but I haven't had the energy to sustain me to fulfil them.
- D: Try to say a bit more about yourself.
- P: I'm just not there anymore.
- D: Describe that more.
- P: My ego is not there anymore.
- D: What was it like being the unwanted third daughter?
- P: Upsetting. My sister said I was always in my head. I cut off. Then when I was older it was all about outer appearance and image because of my insecurity.
- D: Say about sensing and feeling things.
- P: I don't really see them but I feel them. I know they are there in old buildings and I become that person in a way when I sense them.

Case Analysis

MAMMAL THEMES

Unhappy childhood home Rejected by a parent
Hating a parent
Jealous of a sibling
Poor self-image

Not grounded
Feeling floaty
Poor boundaries
Dissipation of energy
Oversensitive to outside influences
Not feeling properly connected to her body
“My ego is not there any more”

LAC MATERNUM THEMES

Lack of a sense of bodily integrity

Prescription

Lac maternam LM7 once daily.

She had received homeopathic treatment before and said she was very sensitive to remedies. We therefore

decided on an LM potency. I chose LM7 as this is equivalent to a 1M centesimal potency and she required a potency at least that high.

Follow Up at Five Weeks

P: I'm a lot better. What a relief 11 feel loads better. I can feel my identity in relation to other things, for example my height in relation to things I am standing next to. I feel I am coming from the outside in. My joy level is going up. It feels really, really nice - thank you. I'm feeling a calmness I've never really had. I'm calmer as in ... (she spells out CALMER!)

D: Did you notice anything when you started the medicine?

P: For the first two weeks I felt worse on and off.

D: How is the feeling of being like a ghost?

P: Much better.

D: How's the feeling of not having boundaries?

P: That's improved. I'm about 40- 50 % better.

Prescription

Continue *Lac Maternum* LM7 daily.

Follow Up at Ten Weeks

P: I'm really a lot better. I'm about 70-80 % better now.



CHAPTER 12

CATS AND DOGS

John had a pet dog named Bella. He loved her very much and cared for her in every way. Bella was fed the best food and lots of treats. John regularly took her for walks in exciting places, played games with her and cuddled her affectionately. Bella could not imagine a better life and thought "This is wonderful - he must be a God!"

John also had a cat name Ben. He loved the cat unconditionally and looked after him in the best possible way. Ben had a special place in the house for his very comfortable bed. He was allowed to sit on all the most expensive furniture and frequently had special delicacies to eat.

Ben thought "How amazing - I must be a God!"

This sums up the main difference between the cat and dog state: self-esteem.

If a patient tells us they love dogs and we ask what they like about them especially, what is the invariable reply? "Oh - they are so loyal and devoted!" Anything you don't like about dogs? "They can be too needy".

Then if a patient says they love cats best and we ask what is so special about cats, what do they always say? "I love them because they are so independent, so self-sufficient". Anything not so good about cats? "They can be a bit stand-offish".

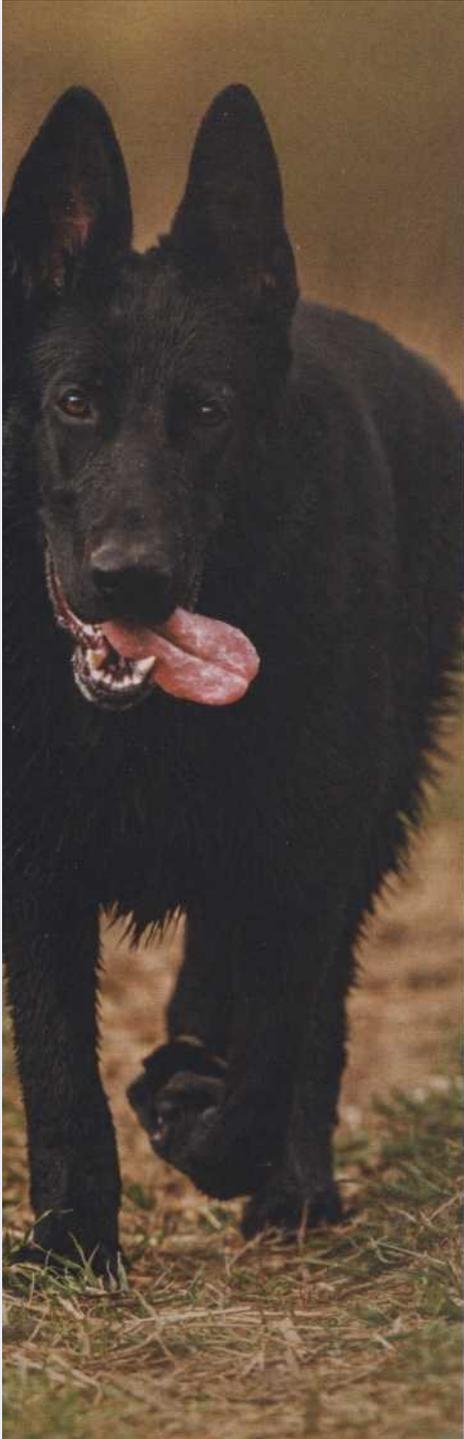
This is the other big difference between the cat and dog state - self-sufficiency versus dependency.

The cat state is one of innate self-worth, confidence and self-sufficiency. The dog state is one of lack of self-esteem, low confidence and dependency.

The essence of the dog state is the positive qualities of loyalty and faithfulness but with its shadow side of dependency and neediness.

The cat state is characterised by the positive qualities of independence and self-sufficiency but with the shadow aspect of being aloof and distant.

The cat and dog states are therefore complementary and comparing and studying them together helps to highlight what is most characteristic and essential in each.



CHAPTER 13

The Central Inner Feeling

Loyalty and dependence

MAIN THEMES IN DOG CASES:

SS denotes a single symptom, i.e. the remedy is the only one in that rubric.

Single symptoms are often highly characteristic of the remedy and therefore especially valuable.

1. Feeling Inferior

RUBRICS

Lac caninum:

DELUSION IS DIMINISHED,
SHORT(SS)

DELUSION BODY PARTS ARE SHORT
(SS)

Delusion looked down upon (2)

Delusion despised

Lac lupinum:

DREAMS OF PLEASING SUPERIORS (SS)

DREAMS OF SOCIAL INFERIORITY (SS)

Delusion looked down upon

Lyssinum:

DREAMS, SUBORDINATION LIKE A SERVANT (SS)

REMORSE, REPENTS QUICKLY, MAKING EARNEST APOLOGIES (SS)

Social position, concerned about

Fear of being sold

These rubrics, especially the single symptoms, reveal the deep state of feeling like the “underdog” in dog cases. A state of feeling small and inferior but in addition with a need to ingratiate oneself to those who are dominant to you. As if your survival depends on gaining the approval, or at least the tolerance, of those with authority and power over you.

2. Feeling Badly Treated

RUBRICS

Lac caninum:

Ailments from being scorned

Ailments from rudeness of others

Delusion is insulted

Lac lupinum:

DELUSION; VICTIM, HE IS (SS)

DREAMS; OF BEING VIOLATED (SS)

DREAMS; HE IS A VICTIM (SS)

Lyssinum:

Delusion; being abused

Delusions; attacks and insults, defends himself against (2)

Delusion; criticised

Ailments from suppressed anger

Ailments from mortification, chagrin

Delusion; being injured

Delusion; is insulted

Delusion; tormented

Delusion; wrong, has suffered

It is not just that you feel inferior to others: there is a great sense of being abused.

The abuse ranges from mainly verbal abuse in *Lac caninum* to violation in *Lac lupinum* and in the case of *Lyssinum* a feeling of being injured and tormented.

3. Feeling Bad about Themselves

RUBRICS

Lac caninum:

Contemptuous of himself, herself

Delusion; is dirty

Disgust: odour of his own body (3)

Lie; believes all she says is a lie

Lac lupinum:

Sensitive to reprimands, criticism

Lyssinum:

DELUSION; DO NOTHING, HE CAN (SS)

Talk, pathetic (2)

Not surprisingly with a feeling of being so badly considered and treated by others the dog state is one of feeling very bad about oneself.

Being mammal remedies this feeling is of course felt in a visceral way with disgust with oneself and a bad feeling about one's body. This can lead to pathologies such as eating disorders, self-harming or body dysmorphic disorder.

4. Lack of Confidence

RUBRICS

Lac caninum:

Delusion; everything will fail

FEAR; DUTY, OF BEING UNABLE TO DO (SS)

Persists in nothing

Anxiety from doubt about success (2)

Lac lupinum:

DREAMS OF SOCIAL INFERIORITY (SS)

DREAMS OF PLEASING SUPERIORS (SS)

Lyssinum:

BEGGING, ENTREATING: PRAY FOR HIM, TO, AND NOTTO LEAVE HIM ALONE (SS) DELUSION; DO NOTHING, HE CAN (SS)

Rage; followed by repentance

REMORSE: REPENTS QUICKLY, MAKING EARNEST APOLOGIES (SS)

Given that self-esteem is so low it is no surprise that dog cases have little confidence in themselves. The lack of confidence has a distinctly animal quality in that it is especially in relation to others - there is the dog feeling of *depending on others* for a sense of worth and acceptability and of any possible capacity to go into the world and achieve anything worthwhile. People who need dog remedies cannot bear the thought of others feeling badly about them: it makes them feel unworthy and incapable.



CHAPTER 14

CANIS LUPUS FAMILIARIS

Domesti- cated Dog

Remedy: *Lac caninum*

Milk of the Dog

Provings:

Morgan 1871

Swan 1871

Nash 1883

Berridge 1883

Farrington 1885

The dog was the first species and the only large carnivore to have been domesticated. This happened about fifteen thousand years ago and their long association with humans has led dogs to be uniquely attuned to human behaviour. Dogs perform many roles

for humans, such as hunting, herding, pulling loads, protection, assisting the police and military, companionship and, more recently, aiding disabled people and other therapeutic roles. This influence on human society has given them the sobriquet of "man's best friend" However, this refers largely to the approximately 20 % of dogs that live in developed countries. In the developing world, dogs are more commonly feral or communally owned, with pet dogs uncommon. Most of these dogs live their lives as scavengers and have never been owned by humans, with one study showing their most common response when approached by strangers is to run away (52%) or respond aggressively (11%).

Lac caninum is the tamed, subjugated dog.

There is a bad feeling about all aspects of one's being, resulting in a severe lack of confidence and a feeling of being looked down upon and badly treated by others.

Inner Feeling

Dirty, unworthy, despised

Lack of confidence and fear of being unable to succeed

A sense of shame

These feelings are accompanied with delusions of being surrounded by snakes, vermin and insects

The reaction to this inner feeling takes a variety of forms: Dependence - over-dependence on the opinion of others Desire for company, fear of being alone Rage with hatred, abusive behaviour

MAIN THEMES

1. Lack of self-esteem

mind; ANXIETY; success, from doubt about (4)

mind; DELUSIONS, imaginations; fail, everything will (23)

mind; UNDERTAKES; many things, perseveres in nothing (46)

mind; PERSISTS in nothing (57)

mind; FEAR; failure, of (92)

2. Feeling badly treated

mind; DELUSIONS, imaginations; looked down upon, that she is (6) mind;

DELUSIONS, imaginations; insulted, he or she is (27)

mind; DELUSIONS, imaginations; despised, is (44)
mind; OFFENDED easily (157)

3. Self-loathing

mind; DISGUST; himself, with; body, with (5)
mind; DISGUST; himself, with (12)
mind; DELUSIONS, imaginations; diminished (14)
mind; DELUSIONS, imaginations; worthless, he is (23)
mind; DELUSIONS, imaginations; dirt, dirty; he is, she is (27)
mind; DELUSIONS, imaginations; ugly, is (31)
mind; AVERSION; oneself, to (35)
mind; CONTEMPTUOUS; oneself, of (50)
mind; LOOKED at; cannot bear to be, agg. (66)

4. Losing one's mind

mind; DELUSIONS, imaginations; vermin; crawl about, sees (17)
mind; DELUSIONS, imaginations; visions, has; horrible (41)
mind; FEAR; insanity, of losing his reason (133)
mind; DELUSIONS, imaginations; insane; become, that she will (153)

5. Malicious

mind; WRITING; mean and contemptible things to her friends, all sorts of (1)
mind; CURSING, swearing, desires; rage; in (6)
mind; UGLY behaviour (8)
mind; RAGE, fury; trifles, about (25)
mind; INSOLENT, impertinence (46)
mind; RUDENESS (76)
mind; HATRED (112)

6. Dependent

mind; ATTENTION; desires (10)
mind; PLEASE others, desire to (20)
mind; ATTACHED, very; mother, to (46)
mind; APPRECIATION, desires (46)
mind; YIELDING disposition (69)

LAC CANINUM CASEI

Woman aged 42

Chief complaint: premenstrual syndrome

P: I am very aware from the point in my menstrual cycle when I ovulate. There is a switch over. I suddenly feel a lot more tense and irritated by small things and my confidence ... it isn't normally a problem for me but I consciously have to tell myself "Yes I can do my work".

I have a senior position in my organisation with a lot of responsibility. Despite the fact I know I can do my job I have to coach myself and use positive thoughts. It's even worse two or three days before my period when I inappropriately seek support from junior colleagues. I say to them "Am I doing all right?" - which is not good. Normally I'm fine: the rest of the month it doesn't happen.

My symptoms have got a lot worse since turning 40 - a lot of fluid retention. A lot of breast swelling and discomfort - it feels like you're breastfeeding a baby. It's completely the same feeling and afterwards you go

down in size. This has got worse in recent years.

D: Describe your premenstrual syndrome as it is at its worst.

P: Throwing things. Lashing out. Not actually hurting anybody but shouting a lot.

D: Lashing out means what?

P: Walking out of the room, slamming doors. I think I did once hit my daughter, I can't remember it. (She pulls a face showing shame and regret)

D: Any particular feelings or thoughts when you are at your worst?

P: I hate everything. (She repeats the same facial expression). In my first marriage I got very angry - I was bringing up the children pretty much on my own and I didn't get a lot of attention from my first husband which I didn't like.

D: And hating things?

P: I hated him. I wished him dead at times - which is a terrible thing to say. I have never said that to anybody. (She repeats the expression of shame and

embarrassment with a cringing posture and now she is rubbing her left forearm with her right hand in a kind of massaging movement). I regret it - I wouldn't think it now - but at the time when you are really angry ... the worst thing for me is that I cope well with my job normally but before my period I feel very vulnerable. I well up in tears very easily.

D: Describe very vulnerable.

P: The problems I have with one of my colleagues when she wants to put me down - I feel very vulnerable at that time. I cry then whereas normally I would just shrug my shoulders. Maybe I make her feel inadequate because I'm motivated and she's not.

D: So you have a colleague who likes to put you down?

P: Yes.

D: And do you feel especially vulnerable at that time?

P: Yes - then I feel unsure about my decisions and it can be other things too, other people, anyone who questions me - I suddenly feel like I buckle. (Now she is sitting with her head bowed rubbing the back of her neck in a kind of comforting gesture).

D: Putting you down, questioning your decisions - how does that make you feel?

P: Like a child I suppose. (She curls her body even more and looks embarrassed).

My dad was very much the leader of the household - very dictatorial, heavy on discipline. He bullied a lot and it took me a long time to get self-confidence in my life.

I got in trouble frequently because I was the rebellious one. My sister was the studious one and very quiet while I was the one who never sat still and didn't do what I was told. I'd be up trees - breaking things - doing naughty things. I was always in trouble but he always used to finish telling me off with a hug and say, "I'll always love you". I came to rely on his physical contact - it did help you feel better. **D:** Try and give one or two more examples of your vulnerability before a period.

P: Say if I'm in the kitchen cooking things - cooking is one of my hobbies. If I'm rushing I get clumsy and forgetful timing things so things go wrong and my husband notices obviously and if he starts saying "Why don't you do it this way?" I get irritable.

- D: How does that make you feel when he does that?
- P: Inadequate - totally. (She again pulls the face of embarrassment and shame).
- D: Totally inadequate - how bad do you feel?
- P: Bad! (She pulls the face again). I don't like it because I want him to always think nicely of me. I need him to always feel good about me and I don't always feel he thinks that. (She starts crying).
- D: In what ways especially do you need him to feel good about you?
- P: That I'm competent, organised, attractive, happy - and most of the time around my period I don't feel any of those things. I feel I am struggling all the time.
- D: How do you feel?
- P: Well at work if I forget something important... for example one of my juniors is a man and when he talks to me it makes me feel like my father talking to me.
- D: And what is that feeling?
- P: Like a child again - being told off like a child. I really just don't like men telling me off.
- D: What do you worry about most in life?
- P: One of the things is getting old. I don't want to become an old person. It's hanging on to my youth.
- D: What are you most scared about - what do you not like about the prospect of getting old especially?
- P: *Looking* old.
- D: What's the worst thing?
- P: The body image. The body sagging and the lines! (She pulls a face of disgust and mild horror). And not being able to do the physical things I enjoy like walking.
- D: Do you have any fears?
- P: I don't like snakes. I don't like hamsters or mice crawling. (She does a hand gesture indicating crawling). The feeling of little things on my hands. It makes my skin crawl.
- D: How much do you dislike snakes?
- P: A lot. I won't go to the bit of the zoo where they are.
- D: So that's a bit of a phobia really?
- P: Yes I used to get a lot of bad dreams about snakes as a child and snake pits and being thrown into one. As a child I remember crying with those.

Case Analysis

ANIMAL THEMES

Feeling vulnerable

She puts me down He bullied, dominated

Important to look good

MAMMAL THEMES

Premenstrual syndrome

Breast pathology

Lashing out

Up a tree, doing naughty things

Cooking as a hobby

Wanting physical contact, hugging

Emotional regression under stress “I buckle”

I feel like a child again

Poor body image

Visceral experience of emotions: “It makes my skin crawl”

DOG THEMES

Neediness:

 Needing the good opinion of others

 Wanting attention

Prescription

Lac caninum 10M - one dose

10M is the appropriate potency in a case where the daily experience of the patient (not just where they go to in

LAC CANINUM THEMES

Poor self-esteem

Lack of confidence

Shame

Embarrassment

Clumsiness

Forgetful

REMEDY RUBRICS

Mind; delusions, imaginations; vermin; crawl about, sees (17)

Mind; delusions, imaginations; mice, sees (17)

Mind; fear; snakes, of (30)

Mind; dreams; snakes (89)

The visceral experience of her state was clear - her body language of cringing, comforting herself with rubbing gestures and grimacing with embarrassment and shame spoke volumes.

case taking) is at the level of sensation, connecting at a deep inner level with the source.

Follow Up at Five Weeks

D: How are you getting on?

P: I think it's worked actually. I didn't feel too bad in the week leading up to my last period at all. It's been surprisingly good at work.

D: What has been better?

P: I've just felt calmer and in control. We've been just as busy and there's been lots of stress but I've coped. My colleague who I've had problems with in the past - I'm getting on fine with her. I haven't needed any painkillers for headaches for ages. It used to

be very common. I'd score it at seven and a half out of ten better. I'm getting there.

D: When did you last feel this good?

P: I think when I was at home with the children without responsibilities at work.

D: When was that?

P: About twenty years ago.

D: That's what I like to hear.

P: Is that all right?

D: That will do for now!

Note: "Is that all right?" is a question asking for reassurance, as if to say "Did I do well enough?"

Prescription

Nil

Follow Up at Ten Months

She looks dramatically different from when she first attended. She's relaxed sitting straight and confidently smiling and at ease.

She has needed no repeat of the remedy at the two intervening follow up appointments.

D: How are you getting on?

P: Everything is so much better. I don't get the premenstrual ten

sion at all now and I'm happy and everything is going well at work. Things are much better at home. She followed up for a total of two years during which time she was fine and then she was discharged. She received a total of three doses of her remedy in a 10M potency during this time.

LAC CANINUM CASE 2

Woman aged 34

Chief complaint: Depression Other complaint: Hypertension

P: I'm tired all the time and I'm depressed. The depression scares me - I'm not in control of it. I get headaches. I'm very down and I cry easily. I'm frightened of it because I can't control it. I don't want people to see me like this - I'm embarrassed by it. Sometimes I think I'm going insane. My friend was promoted and I'm resentful about that.

D: What would you most like to change in how you feel?

P: I want to be happier. I used to feel calm and tolerant but not now. I get very irritable with people. I'm very critical.

Before a period I get bloated and more irritable for about a week. **D:** Describe yourself to me please - your personality.

P: I'm very loyal. I'm a good friend. I'm too generous. I lack self-confidence and I have low self-esteem but other people don't believe that. I'm too intolerant. I blame my mother - I've inherited all her bad points. My

sister and I feel the same about my mother - she is very nice and kind but she is loving to the point of smothering - I instantly feel irritation when I am on the phone with her.

My father always used to say "Oh you'll never manage that - you won't be able to do that". I think that undermined my self-confidence.

Before my period I feel hypersensitive - I can't bear anything on my skin, anything touching me. Sometimes I want to climb out of my skin.

I'm very hot and sweaty.

D: Do you have any fears?

P: Big dogs - I was bitten when I was about 8. Snakes and crocodiles and most of all spiders.

D: At your worst mentally how do you feel?

P: Despair - feeling of no point to anything. Panicky, weepy and frustrated - I feel weak because I can't control it.

I resent my mother -I could quite happily have nothing to do with her and I feel guilty about that. She's over-demonstrative - sometimes it makes me feel revulsion. Sometimes I forget what I am saying when I am talking. I'm frightened of going mad, of losing control.

D: What would be the worst thing about that?

P: The embarrassment.

D: Tell me about your childhood.

P: I don't remember much. My parents quarrelled a lot and at one point my mother left for eight weeks. My mother was clingy -I can't stand it - it makes my skin crawl. When I am not with my mother I don't think about her at all and that makes me feel guilty.

D: How is your relationship with your father?

P: It's a better relationship but he used to put my mother down a lot in the past and he always put me down. I think that has a lot to do with how I am now.

Sometimes I feel completely disgusted with myself for having no enthusiasm. I suffer constantly from self-doubt. I'm always amazed if I get good reports at work. I doubt myself in social situations. I'm worried that I will be completely boring and uninteresting and the worry stops

me thinking of anything to say and that confirms it. I'm always afraid of appearing stupid or being laughed at and I can almost feel physically ill if I have to stand up in front of people to speak. I've always been afraid of not being liked and of being left on my own. Even at primary school I had this terrible stomach churning fear if I thought my friends were leaving me alone or becoming more friendly with someone else. Then I pretended to feel ill to get their attention, even then I remember feeling horrible about myself for being like that. I don't remember much about my childhood or teenage years but apparently I was a moody and difficult teenager.

My father always told me that I have ideas above my station and that I wouldn't pass exams or finish training. Even though I have got qualifications now I almost feel I don't deserve to have them. My mother always told both my sister and I that we didn't have to do things if we didn't want to and almost seemed to revel in the fact that we were afraid to do things - it seemed to make her feel more needed. In fact she almost seems to relish it if I tell her that I'm feeling down or depressed. I can't bear her touching me -I feel

myself tensing when she hugs me. I feel repulsed by her and how she looks and talks and feel intense irritation within seconds of starting a conversation with her. I seem to blame her for everything that's wrong with me. I have a complete horror of looking like her and developing her mannerisms.

I seem to have a very negative personality and I'm pessimistic which I hate. I lack determination and put off doing things that are difficult.

My memory seems to be getting worse, I sometimes forget what I

am talking about half way through a conversation. I sometimes have a complete mental block with people's names and can't think of the words I want to say. I don't remember a lot of my training or things I have learnt in the past. Sometimes I think I am going completely mad. That frightens me because I don't want people to look at me with pity or disgust and I don't want my husband to be embarrassed by me. I haven't really talked to him properly about my depression - I'm frightened he'll be disgusted and wish he hadn't married me.

Case Analysis

ANIMAL THEMES

He always put me down
Jealousy

MAMMAL THEMES

I blame my mother
Smothering
Clingy
Needy
Over-demonstrative mother
Visceral expression of emotions:
 I want to climb out of my skin It
 makes my flesh creep Aversion
 to touch
Disgust with self
Premenstrual syndrome

DOG THEMES

Loyalty
Lack of confidence
Fear of what people think
Fear of being boring and stupid

LAC CANINUM RUBRICS

mind; ANXIETY; success, from doubt about (4)
mind; DISGUST; himself, with (12)
mind; FEIGNING; sick (18)
mind; DELUSIONS, imaginations; fail, everything will (23)
mind; FEAR; snakes, of (30)
mind; FEAR; spiders, of (34)
mind; FORSAKEN feeling; friendless, feels (34)

mind; AVERSION; oneself, to (35)
mind; PERSISTS in nothing (57)
mind; FORGETFULNESS; read, for what he has (70)
mind; FEAR; failure, of (92)
mind; TOUCHED; aversion to being (96)

mind; FORGETFULNESS; words, for; to speak, word hunting (115)
mind; FEAR; insanity, of losing his reason (133)
mind; DELUSIONS, imaginations; insane; become, that she will (153) mind; ANXIETY; conscience, of (221)

Case Discussion

Lac caninum is in every one of these rubrics.

This case demonstrates very clearly the negative mammal feeling: the visceral aversion to the mother and to one's own body and a feeling of disgust with oneself which makes touch of any kind an unpleasant experience. The feeling of being smothered by one's mother is a very character-

istic mammal sensation. The aversion is not logical - she states that her mother was kind and caring - it is felt in a deep subconscious part of her being.

She demonstrates several keynotes of *Lac caninum*-, fear of insanity, poor mental functioning and a deep feeling of lack of self-esteem and expectation of failure.

Prescription

Lac caninum 1M - one dose

Follow Up at Five Weeks

P: I'm much better. My headaches have been much less. I am happier and more positive.

My blood pressure has come down.
But I am still fat!

Long Term Follow Up

She continued visiting occasionally for a total of 8 years during which time she continued to respond very well to

Lac caninum. Her blood pressure came down to within normal limits.

CHAPTER 15

CANIS LUPUS

Wolf

Remedy: *Lac lupinum*
Milk of the Wolf

Provings:

Melissa Assilem 1997

Nancy Herrick 1998

Lac lupinum is the wild dog.

MAIN THEMES

Helping, Protective

mind; DELUSIONS, imaginations; depending, everything is depending on him (2) *

mind; DREAMS; saving others; trying to save, to help (2) *

mind; DREAMS; child, children; protecting them (7) *

mind; DREAMS; saving others (15) *



mind; DREAMS; child, children; danger, in (19) *

mind; DREAMS; protection, about (22) *

mind; HELP; others, wants to (43) *

There is a very strong drive to protect and nurture children and any others who are weak and vulnerable. There is a sense of children being in danger, dying from cold, being attacked, tortured, violated. In many mammal species the male parent contributes little to care of the young - by contrast the father wolf is an especially attentive playmate for the pups.

Feeling of Danger

mind; DREAMS; victim, he is a (2) *

mind; DELUSIONS, imaginations; victim, she is a (3) ***

mind; DREAMS; violated, being (5) *

mind; DREAMS; hiding; danger, from (22) *

mind; FEAR; everything, constant (26) *

mind; DELUSIONS, imaginations; danger, of (32) *

mind; DREAMS; hiding (32) *

mind; DREAMS; danger; escaping from a (33) *

mind; DREAMS; attacked, of being (40) *

mind; FEAR; danger, of impending (42) *

mind; DREAMS; murder; murdered, of being (50) ***

It is no surprise that after thousands of years of persecution by mankind the wolf state has a high degree of fear. This includes a state of being violated and victimised with a need to escape and hide.

Feeling Good in Dangerous Situations

mind; DREAMS; danger; safe in a dangerous situation, feels (1) *

mind; DANGER, desires to be exposed to, to be unprotected, when at risk he feels relieved (4) *

mind; INDIFFERENCE, apathy; danger, to (6) *

mind; MASOCHISM (7)

mind; EXCITEMENT, excitable; desires (17)

mind; SPEED, desire for (25)

Probably the most peculiar part of the wolf state is the feeling of enjoying being in danger and experiencing a sense of relief in risky situations.

Perhaps this has adaptive value in the wolf as its prey are often large creatures who are capable of inflicting life-threatening injuries when attacked. Wolves need to face such daunting challenges fearlessly.

Feeling Persecuted

mind; DREAMS; gassed, being (1) *
mind; DREAMS; legs; holes in (1) *
mind; DREAMS; violated, being (5) *
mind; DELUSIONS, imaginations; repudiated, is (11) *
mind; DEPENDENT; mercy of others, at (13) *
mind; DREAMS; persecution, of (20) *

Wolves have been killed in a variety of ways over the centuries, including trapping - which inflicts terrible injuries on their legs - and poisoning.

Sociable, Cheerful, Desires Company

mind; TALK, talkative: expresses emotions (1)
mind; DREAMS; parties, of pleasure; birthday party (1) *
mind; CHEERFULNESS; company, in (6) *
mind; DREAMS; playing (7)
mind; SOCIABILITY (39) *
mind; DREAMS; parties, of pleasure (43) *
mind; COMPANY; desire for; family, of (52)

There is a very strict hierarchy in the pack which ensures that every individual knows exactly where they belong and what their role is in the group. This allows packs to contain a number of adults of both sexes who live and hunt together harmoniously. When a member of the pack returns after a period of absence the pack will greet them with howling, playing and chasing. In my experience wolf people are extremely warm, friendly and engaging. They make you feel relaxed, at ease and safe. They make friends wherever they go and are adept at creating harmony within groups. They love parties and spending time with friends and family.

Critical

mind; QUARRELSOMENESS, scolding; family, with; husband, to (8)
mind; CURSING, swearing, desires; anger; with (11)
mind; DISCONTENTED; others, with (12)
mind; QUARRELSOMENESS, scolding; family, with (25)
mind; CENSORIOUS, critical (165)

Disorganised

mind; BUSINESS; neglects his (9)

mind; DISORIENTED with everything (18)

mind; FORGETFULNESS; purchases, making, and goes out without them (31)

mind; FORGETFULNESS; do, for what he was about to (91)

mind; CHAOTIC (112)

mind; THOUGHTS; wandering (138)

Burning the House Down

mind; DREAMS; fire; ball of (1)

mind; DREAMS; fire; house, building, on (9)

mind; FIRE; wants to set things or house on (15)

mind; DREAMS; fire (132)

This remarkable theme emerged from Nancy Herrick's wonderful proving. Wolves appear in many folk tales and myths and fire is often part of the story. Burning the house down is a feature of one of my cases.

LAC LUPINUM CASE 1

Boy aged 13

Chief complaint: Violent behaviour

D: Is there anything you'd like me to help with?

P: Not really.

M: (Laughs) Conventionally, I am sure he would be diagnosed with ADHD. He's a sugar monster - he eats too much sugar, it's really hard to stop him eating sugar. He's been in trouble quite a bit. He's quite adventurous. He's

been in trouble with the police. He's constantly in trouble at school but he does have this absolutely voracious appetite for sugar and chocolate. He's very disruptive at school - he's just got bundles of energy that needs channelling. He's not a great problem at home but I do quite regularly have the police around

and calls from the school. Everyone's very nice about him, they always say he's very polite but he's very angry, aren't you?

P: Yeah.

M: He's very angry with his dad.

D: Tell me about being angry and getting in trouble, tell me about that.

P: I don't really know.

D: What happens when you get in trouble? What's it about?

P: Out of school most of the time it's fighting and in school it's disrupting lessons.

M: People tell me it's usually about injustice.

P: What's injustice?

M: When something is fair and right.

P: Oh yes.

M: You're normally in trouble for protecting somebody or because you think you've been unfairly told off.

P: Yes that's right.

I speak to the boy on his own.

D: Is there anything else you want to tell me?

P: No.

D: Tell me about the fighting.

P: I don't know what to say.

D: What happens?

P: The fight I got in trouble for - the one I got my Antisocial Behaviour Order from the police for - this boy said bad things

about my family and he said bad things would happen to them. I got really angry and I beat him up and then the police came round.

D: When you say you beat him up, what did you do?

P: Hit him, threw him to the floor, started kicking him.

D: Give me as many examples as you can.

P: (Laughs). Another one was this boy was having a fight with my friend because they hated each other. I pulled him off and threw him to the ground. He tried to hit me and then another of my friends came up and hit him and broke his nose. Because of that his sister's boyfriend wanted to stab us. He said "Meet me down at the skate park at 5 p.m., I'm going to stab you". So I went down and he was threatening me, so I said, "Go on then, stab me, I dare you" and he didn't do it so I just beat him up and got in trouble for that with the police.

D: "Beat him up" meaning - what did you do?

P: He didn't get a punch in - I kept hitting him so he walked away. I ran up behind him and jumped on him and got him in a headlock and pulled him to the ground. He's 6 feet (1.83 m) tall so it was hard. Then my friend came

and kneed him in the face and knocked him out.

(I am not only shocked but surprised - he is a small boy of about 5 feet three inches (1.60 metres))

Tell me more about fighting.

At my first day at school someone called me useless and pathetic and that I'd never get anywhere so I head-butted him. Two weeks into school, someone beat my friend up so I had a fight with them and was excluded from school. On another occasion someone threatened me at the skate park so I threw him to the ground and hit him with a scooter. Another one at the skate park, he was about 16 and said "Come on, I'm going to beat you up". So I went up to him and said "Go on, do it right now". He was saying "I will, you watch. You move or I'm going to hit you". I said "Alright, go on, I dare you". He wouldn't start it so I said "Right, I'll start it then" and I punched him and broke his nose. Someone else said my girlfriend was ugly, so I beat him up.

I've had other little ones which were not really fights. The other day someone was beating up my friend so I threw him to the ground and he ran away.

How do you feel when you're fighting?

P: I like it a lot (he smiles). The adrenalin pumps through and you get high. When I'm angry I go completely mad.

D: Tell me about that.

P: I go red in the face and I don't stop until someone's pulling me off.

D: Describe that feeling you like when you're fighting.

P: I like hurting the person. It's the adrenalin and getting my reputation up.

D: Tell me about your reputation.

P: I have quite a reputation for fighting.

D: What is your reputation?

P: Not backing down, that I'd fight anyone.

D: It sounds like some of those boys are bigger than you.

P: Yeah.

D: What's it like fighting someone who's 6 feet tall?

P: Harder to punch. You've got to jump to punch them.

D: You do that?

P: Yeah.

D: Do you feel frightened?

P: No.

D: Never?

P: No. (He's sitting very confidently with his arms hanging on either side over the armchair).

D: What do you like doing best?

P: Motocross.

D: What do you like about that?

P: Speed. I like anything with speed.

D: Tell me about that.

P: I like going fast, taking risks. If you don't take any risks, what's the point in living. All you're going to do is just not take any risks in life and it'll be boring.

D: What else do you like doing?

P: Rugby and boxing. I can't bear sitting indoors. I can't really survive a day without my friends.

D: Tell me about that.

P: If I'm not with my friends I don't do anything - I just sleep.

D: Does anything frighten you?

P: The only thing that frightens me is people coming into my house. Somebody breaking in at night or something. Because once I got out of the shower and went downstairs to get some trousers and then - Mum thinks it was a ghost - I saw someone standing in the hallway, like they had just come in through the door. So I ran up to Mum's room and hid in there for 40 minutes. That was only two or three months ago, not long ago.

D: What did you see?

P: Someone bending down and then they stood up. When they saw me they probably thought I'd call the police and ran out. Maybe they just came in to look for something.

I speak to his mother alone.

M: He's honest, full of energy. He's very protective of his friends and

family. I'd say he's pretty easy going. He's upbeat. People say he's aggressive but he's never aggressive at home, he's not an aggressor. The sense of justice stands out a lot. I suppose he can be a bit stubborn. He's very capable - you wouldn't mind putting your life in his hands. He's very sociable, extremely sociable - friends are very important to him.

It's not an addictive nature but you know that "instant gratification" - he's hungry and rather than cooking himself something to eat, he'll buy himself some chocolate.

D: What was he like as a toddler - 2 or 3 years old?

M: He was a mummy's boy - he slept in my bed until he was about 4. Not just with me, it would be with anyone because he'd stay at my friend's house and they'd always laugh because halfway through the night they'd hear thumb-sucking and he'd be in between them in bed! He's quite cuddly and always was. He'll sleep in my bed now. He does if he's ill. And he's still quite cuddly, very cuddly. He'll cuddle me, his friends, he'll cuddle anyone that is next to him and he doesn't seem to get embarrassed about it.

D: Who does he cuddle?

M: Anyone.

D: Girls? Boys?

M: Anyone and he's quite open about it, there's not a shred of embarrassment.

D: How does he cuddle?

M: He'll drape his arms around their neck. He's got boys and girls as friends. He's quite popular, he seems to love everybody.

D: So if he was at your friend's house, halfway through the night he'd end up in their bed, sucking his thumb between them?

M: Yes, they used to laugh because they could hear the sucking.

D: How long did he go on sucking his thumb for?

M: He gave up when he was about 5 or 6 and his dad was supposed to be giving up smoking and he was pushing his dad to give up smoking. He said "If you give up smoking, I'll give up sucking my thumb". So he did and that was it. He never sucked his thumb again but his Dad didn't give up smoking so he was cross about that. He couldn't wait to get to school - he was climbing up the walls. People have always said, "How

on earth do you cope with him?" But he's actually not too bad at home. At school he was literally climbing the walls and hanging off things. He was getting out of his cot at 6 months old, he was very ahead, walking easily at 10 months. He climbed everything. He's had numerous accidents. He's very, very daring, very brave. He's had a few broken bones and stitches for cuts. He's very charming. He's always got loads of girls chasing him. All my friends love him to bits. He can be very entertaining. He's got a big character. Everyone in the village knows him. Everyone in his school knows him. He's a big character.

D: Does anything frighten him?

M: Yes. He doesn't want to be seen to be weak. When his father left, I think he felt vulnerable without having a father figure around. The fighting seems to be around proving himself. He's constantly trying to prove himself with the fighting.

Case Analysis

The most striking thing in this case was the dramatic contrast between the two sides of his character: one extremely violent and the other extremely

affectionate. This is a major theme in mammalian predators - they demonstrate both the qualities of a ruthless killer and of a devoted parent.

ANIMAL THEMES

Fighting

MAMMAL THEMES

Physically precocious child

Loves activity

Thumb-sucking

Cuddling

Demonstrates affection physically

Addictive behaviour

Voracious appetite

Sugar craving

PREDATOR THEMES

Loves fighting

Courageous

Not backing down

GROUP ANIMAL THEMES

"I can't survive without my friends"

Comment

The episode when he apparently saw an intruder is interesting. Probably this was a delusion. *Lac lupinam* has an extreme fear of intruders - another

Prescription

Lac lupinum 1M

Follow Up at Six Weeks

D: How have you been?

P: I've been good.

D: Have you noticed any change in yourself?

SPECIFIC REMEDY THEMES

Desire for danger

Fear of intruders

Very sociable

Very friendly

RUBRICS OF LAC LUPINUM

mind; DREAMS; danger; safe in a dangerous situation, feels (1)

mind; DANGER, desires to be exposed to, to be unprotected, when at risk he feels relieved (3)

mind; DREAMS; intruder, intruders; sees (4)

mind; SPEED, desire for (6)

mind; COMPANY; desire for; sleep with parents, child desires to (6)

mind; DREAMS; hiding; danger, from (19)

mind; SOCIABILITY (37)

contradiction in this case is that this fearless boy ran and hid in his mother's bedroom at the sight of the intruder!

P: Yeah.

D: What have you noticed?

P: I've been less hyper and angry. I'm more calm.

D: Good.

P: I haven't been going to bed so late and I haven't been eating so much chocolate and bad stuff like sugar.

D: Very good. Has that just been through willpower or have you felt you haven't wanted the chocolate so much?

P: I've felt I haven't wanted it that much.

D: Good. And you're less angry?

P: Yeah.

D: Try and describe it a bit more.

P: Before, if I got angry, I'd start shouting. Now I just sit there, I don't get that bad.

D: Good. Any fights?

P: No.

D: How are things going at school?

P: They're going ok.

D: And at home, how are you getting on with your sister?

P: Probably better.

D: What about your headaches?

P: They haven't been as bad.

I speak to his mother on her own.

D: He says he's felt calmer and less angry.

M: He's been a lot calmer. He's been just a nicer person to be around, much nicer.

LAC LUPINUM CASE 2

Woman aged 41

Chief complaint: Heroin addiction

P: I've been addicted to heroin for about ten years. I want to give up and I resist buying more but the cravings are so intense. It is so difficult.

D: Please describe the cravings.

P: I just want to be - I can't think of another word, other than *sat*

isfied. It is all consuming ... and I know if I go and buy some that will be it and I will be back on it. I know that and I am frightened of it, but I just want to be *comfortable*. It makes me feel *comfortable*, it makes me feel *warm, satisfied* and so I don't think about things, or

the things I think about are nicer. That's all I can describe it as.

D: What would be the opposite of this feeling *warm and comfortable and satisfied*?

P: I get very on edge, I get quite agitated. A lot of it seems to do with *heat* because the *colder* I feel the more I crave it; that is a real big reason for me taking it. It is that *warmth*, that glow. I like that *warm feeling*. You can go out in a T-shirt in winter and you are not so cold. I don't like the cold and it always seems if I am down, I feel the cold a lot.

D: How cold are you feeling now? P: I don't feel cold today.

D: But lately?

P: *Shivery* all the time. It is the sort of cold that it doesn't matter how many warm clothes I put on I am still shivery. When you are *cold to your bones*, that sort of cold. Nothing seems to warm me up. If I have a hot bath I get out of the bath and I am shivering again. I am just *cold within myself* D: In yourself, mentally and emotionally how are you lately?

P: I am lazy in keeping things together, in keeping my life organised. I don't seem to be able to cope with organising myself properly. I know I am not organising myself properly.

D: Describe that more.

P: I don't follow things up. I procrastinate all the time. I waste time doing silly things that don't need doing, like being late this morning. I am not good at conforming to things for some stupid reason. I know that I should.

D: Describe that more - not good at conforming.

P: Just things like getting the children to school on time. Silly things. I just feel a bit of a mess; I always look at other people who are more organised than me.

D: Tell me about your childhood please.

P: I was a bit of a ... I tried to ... *stamp my mark*. I wanted to *take over* a bit; I wanted to be *boss* all the time because my dad wasn't around a lot. I think my mother found me difficult. I don't think I was very easy.

D: Say more about wanting to be boss.

P: Yes, I wanted to *rule the roost*. I know my mother didn't find me easy.

D: Describe ruling the roost a bit more.

P: I can't remember so well doing it, but she says I just wanted to be in charge; I wanted to be the *head of the household* because my dad wasn't there very much, I think I wanted to take his place. Not that I wanted to be bossy or

tell everyone what to do, I think I thought I was next in line to protect the household. Not so much that I wanted to watch what I wanted to watch on TV but that I felt I was the next - not in importance - but in *strength*. I could *protect* everyone.

D: Describe this more.

P: I felt if anyone came into the house, it was my job to be the protector. Physically and mentally the strongest there.

D: Including your mother?

P: Yes. I felt I was quite capable of looking after everyone.

One big memory from when I was a child was that I hated injustice. I hated anyone lying. I hated any injustice.

D: How would you react to it?

P: Quite aggressively. My sister had a habit of telling lies for the thrill of it sometimes I think. Probably because she didn't feel very much in control - because I was! I used to be absolutely beside myself with anger at the lies she would tell, and then my mother would believe her and then my sister would look at me and smile. Childish things like that would make me so angry; I would be *bursting* with anger about it.

D: Say more about ruling the roost and being the strong one.

P: I think I like to be in control. But I am not a control freak. I don't want to tell people what to do but I like to have control of situations, for example if my kids are riding, I like to be there, not to tell them what to do, but to keep everyone *safe*. It is more a *safety* thing. I want to be in control for the safety factor. For the sake of keeping things from going wrong.

D: Tell me about animals, how do you feel about animals?

P: They are a big part of my life. How I feel about animals - I love animals, I hate unfairness to animals. As much as I hate people being cruel to animals, I hate people spoiling animals as well.

D: Which animals are your favourites?

P: Dogs and horses. And I have a tortoise and hamsters!

D: What about wild animals?

P: Yes, I like wild animals as well. D: Which especially?

P: Wolves.

D: What about them?

P: Just the way they are. I like their community, their whole way of how they live. I admire that.

D: What do you admire?

P: Just the way they have such a good *hierarchy* and they don't argue about it: they might just have little squabbles but everything works well within

their group. And the same with horses, they have a herd and they all work together. I like the *teamwork*, I like the way they work together. And with wolves, I like the way they hunt together. The same with wild dogs. I like the way they all communicate and get on, they all work together. I feel the same about work - if I go and work somewhere, I like to have that same community spirit. At school I didn't like all the quarrelling and back-biting. I cannot stand that.

D: What stood out about you as a child?

P: I was quite a determined child. I was cross with my mum because she didn't respect herself.

D: Say more about that.

P: I was very angry with my mother for letting my father treat her badly. I was always wanting to take over. If you look at it in the animal kingdom I wanted to be head of the pecking order!

D: Describe that more.

P: I wanted to be the strong one. D: Describe that more.

P: The strongest and the fiercest. In any group that I've been in

I've wanted to be the strongest and the fiercest, not to control or boss everyone but for my own satisfaction. I always wanted to be top dog, to justify everything, for it to be fair in my eyes.

D: Say more about being the strongest and the fiercest.

P: The one everyone looked to for protection. I liked the fact that I could be strong, protect my sister, I had great pride in that. If anyone upset my mother I'd be there, I'd protect her.

D: Describe it more.

P: Being the biggest and the strongest you get to dictate who has what.

D: Go on.

P: Like in the animal kingdom when you have a catch of meat everyone gets their fair share. Two dogs fighting - you don't want that.

D: Do you have any dreams?

P: As a child I had a dream of three bears chasing me. I had another dream of a flood and I was trying to get everyone out of a window, trying to get the family out. I had a terrifying dream of taking the children out and losing them.

Case Analysis

ANIMAL THEMES

Taking over
Being the boss
Stamp my mark
Rule the roost
Being in charge
Hierarchy
Pecking order
Biggest and strongest

MAMMAL THEMES

Addiction
Comfort
Warmth
Heat
Glow
Satisfaction
Cold to my bones
Cold within myself
Shivery
Antagonism with mother

GROUP ANIMAL THEMES

Protecting the household Everyone gets their fair share Teamwork
Coexistence
Community spirit
Working together

DOG REMEDY THEMES

Two dogs fighting
My mother did not respect herself
Badly treated
Back-biting

PREDATOR THEMES

They hunt together Strongest and fiercest
Pride

SPECIFIC REMEDY THEMES

Awareness of danger Intruders
Saving others
Sociability

LAC LUPINUM RUBRICS

DELUSIONS: depending, everything is depending on him (2)
DREAMS: intruders, sees (2) DREAMS: animals of, bears (5) DREAMS: saving others (6) DISCONTENTED: others, with (6) DISORIENTED with everything (13) DREAMS: danger: escaping from a (19) DREAMS: water: dangerous (20) CHAOTIC (73)

Comment

Her dreams are remarkable in that all the themes in them are found in the proving. Bears are the wolf's main enemy other than man.

Prescription

Lac lupinam 1M

Follow Up at Three Weeks

P: The cravings have gone.

D: Good.

P: It's a relief.

D: How have you been?

P: OK.

D: When did the cravings go?

P: After I had the remedy. Is that what it was for?

D: It is for everything, but especially for that.

P: Yes, they went.

D: Anything else you have noticed since taking it?

P: I have started to calm down. I have felt much better. I have had more energy.

D: And that feeling "freezing" all the time?

P: Yes, that's gone.

D: And the craving warmth and satisfaction and comfort?

P: It's all better. Yes, the cravings are gone and I have warmed up.

D: Very good.

P: I am waking up before the alarm, whereas before I was sleeping through my alarm regularly. I am more organised. I am getting the kids to school on time. I suppose that is just time isn't it? Readjusting to life without heroin.

Long Term Follow Up

She has remained free of heroin for many years.

LAC LUPINUM CASE 3

Woman aged 63

Chief complaint: Recurrent toothache

P: I keep getting flare ups in my teeth. It is my canines and I have had lots of antibiotics.

When it flares up it is very painful and then my face swells up. There is pain at the root of the tooth but the X-rays always show nothing.

It happens every few months and it has been going on for about five years.

D: What has been going on in your life the last five or six years or so?

P: I've been having relationship problems with my husband. It is definitely connected with when I am angry.

It also often flares up when I am staying with my son and daughter-in-law looking after the two little children - I feel pressure to perform.

D: Say a little more about it being connected with when you get angry.

P: The last six years my husband has been going off sailing - but he doesn't take me - he takes another woman. It makes me feel inadequate and rejected. I feel this enormous tension. At the beginning when things were really bad I would wake in the night and I would walk around the house crying. I felt such rage. I think it is associated with my childhood. My mother died when I was eleven and I felt so rejected. My father was away a lot and he was lovely but he was cold and there was considerable lack of affection.

I feel very unhappy - lots of crying when he goes away. Before he goes I nigger at him and I am more and more edgy and

cross. I howl after he goes. I feel such rejection and anger that I am not allowed on the boat, then I shriek. It reminds me of when my mother was dying and I wasn't allowed in to see her. I felt so left out - "Let me come!" When I am angry with my husband I shout and I try to ring him when he's away, repeatedly trying to ring him. Such bitter disappointment. I feel like I want unconditional love and it doesn't come. I shout about it out loud to myself.

I just feel raw rage to my husband. Last year the house burnt down and I know that it was my rage that caused it to happen!

D: Say more about feeling the need to perform when you are looking after the grandchildren.

P: It is so important to care for children properly. I really want to do it well.

I have an enormous amount of energy and I am always wanting to know things and explore. It is nearly always to do with children and psychology. When I am at home I feel very guilty and restless; I feel I should be out saving the world - I have this call to do that - it is so much more fun than housework and cooking. I run parenting classes and I work for a charity which gives children undirected playtime.

We provide the opportunity for children to just play, have fun, in a safe environment.

I saw this video of totally inappropriate parenting - this mother leaving her son to cry and I howled. I felt devastated, deeply sad. It made me feel angry with society. Society doesn't give the mother enough attention so she behaves like that.

D: Can you describe yourself to me please, your nature.

P: I am outgoing and I love people. I need to be needed so I do far too much. I am a very good communicator.

My work with children is so important, too important to me really. I was so desperate to do it I started before I finished the training and got in trouble for that with the organisation! I love children and I badly need them around and then I get very tired. **D:** Can you say a little more about saving the world?

P: Preventing deep psychological trauma - like I probably suffered in childhood. You see it in the street - parents shouting at their children, not enjoying being a parent. For example I jump to my granddaughter's defence too quickly if I think her parents are mistreating her.

Sometimes I get so angry with my husband. It is like the rage of a baby. It just goes on and on and on - my criticism of him. I feel like I need lots of hugs and cuddles and to be told that I am lovely - I am longing for it. It is not rational; it's destructive of my relationship because he finds it unbearable. I want to feel that he enjoys me as a person. I want to hear "You look nice" and I never get that. It is selfish really, childish.

I crave touch.

I need to be creative at home and to have less responsibility for so many different things.

I am very inefficient and forgetful. I am always "chasing my tail". I don't get myself organised - I flit around. My father called me a butterfly. I leave one thing and do something else before the first thing is finished. I feel such rage and frustration on behalf of the planet. I like the rage: it gives me energy. I couldn't keep it in when someone went for me recently. I have been seething about it. The committee of the charity were just worrying about their own skins. They are more worried about their financial liability than the children. I can't bear to hear about children being mistreated. Any injustice

to children or misunderstanding and it feels like I'm holding the child inside me.

The rage with my husband is worse with the full moon. Sometimes I go wandering around the house howling like a wolf. The moon would be part of that. Once I had a knife and I went screaming after him.

I am almost like a mother wolf!

I have always liked wolves. In a recent art session I made a mother wolf, she became very important.

I have a craving for soft new bread and lots of butter. My appetite is not normal, food is an issue for me, I eat for comfort.

Case Analysis

There are obvious signatures in this case but in addition she illustrates some very characteristic themes of her remedy.

ANIMAL EXPRESSIONS

Someone went for me

I jump to my granddaughter's defence

I felt raw rage

Worrying about their own skins

MAMMAL THEMES

He was cold

Lack of affection

Desire for cuddles

Desire for unconditional love

Desire for touch

Urge to protect children

Overdoing parenting

Comfort eating

I'm carrying the child inside me

I have an enormous amount of energy

SPECIFIC REMEDY THEMES

Desire for fun

Playing with children

Very strong desire to protect children

Chaotic, disorganised

Burning the house down

Outgoing, love for people

REMEDY RUBRICS

mind; SADNESS; stories, from sad (2) *

mind; FUN; desires (4) *

mind; DREAMS; child, children; protecting them (5) *

mind; FEAR; duty; being unable to do her (6) *

mind; DELUSIONS, imaginations; repudiated, is; relatives, by (7) *

mind; DREAMS; fire; house, building, on (7) *

mind; QUARRELSOMENESS, scolding; family, with his; husband, to (7) * mind; FIRE; wants to set things or house on (12)

*

mind; DREAMS; saving others (12) *
mind; SOCIABILITY (37) * mind;
CHAOTIC (105) *
mind; SELF-CONTROL; loss of (118) *
mind; CENSORIOUS, critical (160) *
mind; BROODING (185) *
mind; HORRIBLE things, sad stories
affect profoundly, agg. (211) *** mind;
FORSAKEN feeling (272) *** mind;
ANGER (577) ***

Comment

Remarkably the idea of setting the house on fire featured in the proving - she believes her rage caused this to happen. She demonstrates the sociability and very strong desire to nurture and protect children of this remedy but it is notable that her specific work with children is to do with play - play is an important part of the life of the wolf. It is intriguing that her canine teeth are the ones to become inflamed.

Prescription

Lac lupinum 1M - one dose immediately and three times daily in event of toothache.

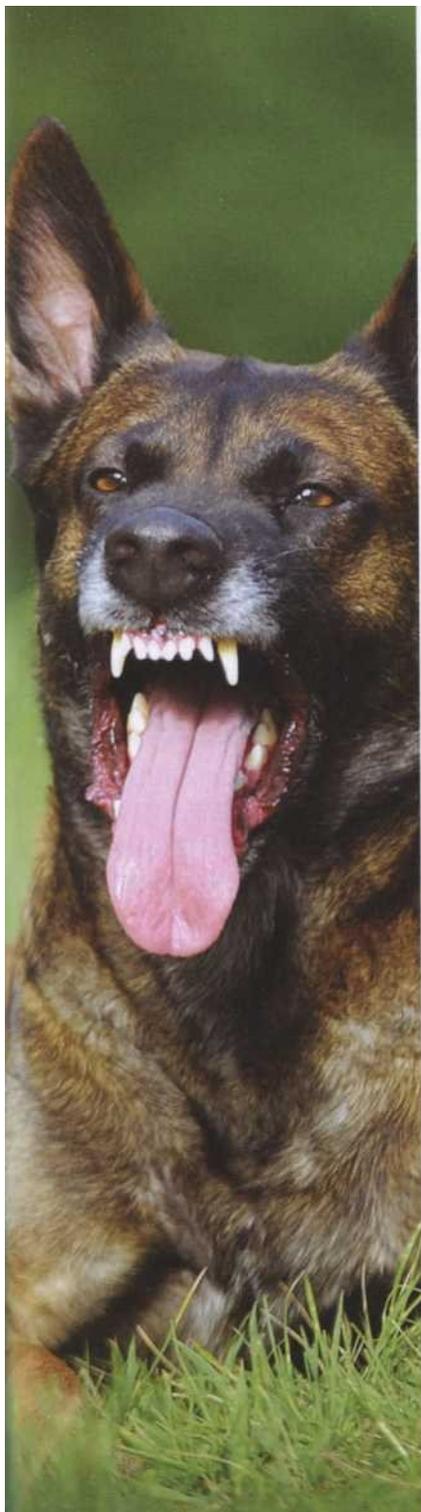
Follow Up at One Month

P: I'm feeling so much better. I feel calm. I am not nearly so angry. My relationship with my hus

band is much better - we have had some good talks. That remedy is really helping me. My teeth have been fine.

Long Term Follow Up

Her marriage became happy and stable again.
Her recurrent toothache ceased.



CHAPTER 16

LYSSINUM

Saliva of the Rabid Dog

Provings:

Hering 1833

Schmid 1835

Behlert 1838

Coxe 1853

Lyssinuin is the mad dog.

Main Feeling

Tormented; suffering wrong from somebody one has been loyal to or on whom one is dependent.

Reaction

Anger, rage with desire to react violently.

This is often followed by quick repentance as the feeling of dependence reasserts itself.

MAIN THEMES

Tormented

- mind; DELUSIONS, imaginations; tormented, he is (10)
- mind; DELUSIONS, imaginations; injury; injured, of being (25)
- mind; DELUSIONS, imaginations; abused, being (26)
- mind; DELUSIONS, imaginations; wrong; suffered, has (26)
- mind; DELUSIONS, imaginations; attacked, is going to be (36)
- mind; DELUSIONS, imaginations; criticised, that she is (40)

Fearful

- mind; FEAR; endure, cannot (1)
- mind; FEAR; brilliant objects, looking-glass, etc., of, or cannot endure (6)
- mind; FEAR; bitten, of being (7)
- mind; DELUSIONS, imaginations; happen, that something terrible is going to (7)
- mind; FEAR; out of doors, to go (8)
- mind; FEAR; ordeal, of an (9)
- mind; FEAR; causeless (23)
- mind; FEAR; agoraphobia (34)
- mind; FEAR; water, fluids, of (48)
- mind; HYDROPHOBIA (87)
- mind; FEAR; insanity, of losing his reason (138)

Lyssinum is a main remedy for phobias of various kinds.

Insulted, Rejected, Estranged

- mind; FEAR; betrayed, being (2)
- mind; FEAR; sold, of being (5)
- mind; DELUSIONS, imaginations; rejected, ostracised, she is (21)
- mind; DELUSIONS, imaginations; insulted, he or she is (28)
- mind; FEAR; forsaken, of being (40)
- mind; RECOGNISE; does not; people, anyone (49)
- mind; DELUSIONS, imaginations; deserted, forsaken (77)
- mind; ESTRANGED (107)

Rage, Violence and Malice

mind; TALK, talking, talks; offensive, inclination to (3)
mind; ANGER; impatience, with (16)
mind; CUT, mutilate, slit, desire to (24)
mind; BREAK things, desire to (35)
mind; ANGER; sudden, paroxysmal (48)
mind; HATRED; persons, of (72)
mind; ANGER; temper tantrums (87)
mind; KILL, desire to (100)
mind; DESTRUCTIVENESS (114)
mind; BITING (148)

Need to Apologise

mind; REMORSE, repentance; quick; apologies, making earnest (1)
mind; RAGE, fury; repentance, followed by (8)
mind; BEGGING, entreating (14)
mind; REMORSE, repentance; quick (29)

Self-destructive

mind; INJURE; herself, himself, feels could (19)
mind; MUTILATE his body, tendency to (51)
mind; BITING (148)
mind; BITING; oneself (91)

Feeling Worthless and Subordinate

mind; DELUSIONS, imaginations; do nothing, he can (1)
mind; DREAMS; subordination like a servant (1)
mind; PRAYING; begged others to pray for him (1)
mind; TALK, talking, talks; pathetic (2)
mind; SOCIAL; position, concerned about (23)
mind; DELUSIONS, imaginations; dirt, dirty; he is, she is (28)

LYSSINUM CASE

Boy aged four and a half years

His referring GP writes:

“He has very severe eczema. He has one of the driest skins I have ever seen in a child and it has been very dry from birth. His skin cracks and sometimes becomes infected. The skin over his entire body is extremely dry. The soles of his feet are especially dry with deep cracks.”

The boy is brought in crying and resisting. He says “Go away mummy, I don’t like you. I want daddy”. He hits his mother throughout the consultation. He cries and whines.

As the consultation proceeds he says “Stop it mum. You’re always doing this!” (His mother is doing nothing except talk to me). “Silly mummy. I want to go home”. He hits his mother again. He is constantly complaining and demanding.

The mother says that it took her two years to conceive the child. He is very clingy all the time and sometimes has to be in the same chair as his mother. It was very difficult to take him to preschool - his mother could not leave.

M: He has a split personality. One minute he is very happy, the other he is very moody. When he’s moody he is sometimes very aggressive - he shouts and gets quite nasty.

He hits me and his father and his sister. He can be spiteful - he

pinches, pulls hair, throws things at people. He calls me “bitch” and « » cow .

He is very demanding, he’ll do very little for himself and screams to be given things even though he can do it himself.

He is very bossy, for example he says things like “Get up, mum!”. He wakes frightened every night. He screams for me or his father three or four times a week. It has been going on for two years.

Throughout the consultation the child is crying and whining, trying to pull his mother out of the room. The child is generally bad-tempered and over-active. He shouts a lot and is aggressive. He often complains that he is frightened. The mother’s pregnancy:

M: When I was pregnant I was very anxious all the time. It took me two years to become pregnant and until four months into the pregnancy I was so worried I would lose the baby. Even after he was born I didn’t like to go to sleep and if I did go to sleep I would do so with my hand in the cot. During her pregnancy the mother craved milk and salt.

RUBRICS OF LYSSINUM IN THE BOY

mind; WEEPING, tearful mood; children, in; waking (9)
mind; DELUSIONS, imaginations; tormented, he is (10)
mind; ATTACK others, desire to (17)
mind; DELUSIONS, imaginations; abused, being (26)
mind; ANGER; sudden, paroxysmal (48)
mind; ANGER; temper tantrums (87)
mind; DICTATORIAL (99)
mind; ABUSIVE, insulting (113)
mind; LAMENTING, bemoaning, wailing (123) mind; STRIKING (143)
mind; VIOLENCE, vehemence (365)

RUBRICS OF LYSSINUM

IN THE MOTHER

mind; DELUSIONS, imaginations; happen, that something terrible is going to (7) mind; FEAR; pregnancy, in (16)
mind; FEAR; happen; something will; bad, evil (157)
generalities; FOOD and drinks; salt or salty food; desires (158)

MANGIALAVORI'S ADDITIONS

Anxiety about health of relatives Fear of being alone at night

Response to Treatment

The child required three doses of his remedy in the first year and then twice a year for three more years. Each time he had the remedy his sleep and behaviour would improve. His skin improved until it became completely normal. The improvement proceeded down the body and the last two years there was only some dryness in his

FEAR IN CHILDREN AT NIGHT: PAVOR NOCTURNUS

We can trace the root of the remedy state to the mother's condition in pregnancy. She had intense fear of losing her child. *Lyssinum* is a remedy of the acute miasm. In pregnancy there is no escape - the mother has to endure whatever conditions she finds herself in or symptoms she is experiencing - for the duration of the pregnancy. This is the condition of *Lys-sinum* - a situation from which you cannot escape: you have to endure it. The resulting state is one of fear with the added feeling of being tormented, suffering wrong, being injured by one's surroundings. A dependent state but with anger and the desire to fight back violently. The characteristic quick repentance of *Lyssinum* after the violent episodes was not seen in this child. Perhaps he was too young still to manifest this.

Prescription

Lyssinum 1M - one dose

feet and this eventually disappeared. He was then discharged.

I contacted the family a further three years later to inquire about him and to obtain permission to write up his case and was informed that he had remained well with no behavioural problems.



CHAPTER 17

Main Inner Feeling

Feeling independent and capable

MAIN THEMES IN CAT CASES:

The following analyses illustrate the different main themes using rubrics from the provings of *Lac leoninum*, *Sanguis panthera tigris* and *Lac felinum*.

SS denotes a single symptom, i.e. the remedy is the only one in that rubric. Single symptoms are often highly characteristic of the remedy and therefore especially valuable.

Phrases in italics are quotations from a proving or my clinical experience.

1. Independent/On Your Own

LAC LEONINUM

Anger at interference (SS)

Dreams: alone on earth, he is

Dreams, driven out, being (SS) Dreams forsaken by her father

SANGUIS PANTHERA TIGRIS

Dreams: pursued, gets no help

Dreams: forsaken

Dreams: father: goes away for a long time

Sentimental: orphans seeing

LAC FELINUM

INDEPENDENCE, DESIRE FOR (SS)

ISLAND, DESIRE TO LIVE ON (SS)

Freedom, desire for (3)

Home, desire to leave

Precocity

Cat people feel independent. They can be supremely confident people and often are indeed very successful in life. They are courageous, positive and enthusiastic, eager to get out into the world and do great things. But what is the shadow side to independence?

It is that you feel on your own. The feeling of isolation in cat cases is extremely deep. You feel completely on your own, that no one is going to help you and you had better be strong and self-sufficient or else you will not survive. The inner sense of self-sufficiency and of isolation are two sides to the same coin. Feeling sentimental at seeing orphans is projection. We feel for others especially when we can identify with their suffering. This happens when what we perceive in others resonates with our own inner state. Patients do this all the time and it can be very revealing when we recognise it in case taking.

2. Feeling Superior/Not Feeling Properly Appreciated

LAC LEONINUM

DELUSION, KING, SHE IS (SS)

DREAMS OF BEING BIGGER AND SUPERIOR (SS)

INTOLERANCE OF DOMINATION (SS)

Delusion he is a great person

Delusion he is strong

Power, love of

Dictatorial, talking with air of command

SANGUIS PANTHERA TIGRIS

Anger, from contradiction

Assertive

Advises others when not required

“I’m the best”

Dreams: mistakes, correcting others

LAC FELINUM

OBSTINATE, HEADSTRONG: INTOLERANT OF ANYONE ELSE’S OPINION (SS)

Cat people have an innate sense of self-esteem. They are really “comfortable in their skin”. Often the feeling you get with them is that they do not feel the need to do anything to prove how good they are. The only problem they have is that they feel others do not always recognise that they are always right! Any contradiction is seen as implying that their obviously superior knowledge and skill is not being acknowledged and respected.

3. Proud/Insulted

LAC LEONINUM

DREAMS OF BEING ARROGANT (SS)

DREAMS OF HURT PRIDE (SS)

DREAMS OF A FINE WOMAN BEING TREATED BELOW HER STANDARD (SS)

Dreams of being laughed at

Contemptuous

Haughty

Arrogant

SANGUIS PANTHERA TIGRIS

Anger, from criticism

Arrogant

Dreams of being appreciated

Dreams of being mocked

Dreams people spit on her face

Dreams others are laughing at her

LAC FELINUM

Contemptuous

Feeling superior and confident gives us a degree of security. But it is not complete in itself when it is purely on the level of ego. The shadow side to this feeling is that we are sensitive to others not giving us the due recognition we think we deserve. We are thus intolerant of anything which suggests that the rest of the world is not sufficiently appreciative of our great qualities. Therefore we see feelings of hurt pride and dreams of being appreciated. In this issue they are similar to *Platina* and *Palladium* - Stage 10 remedies in the mineral kingdom - with the qualities of self-assuredness and haughtiness but with the extreme sensitivity to slights and insults which is inherent in this stage.

4. Loyalty/Deserted by Friends

LAC LEONINUM

Forsaken feeling, by friends or group

Group, desires to keep group together

Dreams friends, relieved to have harmony with friends

SANGUIS PANTHERA TIGRIS

Dreams abandoned by friends

Dreams betrayed by friends

Dreams friends, persecuted by

Friend throws me out of the house

Dreams abandoned by family

Dreams: father: goes away for a long time

The theme of being deserted and betrayed by friends is one I have seen repeatedly in wild cat cases. It touches at the heart of the wild cat state: a deep fear of being completely abandoned and left to survive on your own. The quality of loyalty is one which these patients value above all else.

5. Deceit/Honesty

LAC LEONINUM

DREAMS, STEALING, HE WAS

DREAMS: OF CHEATING, SUSPICIOUS OF BEING CHEATED

Deceitful, sly

Suspicious

SANGUIS PANTHERA TIGRIS

"I can't trust him"

"He is speaking in a manipulative way"

"They are lying"

"She is a snake in the grass"

Integrity and truthfulness are crucial to a wild cat person. There is therefore extreme sensitivity to any perceived dishonesty in others. Even worse is to accuse a wild cat person themselves of being a liar or a cheat. As one *Lac leoninam* man said to me: "It's never pretty if you accuse me of being a liar!" You could almost see the blood on the carpet...

6. Injustice

LAC LEONINUM

Dreams: accusations, wrongful

DREAMS: MONEY: OVERCHARGED BY CASHIER

SANGUIS PANTHERA TIGRIS

Dreams: accusations, wrongful

Dreams: animals, attacked by, without any reason

Dreams: friends, fighting for, against injustice to them

Dreams: injustice, abused by sister for no fault

Dreams: injustice, falsely accused, kills the opponent

These rubrics illustrate that the injustice to which wild cat people are most sensitive is that of being wrongfully accused. Once again this emphasises how important a sense of integrity and honour is to these people. It is as if their very survival depends on a sense of honour and life is not worth living without it.

7. Responsibility

LAC LEONINUM

Responsibly: strong

Dreams of responsibility

Dreams of caretaking

Dreams, cares full of

DREAMS: SPEECH, GIVING INSPIRATIONAL (SS)

SANGUIS PANTHERA TIGRIS

Dreams of guiding seniors in their work

Dreams helping

Dreams miracles

Dreams meeting influential people

Dreams of caring for a young child

The responsibility can be both towards family and one's wider duties in life: business, the community, even one's country. Tiger in particular has a great vision of performing a role at a very high level of responsibility with the most important of people.

8. Abrupt

LAC LEONINUM

Abrupt

Answers snappishly

SANGUIS PANTHERA TIGRIS

Abrupt

Rudeness

Wild cat people do not bother to "sugar coat their pills".

If they do not like you they will say so. They feel no need to try to

make anyone like them. If you feel so good about yourself who cares what anybody else thinks?

"I don't pussyfoot around"

9. Cruelty

LAC LEONINUM

MALICIOUS, UNCOMPROMISING

DREAMS: OF A CRUEL AND CUNNING PERSON

VIOLENCE: FEELINGS OF VIOLENCE TO A HELPLESS PERSON

Hard-hearted

Unsympathetic

Anger, violent

SANGUIS PANTHERA TIGRIS

Cursing, desires to curse others to die

Impulse, morbid to kill

At the extreme, the insensitivity to other's opinions and feelings can express itself as cruelty. As in all cases this may be expressed more at a virtual level than in real life - especially in dreams or the sort of games and pastimes the patient is attracted to. However these people can be startlingly blunt in speech - they allow themselves to say the things many of us may think but few have the temerity to actually say in company. There is usually a quality of cruelty in some part of the remedy state of predators - after all they are killers.

10. Compassion

Being mammals there is a very strong nurturing side which is manifested in caring, protecting and playfulness. It can at first seem incongruous to hear a patient one minute express extreme cruelty and insensitivity to others and the next describe a part of their nature which is deeply caring and protective. Understanding the remedy state is that of a wild cat solves the conundrum.

LAC LEONINUM

Dreams full of cares and worries about her children

Dreams of caretaking

Dreams of children in danger

Dreams of being friendly

Dreams of playing

Playful

Love of animals

SANGUIS PANTHERA TIGRIS

Dreams of playing with animals

Dreams of caring for a young child

Dreams of caring for a tiger cub

Dreams of fear of hurting the sentiments of handicapped friends

Dreams of helping a girl

Dreams of kidnapping of children

Dreams of responsibility to disabled young adults

Shame

Lac felinam clearly shows a “shame” state with similar rubrics to *Lac caninam*, for example:

Dependent, at mercy of others (1)

Fear of making mistakes (2)

Fear of being ridiculed (2)

Dreams of prostitution (3)

Delusion he is stupid (3)

Delusion of being worthless (7)

Contemptuous of himself, herself (11)

Dependent (10)

Delusion is ugly (15)

Delusion everything will fail (21)

Aversion to herself (26)

Shame (131)

This “shame” state appears to be related to the condition of domestication. *Lac lupinam* - the “wild” dog - has strong feelings of alienation and victimisation but not the state of shame seen in both *Lac caninum* and *Lyssinum*.

Perhaps this state of shame has something to do with the loss of wildness and its accompanying state of self-sufficiency and capability.

While *Lac felinum* - the domesticated cat - shows this shame state lion and tiger cases do not. The wild state seems to preclude a sense of shame.

Other important themes and characteristics:

Power

Formidable people, intimidating, can be overpowering, overbearing.

Can take over the consultation.

Authority: exude it, seek to have authority, speak and act with authority, aversion to authority over them.

Dominating: desire to dominate others and aversion to domination over them.

Aversion to being told what to do.

Naturally come into positions of authority: children are voted form leader or school prefect by their peers; adults lead teams and organisations.

Strength

Strong characters, self-assured.

Good opinion of themselves.

Successful: hard-working, fight their way to the top, live life to the full.

Ambitious.

Independent people: self-employed, rely on themselves.

Influential people:

"I shape life, I shape relationships, I will have things turn out well for me and others".

Courageous

Protective of others.

Desire to be really good parents:

"I want my children to feel special, loved, cared for and safe".

"I am my children's strong protector".

Desire to support, guide and nurture their children.

Strong aversion to bullying and abuse of power.

Very loyal.

On the negative side:

Arrogant, loud, bullies, opinionated.

More commonly they are intensely intolerant of that kind of behaviour but in some cases they manifest it themselves.

Ferocity

They can bring a fierce competitiveness to all aspects of their life.

This can be intimidating, especially as they are often big people - physically and in terms of character.

They can use violent imagery in their language:

“I could kill him”

“I’ll cut you down”

“My hay fever was savage”

Warm and Passionate

In the positive state they are happy, up-beat, positive, extrovert and energetic. They are affectionate, out-going, entertaining and good fun.

They are often “big” personalities.

At any age they can be playful, tactile and love hugging.

Movements

Their movements tend to be smooth, gliding, slow, poised and purposeful.

Most characteristic of wild cat people is the alternation from slow to fast: the wild cat hunting strategy usually begins with a slow phase: prowling, moving very slowly, hidden from view. This is followed by an explosive phase of devastating pace and power with a pounce or extremely fast running. When describing themselves these patients sometimes express this: a slow phase of reflection, watching, thinking, planning which is followed by intensely rapid and effective activity.

These patients are often supremely athletic: powerful, well built, strong and successful competitors in whatever sport or physical activity they choose. Their movements are poised and flowing. One of my tiger cases would seem to prowl into my room - before he then proceeded to take over the consultation!

Animal Consciousness

They can go into an “animal” state, with heightened awareness of the body. There is intense, physical awareness. An awareness of all their muscles and every movement they make. There is heightening of all the senses and increased awareness of the world around them.

In this state they experience increased agility and performance at sport. They sometimes describe this state as a “predatory animal-like feeling”. The rubric in the repertory which describes this state is:

mind; CONSCIOUSNESS expanded; animal consciousness (9): calop-s., choc., germ., lac-leo., lac-lup., lach., **Mand.**, plut-n., tyto-a.

Five of the nine remedies are animals and all five of these are predators. Probably many predatory animals can be added to this rubric, including the cats.

Fears

In general these are not fearful people.

There can be a fear of weakness: this is a common fear in the animal kingdom in which weakness will normally mean death before long.

Weakness for wild cats means loss of honour and self-esteem and an inability to fulfil their roles as leaders, protectors and providers.

They can fear for the security of their family and hate the thought of themselves or loved ones being hurt or imprisoned.

Proving symptom: Feeling that she was weak, fragile and timid and had to rely on others.

Dreams

Of animals, children, babies.

Of being pursued; of escaping and helping others escape.

Being chased by wild animals, especially lions or tigers.

Playing for your country: sporting dreams will usually have the theme of excelling at the highest level.

Wild Cat Children

Wild cat children are natural born leaders. They are often popular and admired by their peers.

They can be extremely competitive, wanting to be the best in everything they do.

In play they can be daring to the point of endangering themselves, for example climbing high in trees and jumping from great heights.

They are often precocious, physically and psychologically. Many wild cat children are very mature for their age - bigger and taller than their peers and advanced in emotional maturity. They often seem several years older than their chronological age.

They can be very caring and can feel a great desire to look after younger siblings or other children and can be surprisingly gentle with them.

If they have a sibling there can be a very high level of sibling rivalry.

In tiger cases especially there can be an intense belief that a sibling is preferred to them.

They can be dictatorial, ordering their parents around, and trying to boss the whole family. Their sense of omnipotence can seem comical but they take it very seriously. They clearly believe they should be in charge, even from as young an age as three or four.

Many wild cat children are balanced and pleasant individuals but some manifest a more negative state: they can be angry, abusive and confrontational, exploding with minimum provocation.

They can be physically violent, especially when younger.

There can be total loss of control and full-blown temper tantrums.

Wild Cat Sensation Words

These are words patients use when they go deep into their inner experience and connect with the source of their remedy state. These words reflect the size, power, ferocity and strength of these creatures.

Roar. Raw. Rage. Fierce. Ferocious. Savage. Wild. Passionate. Scary. Coiled. Explosive. Aggressive. Strong. Big. Leader. Tactile. Wits. Living on your wits. Bully. Threat. Safe. Protect. Danger. Cut down. Canny. Independent. Fast then slow. Alert. On guard. Ready. Survive. Fluffy.

Miasm

Wild cats are emphatically in the syphilitic miasm.

The deeper the miasmatic state the greater the degree of isolation that is felt. Wild cats feel extremely isolated. The high degree of responsibility is also characteristic of this miasm. Wild cats are killers and death and violence are part of the syphilitic state.

Which wild cat is it?

I have used *Cheetah*, *Puma* and *Jaguar* but in my experience most wild cat cases are either lion or tiger. Why might this be? Possibly simply because common things are common - meaning that most often the remedy states which we get into tend to be those of substances which are most commonly present in our consciousness. Those archetypes resonate most powerfully with the themes, traumas and issues of our own lives. In the case of animals this means those creatures of which we are most aware or which hold an iconic place in our lives.

However if there are many wild cat themes in a case but neither lion nor tiger matches the totality properly there may be other themes in the case which point to a different feline. As always, what is most unique in a patient's state or what is most strange or rare will relate to what is most specific to the source of the remedy. In the case of animals these unique survival features may be revealed in the course of deep and careful case taking. Certain words, phrases or themes may emerge that relate to a unique feature of the anatomy or behaviour of a less commonly indicated wild cat. Of course ideally we elicit symptoms which we can find in our repertories and materia medicas but until we have provings of all the

different wild cats we have to rely on using this method of matching the patient's state to the source. The following are a list of the most commonly occurring wild cats and the biological features which most clearly distinguish each. Hopefully this can be of help in solving those cases which need less well-known wild cat remedies.

LIONS

Lions usually live in groups often of ten or fifteen animals called prides.

An adult male's roar can be heard up to eight kilometres away. A female lion needs five kilograms of meat a day; a male needs seven. Lions hunt mostly from dusk till dawn. Female lions do about ninety percent of the pride's hunting, whilst the male lions patrol the territory and protect the pride. Often known as the 'king of the jungle', most lions actually live in the savannah or grasslands. Lions hunt large animals such as zebra and wildebeest.

TIGERS

Tigers are the largest wild cats in the world. Adults can weigh up to three hundred and sixty kilograms and measure over three metres in length. They are solitary hunters and generally search for food at night. They quietly stalk their prey until they are close enough to pounce. Tigers like water, are good swimmers and often cool off in pools or streams. Their roar will carry up to three kilometres. Every tiger in the world is unique - no two tigers have the same pattern of stripes. There is an old Chinese saying: "One mountain has no room for two tigers".

JAGUARS

This is the only big cat which lives in South America. It is the third largest cat after the lion and tiger. Its most distinctive feature is the shape of its spots which resemble roses and are known as rosettes. While leopards also have similar rosettes, the key difference is that jaguars' rosettes have spots inside them, whereas leopards' rosettes do not. Jaguars have incredibly powerful jaws, strong enough to pierce a large animal's skull. It has the strongest bite of any big cat relative to its size. Jaguars can survive in many different habitats. They are normally found near water, and prefer swampland or tropical rainforest. They sometimes leap on their prey from trees and can kill with a single bite.

CHEETAHS

Most cheetahs live in Africa. They are the fastest land animal in the world. Its body has evolved for speed, with long legs, an elongated spine, adapted claws

to grip the ground and a long tail for balance. They use their exceptional eyesight to scan their surroundings before quietly stalking their chosen prey. Then they sprint from cover, knock down their victim and kill it with a bite to the throat.

They hunt during the day to avoid competition with lions and leopards. They are social, living in groups of a mother and her young, grown up siblings or a coalition of males who live and hunt together.

PUMAS

Pumas are also called mountain lions or cougars. They are the largest of the small cat species. They live in the Americas. Their hind legs are larger and more muscular than their front legs to give them great jumping power. Pumas use whistles, screams, squeaks and purrs to communicate. They are solitary animals and learn to climb trees early in life. They can survive in areas populated by humans better than other wild cats. A distinguishing feature is they are unable to roar.

LEOPARDS

Leopards live in Africa. Most are light coloured with dark spots on their fur. They can leap six metres through the air. They are solitary and mark their territories with scratches on trees and with urine and faeces. They are skilled climbers, resting in trees and carrying their prey up into the branches to keep it safe from scavengers like hyenas. They communicate with distinctive calls including a hoarse, raspy cough.

ROARING AND PURRING

The big cats like the lion, tiger, jaguar and leopard can roar but they cannot purr. The small wild cats, along with the puma and the cheetah, can purr but they cannot roar.

MELANISM

A black panther is a big cat of any species whose colouration is entirely black: a melanistic variant. Melanism is most common in jaguars and leopards: black individuals of both these species are called panthers. This confusing terminology may have originated from the Latin name panthera for the big cats as a family and was probably shortened from black panthera to black panther.

IS IT A LION OR TIGER? A COMPARISON

In homeopathic practice we always hope to elicit unique distinguishing symptoms which we can match to the proving picture of a remedy. Without these,

choosing between two similar remedies is difficult. Lion and tiger both have all the main wild cat themes which I have described above. However in addition tiger has several themes which are not found in lion and the following may help to distinguish between these two closely related remedies:

The father

Tiger has a strong admiration and love for the father which can best be described as reverence. In other words the father is seen as a god-like figure, seen as a strong protector and guide. Tiger is especially sensitive to separation from the father. This may be due to travelling from home for his work or because of divorce or death.

RUBRICS

Dreams father goes away for a long time

Dream: father - eagerly waiting for

Sentimental seeing orphans

“Lord Shiva (who looks like my father in the dream), becomes bigger and bigger”

This dream clearly shows the identification of the father with God.

Teaching

The tiger state includes the role of teaching but not in any ordinary sense: it is teaching at a very high level - guiding important and influential people. They can have careers which involve advising governments and individuals at the very highest level of vast corporations.

RUBRICS

Dreams of guiding seniors in their work

Dreams of meeting influential people

Injustice

Both lion and tiger abhor injustice and fight it wholeheartedly. But the sense of grievance which tiger feels is greater:

“Lord Shiva (who looks like my father in the dream), becomes bigger and bigger and I beg him to become normal, which he did. Then I asked why I was denied a free seat in the medical college though I deserved it and it was available too!”

The feeling is therefore injustice inflicted even by God.

Whining

Remarkably, given the sheer power of the animal, the feeling of injustice can have a whiny, complaining aspect to it:

“I’m the best but I don’t get a chance to prove it”.

“Everyone is unfair to me”.

Dreams of being reprimanded when saving others.

Second best

Several of my tiger patients have expressed the feeling of being treated as second best when they should really be considered “number one”. Could this be related to the fact that the tiger can be nearly twice the weight of a lion, yet the lion is called “the king of the jungle”?

Vengefulness

There is a mean edge in the tiger state. In addition to the ferocity and cruelty which tiger shares with lion there is a cold-blooded vengefulness present in tiger which lion lacks. There can be a fiery, very intense look in the eyes.

RUBRICS

Cursing: curses, desire to curse: father, understanding her, for not.

Dreams: injustice: accused, falsely: kills the opponent.

Morbid impulse to kill.

REMEDIES

In recent years a number of wild cat remedies have become available to the homeopathic community. Amongst these are:

Lion - *Lac leoninum*

African tiger - *Tiger’s urine*

Siberian tiger - *Sanguis panthera tigris*

Cheetah - *Sanguis acinnox jubatus*

Panther - *Sanguis panthera paradus*

Snow leopard - *Sanguis panthera uncia*

Mountain lion - *Lac puma concolor*

Lynx - *Lynx canadensis*

Bobcat - *Lynx rufus*

Jaguar - *Panthera onca*



CHAPTER 18

PANTHERA LEO

Lion

Remedy: *Lac leoninum*
Milk of the Lion

Provings:
Rajan Sankaran 1994
Nancy Herrick 1998

LAC LEONINUM CASEI

Man aged 26

D: How can I help?

P: I have had a series of infections which don't add up with my history of always being well before. And aside from me being ill the infections are quite painful and conventional medicines sort of work but I can't really see myself carrying on this way. I mean I've had two infections in the last two weeks.

D: Tell me more about the infections.

P: (Immediately he does a hand gesture with both of his hands coming together in a grabbing movement). Basically up until December of last year I have not been ill in seven or eight years and since then I have had two episodes of impetigo, I have had sinusitis, I have had a pilonidal sinus but my biggest issue is a series of infections on my face, four in my nose and the doctors have described it as cellulitis. It inflames aggressively. It starts mildly and then after two days it flares dramatically and as it inflames it gets more painful and the last one or two days are excruciating. I need codeine-based painkillers.

There was no more of note in the case so later I ask him to describe his nature.

D: I need to get a good impression of what you are like as a person. **P:** (He sits back and makes himself comfortable). I'm a very direct person. I don't see the point in hiding things or lying to people so I'm generally very honest - I know it comes across as arrogant to some people.

And I'm quite a perfectionist, at work especially.

I am a strong character in that I don't feel like I need to change my character to accommodate other people. I don't have any issues whether people like me or not. I am who I am and that's about it. I guess for that reason I am intolerant of strangers. I am pretty bad at dealing with people who are either very closed minded or appear to be clueless. At the same time in quite a few situations I am extremely patient with people, if somebody wants to learn about something I am more than happy to spend ridiculous amounts of time to try to help

them learn. For me it's all about the willingness and the effort they put in. People in the past have accused me of lying ... (he laughs) and it's never ended up that pretty!

I am very bad at being told that I've lied to someone - it's just not part of me.

Having said all that I do generally get on with the majority of people. It's only people that are very arrogant or who are constant liars that I find difficult to deal with. I guess it's the whole falseness I don't understand.

On the whole I am not a very competitive person but in a certain environment and in certain sports I'm extremely competitive. Is that enough?

D: It's a good start. Tell me more about being very direct.

P: I've never understood the need to make a potentially difficult or awkward situation more fluffy - so somebody feels more comfortable with it. Because I see things as black or white if there's an issue or a problem at the end of the day the problem is there and so if you try and dress it up as something slightly different or give it a costume it doesn't change what the problem is and so by making it different or appear different you're just adding more stuff that doesn't need to be there.

D: Direct - in what sense are you direct?

P: If I see something I'll say it as I see it. If

I think someone has done bad work I'll say "I think that's crap - I know you can do better, why didn't you?" And in other ways if someone were to ask me, I don't know, something like, "Do you like me?" and I didn't I would just say "No not really".

I wouldn't say "Uh, I don't think we get on that well..." I'd just say "I don't particularly like you".

And I guess the intolerance can often be seen as arrogance or aggression ... but I'm never physically aggressive but because I've got quite a strong voice and I'm a big framed guy people can feel intimidated quite easily and again it's nothing to do with me being aggressive ... it's more that I'm a big guy with a big voice and I'm honest and direct. I guess that intolerance can easily be seen as me being aggressive or arrogant. A lot of people I've worked with have often said "When I first met you I thought you were quite arrogant and difficult but actually I've realised it's got nothing to do with that - you're just comfortable with who you are".

D: You don't give allowances for strangers? Tell me more about that.

P: I don't give the benefit of the doubt - that's the truth of it (he repeats the gesture with his hands coming together). I guess in some way in my head people are guilty until proven innocent rather than innocent until proven guilty or until I feel I can trust them. And that's something to do with me always being extremely perceptive (now he brings his hands together even closer with the fingers bending inwards). I've always been extremely perceptive of people.

D: Say more about that.

P: As far back as I can remember ... if someone is lying to me - if they are a pathological liar it's quite hard to tell - but if they are a person who is telling a fib or lying about an important situation or I have even the slightest inclination of doubt about their lie (his hands constantly move together in a claw like fashion) I see straight through it instantly (hand gesture with his hand cutting through the air).

This is clearly an animal case with the issues of aggression, competition and intolerance so I ask him about animals.

P: I'm fascinated by animals. (He repeats the hand gesture with his hand cutting through the air). I find animals really interesting: their behaviour, their diversity of habitats and the way

they live. I seriously considered at one time becoming a park ranger somewhere like Yellowstone or on safari in Africa. Animals have always been a passion of mine but by no stretch of the imagination am I a fluffy, cuddly, bunny-loving, fox-hunt-hating person! I really enjoy watching nature programmes.

I think ... now I come to think about it (a whimsical smile comes over his face and his gaze goes upwards) ... I guess animals are a bit like children in the respect that they don't - on the whole ... (again the hand gesture cutting through the air) ... they pretty much say it as they see it - the whole honesty, direct thing. They are self-sufficient and I guess they don't make something more comfortable for someone else.

(It is fascinating that he is of course projecting his own state onto his vision of animals. I have observed that in the moment when people connect with the source of their remedy they very often smile, laugh or look slightly bashful. They may say things like "I know it sounds stupid, but..." It is also very common for their gaze to lift up towards the point between the eyebrows at this time. This is where our concentration settles when we are accessing our intuitive faculty: it

seems in these moments we are realising intuitively the similarity between our inner state and the archetype that we are connecting with and describing).

D: Say more about animals saying it as they see it, not having to make it more comfortable for someone else.

P: How do I explain it?

D: No need to explain it, just try to describe it.

P: It just doesn't appear to me that animals feel like they need to apologise for being who they are or what they are. It strikes

me that humans on the whole are often apologising for a large amount of what they do and I guess animals - especially the ones that live in relationships and groups - (he repeats the gesture of his hands coming together) they don't excuse themselves for being a lion or being a sparrow. Their number one priority is surviving, enjoying their environment or not being hungry and I guess they take best advantage of the situation they are in.

Case Analysis

ANIMAL THEMES

Competition

Aggression

Passionate about animals

Intimidating

Big

Strong

Loud

MAMMAL THEMES

Fluffy

Cuddly

Comfortable

PREDATOR THEMES

He uses the classic predator hand gesture of clawed hands closing in on each other.

WILD CAT THEMES

Self-sufficient

Extreme intolerance of dishonesty: he used the word liar repeatedly

Not making a situation more comfortable for others

Not apologising for who you are

Saying it how you see it

Direct

Suspicious

Position of leadership (he coaches and competes at an international level)

Dictatorial: talking with an air of command

Discussion

Which wild cat?

I chose lion for the following reasons: He was a straightforward person and there was a complete absence of any malice or cunning which can be found in tiger cases.

It was notable that I always felt empowered and strong after a consultation with this man.

He mentioned lions at the same time as he connected with the source.

Lion is in the following rubrics: Patience (a quality he spontaneously mentioned)

Lion also has a single symptom: Violence, vehemence: helpless person, feeling of violence to.

He said that he is very intolerant of people who appeared clueless and this is a very similar idea.

Prescription

Lac leoninum 200C - one dose

Follow Up at Three Weeks

He is wearing a red T-shirt with the word "Honour" emblazoned on it!

D: How are you getting on?

P: Good I think, no infections. I feel more energetic, I feel clearer.

D: Any reaction when you took the powder?

P: Yes, about 12 hours afterwards I quite dramatically and suddenly got quite a strong cold lasting 48 hours, it was quite full on (he does his favourite gesture of his clawed hands coming together) and it went almost as quickly as it came.

Analysis

He has clearly had a very good response with an immediate short and sharp acute infection. Feeling clearer is a sign of a deep acting remedy.

"Sudden" and "dramatic" are predator words.

Prescription

NIL

Follow Up 5 Weeks Later

D: How are you?

P: Good. No real change from last time. I still feel a lot better than I was. I feel pretty much exactly as I did last time I saw you - there has been no downturn as you said might happen at some stage. The only thing that's bothered

me at the moment, as I said last time, I'm still producing a lot of nasal mucus although in the past five days it feels like it's reducing quite a lot.

D: No more infections?

P: Nothing - which is fantastic! (He smiles contentedly).

Further Follow Up

The nasal discharge continued for a total of about five weeks which is not at all unusual - that process of discharge can sometimes last several months. While everything else is better of course we just wait and allow the vital force to do its work of detoxifying the system.

He needed one repeat after another two months and then did not contact me again. I telephoned him two years later to check how he was and to ask if I could write up his case and he said he would be delighted for me to do that and he had remained completely well.

LAC LEONINUM CASE 2

Man, aged 22

Chief complaint: Non-union of fractured bone

Other complaint: Addictive habits

Six years previously he fractured a carpal bone in his hand. Since then he has had constant pain in the bone which has refractured several times. He is being offered bone-graft surgery.

The condition interferes with his job as a builder.

He is a big man with a loud voice and friendly manner.

Nothing of note came to light in the consultation until I asked him to describe himself to me:

P: I am quite outgoing. I am talkative - I like to talk a lot. I am a bit of a perfectionist.

I find I have quite an addictive personality: if I have something to eat or drink I have to finish it or I have to have it all. I cannot leave anything. I used to smoke but thankfully I have given up now. I tend to drink a little bit more than I should.

D: What makes you say you have an addictive personality?

P: If I have something that is good I want more of it. I can't just have it once: I have to have it again and I have to have more! I really don't know when to stop.

D: Say more about that. If you have something good, you have to have more.

P: Well yes. Say, if I have chocolate cake I would have to eat it all. I couldn't just have a bit - I would eat the whole cake! I am terrible, really terrible like that. Or say if I have a drink, not just an alcoholic drink, any drink, I will have to drink it all. I have an amazing thirst. I drink quite a lot and always I drink litres of squash and I have to drink it all, I won't leave it. I always have to finish everything.

D: Do you have any particular cravings?

P: Yes, I have a really sweet tooth.

D: Anything else?

P: No, not really.

D: Do you have any dreams?

P: Yes, I do. I dream a lot actually and my dreams are quite vivid. It is quite strange -I tend to dream about my old school friends who I don't see any more. I don't see them, but I tend to have dreams about them, it is very strange, I don't know why.

D: Anything more you can say about your dreams?

P: They are always about my old school friends, but I don't know why. It is just varied situations; it is not a specific situation or a recurring dream. It just varies, but they always seem to be in it.

D: How long have you had these dreams?

P: A couple of years I suppose.

D: How often do you get them?

P: Quite often, quite frequent. It is a couple of times a week.

(That is very frequent - these dreams must be significant. We are an hour into the consultation and for the first time I sense we are touching on the important issue).

D: Why don't you see your friends anymore?

P: Well I used to have a group of friends I used to hang around

with and basically I split up with my best friend, I don't know why, we just sort of drifted apart because we basically annoyed each other. And then I drifted out of friendship with everyone really. D: You annoyed each other for some reason?

P: We were too alike and in the end we just annoyed each other. It didn't work out in the end. We never re-established the friendship.

D: Was this your best friend?

P: Yes. It was 4 or 5 years ago I suppose.

D: That's when you fell out with him?

P: Yes.

D: Are the dreams of him?

P: Yes.

D: What is the feeling in those dreams?

P: There is always bad feeling. Always bad feeling between us. With the people I fell out with, there is always bad feeling in the dream.

D: Say more about this bad feeling. P: Well, just not talking to each other. Maybe being aggressive to each other.

D: In what way?

P: I have physical fights and have been verbally aggressive in the dreams.

D: Why did you fall out with your best friend?

P: We were quite similar. We had similar personalities. It was fine for years but in the end it got too much because we were quite similar. So we just really annoyed each other. For months we were just at each other's throats. We didn't get on and just sort of fell out in the end. We just fell out, we gradually grew apart.

D: Say more about being at each other's throats.

P: There would always be nasty comments and remarks. We still had the same circle of friends; he tried to turn everyone against me which eventually he did. It was just over a period of a few months, nasty comments and he turned everyone against me.

D: How did he do that?

P: I don't know really. He just made everyone turn against me. They didn't want to speak to me any more, things like that.

D: How did that feel?

P: Well, not very nice. It was really not very nice.

D: How did that make you feel?

P: You feel rejected. You feel, why? I didn't actually do anything. If I had done something wrong I would have understood, it was only me and him that fell out but then everyone else fell out with

me as well. We were quite cliquy so it had to happen that way. We didn't get on, we just didn't get on at all. We rubbed each other up the wrong way. I would say something and he would disagree with it. He would say the complete opposite and then I would do the same. We tried to outdo each other.

D: In the group, what kind of position were you in?

P: Well, that's the thing! We were probably both the most popular. So it was maybe a fight for popularity. We were both the most popular people, so he sort of pushed me out I suppose looking back on it.

D: How did that feel?

P: Yes, not very nice. I have lost friends really over it. I have lost friends. It is a shame.

Case Analysis

ANIMAL THEMES

Power struggle
Fighting
Aggression

MAMMAL THEMES

Addictive behaviour
Lack of impulse control

PREDATOR THEME

At each other's throats

WILD CAT THEMES

Betrayed
Deserted by friends
On your own
Pushed out
Loud voice
Outgoing personality

REMEDY RUBRICS

Dreams: friends: old: mourning the departure of former. (1)

Dreams: friends: alone, being left, by. (3)

Delusions, imaginations: humiliated, is. (3)

Dreams: schoolmate, meeting of old. (6)

Dreams: friends: old. (37)

The remarkable thing in this case was how his whole state was beautifully revealed by his dream life and how ex

actly his dreams reflected those of the proving of his remedy. The story of a struggle for dominance and popularity is reminiscent of the power struggle between rival males fighting for dominance in a lion pride. It is astonishing how closely someone's life story can reflect the state of their remedy.

Prescription

Lac leoninum 200C - one dose

Follow Up at Three Weeks

P: You know I said before about my addictive personality. I have found that has improved. I've had an enlightening I suppose! I am not going to eat the volume of food as before. I said I could not have a bar of chocolate and not finish it but now I can abstain.

D: When did this happen?

P: Well, since I came to see you. And, I have had a more positive outlook.

D: In what way?

P: I have decided I am not going to eat as I did with the sugary

food. I have decided I am not going to eat them any more. I am avoiding them, I am also going to start going to the gym. Be a bit more active. I am going to take up more hobbies as well.

D: What are you going to do?

P: I am going to take up the guitar. I am also going to go snowboarding, although I don't think that's very good for my hand! I am going to do a few more things really.

D: Very good. How are your dreams? **P:** Well - they stopped the first two weeks, but they are just coming back.

Prescription

Lac leoninum 1M - one dose

(Given the exact correspondence of his dreams to the proving I should have prescribed 1M straight away).

Follow Up at Two Months

D: How are you getting on?

P: I am getting on very well. I don't have dreams any more, I have a more positive outlook, and I am doing lots of new things and going to the gym now. I go 3 times a week and play squash.

D: Tell me everything that is better.

P: Generally everything really. I drink less, I eat healthier. I am going to start learning the guitar - I have just bought a book on guitar playing the other day. Generally I think I have a better, more positive outlook. It's good!

D: Have you had any more dreams?

P: No! You said they would stop, and they did. But recently I had this dream of my best friend but it was in a good sense if you know what I mean. There was no bad feeling. It was almost like, you know, it's over. There

was no bad feeling and I haven't dreamed since that point.

(This is a healing dream and of course a very encouraging sign, representing an inner resolution of his emotional pain).

Comment

The pain in his hand gradually disappeared over the course of three months. Two years later the hand remained strong and pain free and his healthy lifestyle continued.

It is remarkable how his habits and lifestyle instantly changed after

the first dose of his remedy, with a complete and varied change in all aspects of his life. This clearly shows how homeopathy can powerfully free people from self-destructive habits by eliminating the inner drives which lie behind these behaviours.

LAC LEONINUM CASE 3

Girl aged five

Chief complaint: Eczema

Other complaint: Molluscum contagiosum

M: She has eczema and very dry skin. The worst places are in her armpits and behind the knees. It can be severe and then the skin cracks. At its worst it bleeds. (The patient has climbed onto her mother's lap and has buried her face. She was shy and ap

peared unhappy when she first came in).

M: She's had the molluscum in the last two months and it's all over her abdomen. On examination she has moderately severe eczema and approximately 40 molluscum lesions.

D: (To the patient) What do you like doing best?

P: Drawing.

D: What do you like to draw?

P: A cat.

D: Tell me about drawing a cat.

P: They're furry.

D: What else do you like to draw?

P: Dogs.

D: What do you like about dogs?

P: They can run really fast.

D: What else do you like doing?

P: Playing in the park.

D: What do you like to play at?

P: Chase.

D: What's it like playing chase?

P: Running around.

D: What do you like best about playing chase?

P: Being chased.

D: What's that like?

P: Fun.

D: To mother - what games does she like best?

M: She likes skipping, especially on the trampoline. She laughs a lot. She does like playing chase.

D: Tell me about that.

M: She likes to be fast.

D: Say more about that.

M: It's a dominance thing - she always starts slightly before the others in a race - she likes to get a little head start to get an edge.

D: (To the patient) Tell me about going to school, what do you like best?

P: Playtime.

D: What do you like doing in playtime?

P: Playing hide and seek.

D: What's it like playing hide and seek?

P: I run really fast and I find somewhere where they can't see me. (Throughout the consultation the little girl has been slightly reluctant to speak, holding onto her mother and seeming ill at ease). I ask the mother to take the little girl into the other room where she stays with my secretary who gives her some paper and crayons to draw with. I speak to her mother alone.

D: Describe her nature to me please. M: She's naturally quite wary of strangers - when she was younger it was difficult and embarrassing, she would make funny noises - she actually growled at people! And buried her head in my lap. She has a good sense of humour. She's very aware for a five year old - very understanding and in tune. She's overachieving at school. She is shy but at the same time she can be bossy: at school she tells the others what to do, she walks in and takes over their game.

She's very, very affectionate - she hugs and tells me she loves me many times a day and she wants cuddles back.

She's very aware of how she looks, she likes to dress herself. She's very aware about her hair. She's very independent.

She's quite easily contented. For example, with her presents for her birthday she was very happy to have what she was given. She liked all her presents equally and never demands to have any particular thing.

She's naturally apprehensive towards men.

She's a very fussy eater. She eats very little breakfast.

D: Say more about her being affectionate and cuddly.

M: She throws her arms around you and says "My lovely mummy, do

you know how much I love you?" If I am sitting on the sofa with her brother she pushes in between us. She always wants to have an arm around me.

The peculiar thing is that she is easily embarrassed, for example if she does something funny and the rest of the family laugh at it, she gets very angry and walks off. She doesn't like to feel she's being laughed at.

D: How does she relate to other children her age?

M: Generally fine, she's popular. She's headstrong - she likes to do her own thing. She argues vehemently for what she wants. You don't see her backing down.

Case Analysis

ANIMAL THEMES

Jealousy

Competition

Running, chasing, hiding

Sibling rivalry

"A dominance thing"

Getting a head start

Having an edge

You don't see her backing down
Aware of how she looks

"Not backing down" is a very common expression in animal cases, reflecting the theme of hierarchy and competition.

"Having an edge" is another very characteristic animal expression. The margins for success in the animal kingdom are very fine. The slightest extra advantage can mean the difference between life and death. Therefore "having an edge" over your rivals can be crucial.

Appearance is often an issue in animal cases - it can be the chief complaint even when other symptoms are actually more serious.

MAMMAL THEMES

Cuddles, hugs

Affectionate, loving Likes physical playing

Poor appetite, fussy eater

WILD CAT THEMES

Overachieving

Bossy

Taking over

Growling

“She argues vehemently”

She likes to do her own thing

Independent Contented Precocious

Running fast

Contentment - the child's unusual equanimity in relation to presents reflects her self-sufficiency and lack of need for outer sources of emotional satisfaction.

Prescription

Lac leoninum 200C -1 dose

Follow Up at Five Weeks

M: The eczema is much better.

I've also noticed in the last two weeks her appetite is much better.

REMEDY RUBRICS

mind; DICTATORIAL; command, talking with air of (10)

mind; HONOUR; wounded, agg. (22) mind; DELUSIONS, imaginations; laughed at, to being (31)

mind; SUSPICIOUSNESS, mistrustfulness (177)

It is interesting how the child dislikes being laughed at. Even at this young age she has a well-developed sense of dignity and feels it beneath her to be a figure of fun!

The wariness towards men may reflect the fact that lion cubs are vulnerable to being killed by a new alpha male who takes over a pride and who is not the father of cubs already born to a previous male.

On examination: her eczema is almost completely gone and the molluscum is much improved.

Prescription

Nil

Follow Up at Three Months

M: She's fine, there's no more mol-luscum, there's no eczema. Her eating is still very good.

Prescription

Nil

Further Follow Up

She remained completely well for six months without any repeat of her remedy. At that point her appetite declined again but a repeat of her remedy restored her appetite fully. There was no return of her skin symptoms. Her

mother said that her school teacher said she became a different child - she was no longer shy and was making friends much better. She was much happier going to school.

LAC LEONINUM CASE 4

Woman aged 52

Chief complaint: Behavioural problems

This is a consultation I had when working at a homeopathic hospital in England. I was taking over the treatment of this woman from another doctor and only had twenty minutes for my first meeting with her.

She is a big woman with blonde hair swept back in a bushy style.

She leans well forward over the desk towards me and speaks quickly and animatedly.

P: I am angry. If you pinched me I would scream and burst into tears. I shouldn't have to be a mother to my husband. I protect him. I love him but I could kill him!

(She makes a hand gesture of strangling). I'm so angry and I throw things.

D: What are you like at your worst?

P: I throw things, I scream. I want to get him and hit him and shake him. He's the love of my life but I want to hit his head against the wall.

D: Please describe yourself.

P: I'm bubbly. I'm compassionate. I'm a bloody good mum. I'm a good friend. I'm very busy and I

fill my whole day. I'm Bohemian. I'm passionate: in both love and anger. I want wild, passionate sex. I want to be loved and enveloped (hand gesture with arms across her chest). I want to be hugged, wanted.

I'm like a big puff ball ready to explode.

I have a fun life at the gym, I'm everyone's mummy. I go out to be happy.

Case Analysis

ANIMAL THEMES

Passionate

I want to hit him He's my problem!

Protecting

Violent

Wild

I could kill him

MAMMAL THEMES

Mothering others Hugging

A bloody good mum

LAC LEONINUM THEMES

Woman at odds with her husband

Rubric: Resentment to husband (5)

Outgoing, ebullient, big-hearted Her

appearance: her bushy hair was like a mane!

WILD CAT THEMES

Direct - she was "in my face" during our conversation

Prescription

Lac leoninum 200C - one dose

Follow Up at Ten Weeks

P: I'm much, much better. From the day after taking that remedy I haven't been angry at all - until last night!

It's unfairness, that's why I react: there was a bitchy girl on holidays and she really annoyed me -I expect girls to be good mates.

She asks to know what her remedy is and I tell her it is the milk of a lioness.

P: That's amazing - when we lived in Africa they called me the lioness! And my children are my cubs, I'd kill for them!

I want to be thin and serene and instead I'm fat and wild. I want to pick on my husband until he fights me but he refuses to fight".

Analysis

ANIMAL THEMES

Picking on my husband

Fighting

MAMMAL WORD

Bitchy

WILD CAT THEMES

Killing for your children

Aversion to injustice

With a further dose of her remedy she continued very much calmer and harmony was restored to the marriage.

It was interesting for me to see how it is possible to find a deep-acting similitum in a chronic case in just a few minutes. Sometimes shortage of time works in a positive way by focussing one's mind intensely.

LAC LEONINUM CASE 5

Boy aged 8

Chief complaint: Withholding stool

The child developed normally until about 2 years of age. Then, for the first time, he was asked to open his bowels sitting on the toilet, instead of directly into his nappy. His mother says that “he went berserk”. He was extremely upset and completely refused to use the toilet or a potty. Since then he holds his stool as much as he can and will only ever let it go into his pants. In addition he has behavioural problems.

His mother says:

“He has tantrums and he is very strong-willed and very selfish. When he was younger he would have tantrums lasting twenty or thirty minutes. He would just shout words like “cuddle!” or “tissue!” and if he didn’t get what he wanted he would shout the house down. When he was younger he was very clingy and wanted me all the time.

“He says things like “I’m boss, I rule here!” or “I want it now!”

He is quite full of himself. Or he might say “Turn the television on now!”

He is extremely defiant and very stubborn. His mother says that he seems to think that he rules in the house and what he says should go. When he is disciplined he will always

argue and often go into a tantrum. He kicks his mother and punches her frequently. He has no patience and when he wants something he’ll start yelling and screaming.

He still sucks his thumb and he likes to carry his “blanket” which was his comforter when he was a baby.

“When we try to sit him on the potty he looks very frightened - his face goes bright red and his pupils dilate. It is as if he wants to get out of this world and hide somewhere”.

“He has a sister who is three years younger. He is jealous of her and he thinks it’s funny to take her toys away, poke her and tease her.

“He is very argumentative. He wants to make the rules. He says “I’m doing this, you’re doing that!”

The Mother’s Pregnancy

At seven weeks gestation the mother started bleeding and nearly miscarried the pregnancy. The bleeding resolved but throughout the pregnancy she experienced a strange sensation of bearing down in the uterus “like a hand pulling him out”. She had very severe backache throughout and two weeks before delivery began to bleed and

the pulling down sensation increased greatly. The child was born six weeks prematurely.

“Even though I nearly miscarried and had these problems my boss at work was really unsympathetic”.

The mother was scared by the bleeding and was very anxious that

she would lose the baby. But her employers were very unsympathetic and made things very difficult. She felt badly mistreated.

“I really felt put upon by my boss but I didn’t feel able to stand up for myself”.

Case Analysis

ANIMAL THEMES

Badly treated

Put upon

MAMMAL THEMES

Tantrums

Thumb sucking

Comfort blanket

Clinging

Arrested psychological development

Aversion to bodily functions

WILD CAT THEMES

Violent

Malicious to sibling

Extremely dictatorial child

LION THEMES

Mother abused during pregnancy

LAC LEONINUM RUBRICS

mind; UNSYMPATHETIC, unscrupulous; friends and family, even towards closest (7)

mind; DICTATORIAL; command, talking with air of (10)

mind; ATTACK others, desire to (17)

mind; DELUSIONS, imaginations; great person, is (39)

mind; JEALOUSY (133)

mind; ANGER; violent (191)

Prescription

Lac leoninam 200C

Follow Up at Six Weeks

The result was astonishing, both to his parents and to me.

Two weeks after taking the remedy the boy started passing a stool and using the toilet without anxiety. His behaviour became much calmer and less dictatorial.

CHAPTER 19

PANTHERA TIGRIS

Tiger

**Remedy: *Sanguis panthera
tigris***

Blood of the tiger

Proving:

Dr. Y.R. Vasandi (Tiger's urine) 1997

SANGUIS PANTHERA TIGRIS CASE 1

Boy aged 17

Chief complaint: Gastrointestinal disorder

(He comes in accompanied by his mother. He is bearded and looks several years older than his age)

D: Tell me about your complaint please.

P: I'm forever having stomach cramps. We've tried every possible diet and it just doesn't work. It started off with constipation three or four years ago and I think there's been one day since when I haven't had stomach cramps. I get a lot of pain and it's horrible isn't it, really? (He looks to his mother). And of course we've been to the doctors who've carried out lots of tests to discount things.

M: He had an MRI scan which identified inflammation in his lower bowel so then he was given a colonoscopy which discounted this, which of course is good but it means we still don't have an answer. So they've diagnosed it as Irritable Bowel Syndrome and he's been referred to the dieticians. I've tried really hard to think of the diet side of things but we're at a loss - there doesn't seem to be anything that trig

gers an attack. He is constantly hungry - insatiably so. I bought some nice white bread for him and some ham and after eating this bread for a couple of weeks he had such a bad attack that it ruined our holiday when we were away. He had to keep going to the toilet on the plane, it was a nightmare so I thought maybe it's gluten so then we tried him on a strict gluten free diet but it didn't make any difference. It wasn't the answer. He's had blood tests which have discounted gluten intolerance. The only thing which is an issue for him definitely is milk. Any milk initially gives him diarrhoea. If he has anything with milk he can get diarrhoea or constipation.

D: What does milk do to you now? **P:** It depends. If I have too much milk

I get really constipated but sometimes it can give me diarrhoea so milk can do either and it gives me really bad cramps as well. Some-

times I sweat as well and if I'm out in public it's horrible. I don't like telling anyone about it but sometimes I just need to tell people. I just have to eat things and hope they won't upset me.

M: I think sometimes you think you've got constipation because you're stressed over the idea of suffering with a bad attack.

(He looks irritated by his mother's comment).

D: What I suggest we do now is that I speak to you both individually.

I say to his mother: "I'll speak to you on your own later and I'll speak to Tom (not his real name) on his own now".

M: OK (Tom smiles surreptitiously as his mother leaves the room).

D: It's easier to talk one to one isn't it? **P:** Yes.

D: Just describe it to me again please.

P: I get really bad stomach cramps, constipation and diarrhoea. I have a strong will power, I don't like things getting me but it comes to a point sometimes where it's got me and I can't do anything about it.

D: What is the worst thing about this condition for you?

P: Diarrhoea and stomach cramps. **D:** Describe that to me.

P: Sometimes I'm at breaking point, sometimes I'm in so much pain it brings me to tears. Coming home

from that holiday in the plane, my mum turned round to look at me and saw that I was in tears.

D: How does this affect you?

P: It's a big one especially if I'm out and meeting up with some girls and I'm sweating. It's a huge effect because I want to run my own business in the next few years, I have aspirations to do things like that. I don't succumb to stress and I love the idea of business. If this is going to affect me running my business then it's going to hurt my company's prospects and reputation so that's what I'm really nervous about as well.

D: Tell me all about that; that you want to run your own business and your anxieties around it.

P: I've never liked working for someone, ever. I've hated it, the idea of it. My dad runs a business as well and watching him run the business has made me want to run a business.

Sometimes I struggle to look people in the eye, sometimes I can't look people in the eye. It's on a rare occasion but it's weird how that happens. I wouldn't say I had anxiety as such but I sometimes do struggle to look people in the eye but I really love the idea of running a business, it's something to live for: building your own thing.

- D:** What would be the best thing about running your own business?
- P:** Being at the top, being the best and also knowing that every day I work I'm working for myself: I'm building my own business. I'd rather save money and put it into a business than spend it on things so one day I can have quite a lot of things. I just love going home and researching business. I used to be a computer programmer but I've lost interest in that. It's just the idea of running my own business, being at the top and doing what I want, when I want.
- D:** What is it about you that would make you good at that?
- P:** I've got quite good people skills. I know when people are trying to pull the wool over my eyes. I had that all the way through school. Everyone was always trying to lie. I know when someone's lying. And I just save my money. I don't like spending it unless there's something I need. I've been saving for a business since I was 14. Property development is a real excitement for me. I look on the internet researching it, knowing the markets, I love it, it's what I really want to do. It's a passion.
- D:** Tell me about your appetite.
- P:** I have an insatiable appetite. I can eat anything and still be hungry. I can eat a big bag of crisps and eat it all and still be hungry and go and get some more to eat.
- D:** What about your thirst?
- P:** I'm always thirsty. I drink more than most people. A glass of water once or twice an hour.
- D:** Describe yourself to me please. I need to get a good impression of what you're like as a person.
- P:** OK. I like to do things a lot. I don't like sitting indoors. If I can go out I will. Normally I'll go out even if I've got really bad stomach cramps. I'll try to man up and get over it even if I'm in a lot of pain. I don't like going out drinking, I'd rather be at home researching business. I've had loads of people telling me to loosen up and be a teenager but that's not me. I like talking to people, I'm not shy, I love meeting people. I don't mind going to a party once in six months but that's it - I don't want to go out any more than that. I see it as pointless. Getting drunk and having a hangover the next day - I don't like it.
- D:** Tell me more about the whole business thing.
- P:** Even when my sister tells me what to do ... I just don't like people telling me what to do. I love the idea of being my own boss and seeing my company's name somewhere would really make me happy. I'd love to have all the nicest cars and things like that. I'd rather be

homeless than go on benefits. I hate the idea of having to live off that sort of thing. Working for someone else would mean them making a huge profit... well they could be making a profit out of me working nine to five - I'd rather be doing what I want. I couldn't face working for someone.

D: So if someone tells you what to do how do you feel?

P: It depends, if it's a teacher I don't really mind because I know I'm learning whereas if it's someone on purpose being an idiot that would annoy me.

D: What do you mean by an idiot?

P: If someone's purposely trying to start something or you might do everything for them and then when you want something back they'll never do anything for you. That's another thing that gets me. I'm loyal but I've never had anyone be loyal back. If someone says you've got to do this that really makes me angry. I never like to be told and my dad's the same as well. If a teacher tells me to do something that's cool, if it's a friend that's cool but if it's someone I don't particularly like and if they've got the advantage, the higher position (he does a hand gesture showing a higher position) that annoys me.

D: Tell me about that - when they've got the higher position.

P: OK so if I've got a bunch of friends - you know you get the dominant person in the group - normally it's me but there have been occasions when someone joins the group and tries to tell me what to do. That really annoys me. I've had someone tell me I can't go out with the group because they didn't want me to come. That annoys me.

D: So you are normally the dominant one?

P: Yeah.

D: Tell me about that.

P: I had this the other day - someone came along out of the blue and said you're always the dominant one. I guess because I'm always talking, I don't know ... I guess I've got a dominant personality in a group of friends. He said you're the leader, you're the dominant personality.

D: And then someone else comes in? **P:** I'm nice to everyone. I'm not like "Oh I don't like you". It's when people join and they're idiots. They're always stoned and always insulting you. They are nice to some specific people who they brainwash - not brainwash but manipulate other people and turn them against you. I've had that a couple of times where people have manipulated my friends and turned them against me.

D: You're doing very well.

P: Thank you.

D: You're telling me very helpful things - much more than you realise.

P: Yeah.

D: This is how we find out what I need to give you.

P: OK.

D: Just tell me about that again, don't worry if you are repeating yourself. The whole idea of friends and your group of friends and people coming in and who is dominant, manipulation ... all of that.

P: OK. I'm always a nice person so if someone is hungry I'll buy their food. I won't be tight, if someone's hungry or in pain I'll help them out. I go to the end of the earth but I normally never get it back. I've had people I've done the nicest things for, they've come round to my house and my mum's cooked them a barbeque and the next day they're saying stuff about me. I've always had a nicer house and better possessions. I've had jealousy a lot. That's contributed to people saying things. As far as being a dominant personality, you know when you do team building and things. I'm normally the one leading and people say he's taking charge: I enjoy that position. I like getting everyone involved - so people who are shy and standing

at the side: I get them involved. Give them something to do that's fun. I went to summer camp in America two years in a row. I met lots of people there and did team building there. I liked going around meeting people - that was awesome. I wasn't shy at all, I loved it. I've always had jealousy. My parents have realised that too.

D: Tell me about the jealousy.

P: So for example if I get something from my parents - they're really generous. I work for my dad a couple of days and then he'd get me something and I've always been on nice holidays. I've been around the world and people get jealous of that. My dad got me a really nice games console and they hated it, they were really jealous, they couldn't stand it. Normally I shrug it off but when people turn against me from jealousy that really does annoy me. Sometimes friends stab you in the back, it's sad, I've never had a friend that I could trust. They talk behind your back - for example, my best friend in junior school was always joining my other friends and manipulating them to turn against me. My dad says I'm too nice - if someone's in pain or hungry I'll put them before me.

D: Do you have any dreams?

P: To own a Lamborghini.

D: What about night time dreams?

- P:** It's weird. When I was younger I had a dream of being eaten by a tiger. It was a recurrent dream -I would fall into the enclosure at the local zoo and get eaten by a tiger! I've always been fascinated by history - reading about Napoleon and Hitler.
- D:** What do you like about history? **P:** Power - how countries go from being nothing to something. Watching things as they go up (does a hand gesture indicating going upwards).
- D:** What kind of size of company do you want?
- P:** I want multiple businesses - property development, construction, investing in things around the world. That film "The Wolf of Wall Street" - I've seen that five times.
- D:** Do you have any fears or phobias? **P:** Spiders in the past but then one day I made myself go and hold one.
- D:** Are you an organised person?
- P:** My room's not tidy but when I come to doing something then yes, I'm organised.
- D:** Do you have any strong feelings about animals?
- P:** I love them. I can't see one in pain. **D:** Are there any that you admire? **P:** Lions are pretty cool.
- D:** You mentioned will power: say a bit about that.
- P:** I don't like stopping. For example last summer in blistering heat I was desperate for a drink, hallucinating but I didn't stop running.
- D:** What about your relationship with your sister?
- P:** Sometimes we argue a lot. I'll do anything for her but I get nothing back from her. My dad is the only person I could rely on. My relationship with my dad is pretty good. He never tells anyone anything. He'd never stab me in the back.
- D:** What do you think of him?
- P:** He's a nice person. Everyone who works for him says how lucky I am. He'd never pull the wool over someone's eyes, he tells the truth.

Case Analysis

I love this case because it demonstrates all the major themes of a wild cat and of a tiger. He is young and uncompensated and illustrates the state in a very clear and complete way.

ANIMAL THEMES

Competition
 Jealousy
 Passionate
 Being the best
 The dominant personality

People taking advantage of you Feeling badly treated:

Manipulation

Stabbed in the back

No loyalty

MAMMAL THEMES

Problem with nutrition

Milk aggravates

Abdominal cramps Insatiable appetite

Poor relationship with the mother

Sensitive to other's hunger or pain

Nurturing

Caring

Inclusive (bringing people into the group)

Food, cooking, feeding people

He is aware of people being left out - a major mammal theme - because it is part of his own state. It resonates with that feeling in him and he reacts accordingly. He was clearly irritated by his mother in the interview and smiled with satisfaction when I "expelled" her from the room!

PREDATOR THEMES

I want to be at the top

Power

Dominant

Big appetite

WILD CAT THEMES

Independence Self-reliance

Power

Precocity

Strong will-power Being the best Loyalty Betrayal Deceit

Sense of injustice

Feeling insulted

Intolerance of domination

Aversion to living on welfare is a recurring story in wild cat cases: they are fiercely independent and living on welfare represents to them weakness, dependency and a lack of self-esteem. He is extraordinarily mature for his age in terms of confidence, ambition and self-discipline.

He has the common wild cat story of feeling unjustly treated and of friends being turned against him.

One of the most peculiar points in the interview was when he jumped spontaneously from a question about what would make him a good businessman to "I know when people are pulling the wool over my eyes". This is an English expression meaning people are trying to deceive, cheat or trick you. Therefore for him a key talent in business is to be able to spot dishonesty - one of the worst of crimes to a wild cat person. "Looking people in the eye" is also to do with honesty - you cannot look people in the eye when there is dishonesty and trickery going on.

He is tough - he will not allow himself to cry and carries on in spite of being in constant pain.

SANGUIS PANTHERA TIGRIS

THEMES

Being the best
Betrayal by friends
Manipulation
Stabbed in the back
Good relationship with the father: trusting him and seeing him as a role model.

SANGUIS PANTHERA TIGRIS RUBRICS

Dreams: abandoned: by friends
Dreams: betrayed: by friends
Dreams: persecuted: by friends
Dreams: ignored: by her best friend
Appetite: insatiable
Abdomen: pain: with weeping

Prescription

Sanguis panthera tigris 1M

SANGUIS PANTHERA TIGRIS SIGNATURE

Childhood dreams of being eaten by a tiger.

It is notable how in a case of an animal which is a ferocious killer we nonetheless see themes of sensitivity, kindness, nurturing and inclusiveness. The animal is a mammal and as a warm-blooded creature which rears its young with great care these protective instincts must be present.

(Remedy given in liquid form to avoid any reaction to the lactose in some homeopathic tablets)

Follow Up at One Month

D: How are you?

P: Yeah, good thanks. How are you?

D: Very well thank you. How have you been in the last month?

P: I've been better. My stomach is feeling better after the remedy. I'd say it's getting better definitely.

D: What have you noticed?

P: I don't have diarrhoea all the time now. I'm not getting as

many bad cramps. I still get some here and there.

D: Anything else to mention?

P: It makes me happier knowing it's working. It feels like there's light at the end of the tunnel.

D: I told you it was going to work didn't I?

P: Yeah.

D: Did you notice any reaction in the first day or two?

P: Yeah I got really bad in the first two or three days then it gradually started getting better.

D: Sorry about that but sometimes it has to be that way in the beginning. If you were scoring on a scale of nought to ten where nought is how it was before and ten would be completely better, where would you score it?

P: Seven or eight, no I'll give it a nine.

D: We talked quite a lot about friendships last time, anything to say about that?

P: Yeah it's going ok, I just keep falling out with my mum. That's still going on.

D: What's happening there?

P: I just don't get on with her. It's just one of those things. We're two different personalities. She wants to do it this way, I'll want to do it that way.

Dad: (He is with his father today). They do clash. Tom has an older

brother who is definitely my wife's favourite son. I see it and his sister sees it and Tom sees it.

D: Well that is tough.

Dad: I have no favourites. I treat them all the same and that is how I think it should be.

D: He said lots of good things about you last time.

Dad: Oh! Did he? Well I try to balance out everything for him but I am just his dad. There is only so much you can do. He's got to sort things out for himself hasn't he? He's got to go through life the best he can because when I was young that's all I can remember doing. I had no help from my mum and dad, none at all. My only way through was to do it all myself. They never gave me any information or anything on what life was really like but hopefully I think I've steered him the best way I can. But life is tough isn't it?

Analysis

In a few sentences Tom's father has **TIGER THEME** clearly shown a wild cat state himself! I have tried to steer him

(Teaching and guidance are a main theme in *Sanguis panthera tigris*)

WILD CAT THEMES

You have to do it yourself

No help from anyone

Life is tough

Follow Up at Ten Weeks

D: How are you?

P: Good thanks. How are you?

D: Very well thank you.

P: I'm a bit stiff at the moment because I went away with my brother to his army camp and I did some training yesterday.

D: I thought you were walking a bit strangely.

P: Yeah I was in a lot of pain but I woke up this morning thinking "It doesn't feel right that I'm walking stiffly". It's a bit painful.

D: Was it fun?

P: Yeah it was good fun. Tried to beat my brother but it wasn't happening!

D: So how have you been since you were here last?

P: It's been going really well thank you. I've noticed a huge differ

ence, right now the fear of any journey is starting to go. It was a long journey to the army base and I wasn't nervous at all. My toilet is much better now. It's basically normal so that's a huge positive for me.

D: Anything else to mention?

P: I'd just say in general my stomach is so much better now and I'm enjoying life much more now knowing I'm not in so much pain all the time. It's given me a huge confidence.

Observation: it is notable that Tom always asks me how I am - this is unusual in a teenager and is a reflection of his maturity and confidence.

SANGUIS PANTHERA TIGRIS CASE 2

Man aged 40

Chief complaint: intermittent fatigue

He has frequent episodes of extreme fatigue during which time he feels lethargic and sleeps during the day. He feels heavy and his eyelids droop.

P: There is a mild aching all over, a mild kind of tingling sensation as well. I yawn a great deal. I feel utterly drained, exhausted.

All my interest goes. All my enthusiasm for life goes. On one occasion I was completely wiped out by the effort of carrying a suitcase. Another time, carrying some tiles in from the car - it took me two days to recover.

D: What is the worst thing about it?

P: How it gets me down - I lose interest and I stop caring and I imagine I might be like that forever.

D: How does that make you feel?

P: Despair, helplessness. When I was about twelve years old I was really tired out by glandular fever. Ever since then I've had these episodes of fatigue.

He is very chilly:

P: I virtually always feel cold, particularly my calves, feet and the tip of my nose. My feet are icy cold. I wear layers and layers of warm clothing.

Later in the consultation I ask him to describe his temperament and personality.

P: I'm very intelligent, analytical and I'm very good with people. I'm a great talker and presenter. I'm out to help people. I'm always kind and friendly towards younger or less experienced people, always guiding. I used to be the roaring life and soul of the party. I'm witty and good at ban

ter. Few places in life where I've had fun have not been associated with getting plaudits and love, for example, performing in the pub to get attention, etc.

I'm very bright and very switched on. I'm working with the chairmen of multinational companies and the government. My relating to people is very good - I'm perceptive and incisive. I verbalise what I pick up on. I go straight in then handle people's upset and emotion. I help people see possibilities. I'm the bringer of hope that things could be better.

My family and friends would say I'm very loving and caring. I want to feel *really* good about how I am as a father. Most of the time I feel genuinely lucky about who I am, my wife and family, my home; most of the time I credit myself for it - I'm very successful, I like life a lot. But I have this tremendously deep fear about my family's financial security, which is at total odds with reality.

Later we talk about his childhood.

P: My father was my hero. But my memories of home were that it was not joyful, it felt suppressed - no encouragement, which made me feel "I must get

through life myself - I can't rely on anyone else".

I remember when I was seven my father said "You're on your own!" So I developed what I called my 'winning formula' which was: "Be right, be independent, do it your way". That meant dominating others. My feeling was: "I am going to succeed here so don't get in my way or else I will find ways to get you!" I understand now of course that this was to cover my inner state of feeling weak, afraid and unloved. I have loads of memories of feeling not appreciated. I had this real drive to never be short of money, I had this fear of not having enough".

D: What fears do you have?

P: Will I be liked, will I earn enough?

D: Please say more about your childhood.

P: There are two flavours. One is of a running little boy, who was a fun, lively and energetic free spirit. And one is of the house which was not a warm, affectionate, loving place. I have no memories of my parents touching me, other than when I was being hit. I remember working hard, behaving, desperately wanting my parents' approval. There was no real connection, no real affection. I shared the same

double bed with my brother for eighteen years, but there was virtually never any conversation. My relationships with my mother, brother and sister were not really there.

D: What was the feeling you had in the home?

P: I was good in order to avoid my father's anger, and if I was shouted at or hit by him it reinforced the feeling I have of "You're not loved here". I have worked very hard to shape the world around me, to make me feel safe. I feel under threat. I don't like to be attacked. To be made wrong. I hate it so much.

D: Did you have any dreams as a child?

P: A recurrent one of being chased by a dragon.

D: What were your feelings towards your father in childhood?

P: Admiration and fear.

D: Say more about the admiration.

P: He was a very capable man, bright, a good sense of humour, liked by his friends, he worked very hard for his family.

D: Do you have any strong feelings about animals?

P: I cried after swimming with dolphins last year. I got this feeling, I really, really, really want to feel loved. I went on safari and I was speechless when I saw

a lion kill - I had to miss dinner and go to bed.

D: Please say more about your work. **P:** I develop people as leaders. I am one of the top guys in the country. I'm being sent around the world and working with the heads of global corporations and the heads of department in government. It involves developing people - to be bolder, to speak their truth, listen to others and really connect with them. I build a safe place around me in which people communicate with me and I get the best out of them. I think about it a hell of a lot - inventing new ideas, creating new things, being ahead of anyone else in the field. But I have this limiting belief which is "I am weak and afraid" and below that a feeling "I am not loved" and below that a feeling "I am not worthy of being loved". I am doing big global jobs but I'm too tired to enjoy it. And although there is no reason to feel unsafe I am not confident in myself.

D: Describe this unsafe feeling.

P: It's a feeling I may be hit or physically hurt. And it's feeling not valued, not loved.

D: What do you think has made you so successful in your career?

P: When I feel good at work I go into this "zoom lens state". Then I'm

very interactive, very straight, very challenging. But when I get tired I'm useless. When I'm working I have to be highly attentive, highly interested.

D: Describe this highly attentive state.

P: Very strong eye contact, looking for every nuance.

D: How does this feel?

P: Strong, powerful - it's a human power I have in that moment. I've always had it. When I was younger I used to cut people verbally - I had a quick mind and a quick tongue - I cut people, put them down. I was lethal at it.

It's a very strong listening mode, very attentive, listening for the "music behind the words". At times I speak very strongly.

D: Say more about this human power.

P: It's hierarchy, people with other people, we're in pecking order territory here. I'm working with people who work in big organisations and hierarchy can be abusive or nurturing. A lot of people haven't worked out how to be subordinate but at the same time bring their power.

D: How do you feel in yourself when you are working?

P: Most of the time I feel strong and confident, an authority. Then when I have finished a session

I feel peaceful, I move slowly: I'm very calm, as if everything around me has slowed down a little. Everything is fine - I'll just move slowly away, no need to say or do anything, move quietly on. I'm in the zone, relaxed, calm, peaceful, slow-thinking.

D: Talk about moving slowly.

P: Gliding smoothly along, no need to rush, everything's fine - it's like my power animal - the panther - that's me - the panther, the guide - that cat is genuinely still and watching and moves slowly and then can spot something and pounce. That's my role - be there to support, guide, nurture then sometimes to feed back.

D: Apart from the fatigue do you have any other physical complaints?

P: My guts are not very good at the moment. I'm getting acidity and regurgitating food. And lots of wind, bloating and distension. After my father died a few years ago I had stomach problems like this - I couldn't keep food down and I was regurgitating food. But it's the worst ever at the moment.

D: How did you feel when your father died?

P: Very upset. Shame about how I had been as a son and I felt very

alone in the world. I had seen my father as my strong protector and suddenly I was alone. At that time I wasn't seeing much of him because I was working very hard - determined to succeed.

I revered my father. It felt good to have a capable strong dad, admired by others, practical, a source of wisdom and amazingly strong. But I feel I haven't forgiven my parents - for not feeling loved, cuddled, made to feel special. I want my kids to feel loved, special, safe - that's part of my reason for being here.

D: Can you say any more about how it felt when your father died?

P: I was in my first job and it was compete, win or you're out! I used my tongue and wit to put others down, make them feel small, disable their power around me. I was feeling alone in the world and felt I had to protect myself. I had a nasty edge and used my power to cut people down. I used one-liners to defend myself.

Now I use my sharpness of mind in a positive and supportive way - with real care and gentleness bringing insight and feedback. I'm very attentive, very aware, with strong eye contact. It's always done with safety first then challenging.

Case Analysis

ANIMAL THEMES

I feel under threat
I don't like to be attacked
Unsafe
Protect myself
Ahead of anyone else in the field
Strong eye contact
A human power
Dominating others
Put people down
Make them feel small
I will get you
Hierarchy
Pecking order

MAMMAL THEMES

Loved
Supported
Kind and friendly
Nurtured
Care and gentleness
Extreme chilliness
Not a warm house
Not touched
Not cuddled
No connection with the family
"You're not loved here"
Fear of not having enough

WILD CAT THEMES

A running little boy - fun, lively, energetic
Roaring
High self-esteem
Independent

You're on your own
I must get through life by myself
Determined to succeed
Kind and friendly to younger people
Made to feel special
Deep anxiety about his family
A lion kill
Big jobs
Be bolder
Speak your truth
Strong
Protector
Powerful
Gliding smoothly
Slow ... then pounce

SANGUIS PANTHERATIGRISTHEMES

Guiding
My father was my hero
Admiration and fear for his father
Desire for appreciation and approval
Developing people as leaders
One of the top guys in the country
A nasty edge

PREDATOR WORDS

I was lethal
Cut people

STATE OF HEIGHTENED "ANIMAL" CONSCIOUSNESS

Highly attentive
"Zoom lens" In the zone

Prescription

Sanguis panthera tigris 1M - one dose

Follow Up at Four Weeks

P: Overall I'm very good. My lower guts are 90 % better and the regurgitation is 80 % better. I've

not had a deep tiredness and the great news is my spirits have not dipped.

Prescription

Nil

Follow Up at Three Months

P: Family life is wonderful. Work couldn't be much better. I haven't been tired and I'm not "closing down", I'm not wanting to be alone. Over the following ten years he continued to respond to occasional doses of his remedy when needed but was nearly all the time feeling entirely well. He was extremely grateful and appreciative for the role homeopathy played in maintaining his well-being. This case demonstrates the most characteristic features of the *Sanguis panthera tigris* state: Reverence for the father Guiding and teaching Extremely nurturing and protective Extremely independent and self-sufficient

Extreme fear of failure

Ruthlessly competitive, even cruel - in his younger, uncompensated state

We must be wary when patients talk about their "power animal", "animal guide", the animal they identify with, etc. Usually these are conscious constructs which do not actually resonate with the deep subconscious state of their remedy. We must base our prescriptions on the concrete data of the patient's actual symptoms, both physical and psychological, to avoid being misled. Only when the qualities they identify in the animal they are speaking about actually correspond with their own state can we consider the possibility of prescribing that animal as a remedy.

It is interesting to see how effectively he harnessed the positive aspects of his remedy state and used them in his work guiding very senior people. He became the most successful individual in his field. I have observed how successful people often work in fields which allow them to engage the positive qualities asso

ciated with their remedy state. If patients have had a degree of freedom to choose their occupation then their choice of work and how they perform it can be valuable clues in case taking. The choice of hobbies and free time activities - and how they experience these - are also valuable insights into a person's inner life.

SANGUIS PANTHERA TIGRIS CASE 3

Woman aged 46

Complaints: Dyspepsia, musculoskeletal pain, tinnitus, headaches

She describes herself during the consultation:

P: I have a very strong personality. I have very definite views on things like honesty and justice. I'm straightforward. I'm brutally frank, which is probably why I'm not liked sometimes. I would fight for anybody if they'd suffered injustice. I can't forgive when people have done something really bad. I'm very loyal.

I was a school prefect - I was elected by my peers. I won many prizes at school and at university. My father was my main influence - he was frank, principled and honest. I was very angry when my uncle was unkind about my father at his funeral. I hate disloyalty - I'm very hurt when not supported by those around me.

My parents were friends, they were special people. I could talk to them about boyfriends and

sex. They were very strong on principles. I was taught right and wrong.

I'm very bright and maybe through me my parents recognised their own ambition.

Sometimes people say "You're like a man - you're bold". I'm very strong, but I'm also very sensitive - I'm sensitive to being let down. That makes me sad and angry.

D: What do you see as the most important things in life?

P: Respect, hard work and honour. I stand for very high principles and I *will* fight anybody on principles.

I'm angry about my daughter - she's let me down. The hardest thing is she's so selfish and self-centred - the way she talks to us is so disrespectful. I've only lost my equilibrium three times in my life and one of those times is now: it's happening because of her behaviour and also my husband and she seem to gang up together. If they pass comments, even as a joke, I take it seriously. I feel very let down - I always thought my daughter would be my champion. I always thought that I would be put first, but now it's like I'm second best. I give two hundred percent and then she treats me as second best. I'm so

hurt that she is taking his side. It was a real shock when my daughter came in and said "Hey, you've hurt my Dad" when I've been hurt by him on so many occasions.

I'm very forthright. I don't suffer fools at all. I fight for justice and truth. I hate disloyalty and I invariably get hurt - by my brothers, my friends - and always I'm coming second best. In the good old days I'd go to war about injustice. I'd stick my neck out - no problem.

I'm generous. If we have something we should share it, is my feeling.

Religion is very important to me. I'm spiritual. I have a guru and I meditate. The pain in my hip is stopping me doing my forty-five minutes in the morning. The headaches are really bad - they are in the vertex and it's as if it's going to explode.

I've had the tinnitus in my right ear for twenty years. It's a vascular tinnitus. My husband and daughter can hear it by putting their ear against mine. It's been worse in the last few months - it's there all the time.

The headaches have been very bad in the last month. I am sure everything is worse because I am so hurt by my daughter".

Case Analysis

ANIMAL THEMES AND EXPRESSIONS

Hierarchy	Justice
Competition	Strong
Fighting	Straightforward
Going to war	Forthright
Ganging up	Brutally frank
Hurt by another (The essence of an animal case is that “someone or something is harming me”)	Winner
	Bold
	Self-confident: “I’m very bright”
	Very principled
	Generosity
	Elected by peers

MAMMAL THEME

Sharing

WILD CAT THEMES

Loyalty

Honour

Respect

Let down by friends and family

SANGUIS PANTHERA TIGRIS THEMES

Champion

Second best

Revered father figure

Comment

We see all the main themes of wild cats and the specific feelings in *Sanguis panthera tigris* of being put second when they feel they should be first and of a very strong, reverential feeling for the father.

It is of note that her impression of childhood is a very positive one: this is not uncommon in wild cat cases and reflects the theme of very caring, nurturing and protective parenting.

Prescription

Sanguis panthera tigris 200C

Follow Up at Four Weeks

"I'm so much better. The sciatic pain in my leg is much better and the headaches have gone.

"I would say the tinnitus is eighty percent better - this is the best it has been for years".

Question: How are you feeling in yourself?

"Much better - I am not angry any more. Things are going better with my daughter".

Further Follow Ups

She needed one repeat after four months.

All her complaints improved greatly, including her tinnitus which was especially remarkable as it was

so longstanding and tinnitus is a difficult condition to treat by any means.

The remedy continued to work effectively for many years. She would need a repeat approximately every two years.

SANGUIS PANTHERA TIGRIS CASE 4

Man aged 32

Chief complaint: Gastroesophageal reflux disease

P: Going back to childhood I distinctly remember times when eating I had a blockage sensation in my oesophagus. While not exactly painful my swallowing just stalls and no food will go down and I basically have to just stop eating. Sometimes I have to sit upright or stand. After a minute or two or three the

muscles relax and let the food in the oesophagus go down into the stomach and at that point I can start eating slowly again.

I also get very severe heartburn. At times I wake in the night retching with heartburn. I try to be sick but ninety percent of the time there is nothing there. The taste would last a long time.

During the day I often become aware of the heartburn.

(He is a big man with a deep voice. His speech is jerky with some stammering).

D: Anything else to say about it?

P: Often in the morning I can wake up and find that I can't open my jaw. I try to move my jaw and bite in a certain way and sometimes it will click back into place. It's nearly always the left-hand side.

D: What does it feel like?

P: I simply physically cannot move my jaw at all no matter how hard I try.

Later in the consultation:

D: I need to get a good impression of what you are like as a person. Describe yourself to me please. (He has an intense look in his eyes - somewhat fierce).

P: I am fairly positive. I've trained myself to maintain that.

I get nervous but I do my best to hide that. Some people don't believe me but I do get very nervous. I like to care for people and help people.

I'm intense: when I work I work hard, when I play I play hard and when I relax I relax hard. I'm quite a driven person. If I've got a target or an objective which is very important to me I will just get on and work my socks off to achieve it.

I hate losing and I use pretty much anything at my disposal to win.

I like to be appreciated.

In any type of stress or a potentially difficult situation I'll be very quiet and weigh up the options. Often if I'm cross for any particular reason about something I'll just go quiet and not freely vent my feelings. I don't lose control of the situation. I'd rather be quiet and not rush into making a wrong decision. That can be when I am in a leadership role.

D: Say more about being intense.

P: I can often get very absorbed to an extent that you almost lose a sense of being in a room with other persons. If I'm on a specific task at work I can concentrate so wholly on the task that a person on the other side of the desk is just not there.

(As he says this he is doing a hand gesture creating a tunnel-like shape through which he is looking).

D: Say more about that sense of losing an awareness of other people in the room.

P: If there's a project I need to work on I will concentrate solely on that.

(He repeats the hand gesture).

My mind will be on nothing else other than getting the task done.

There is no conscious sense of anything else. Your awareness is just centred in on that one task, on my narrow fixed world. (The gesture now has his hands up by the side of his head as in tunnel vision).

D: Describe all centred in on your narrow fixed world.

P: You're on your own. There is nobody else around. At that moment nothing else has any importance other than that task. You're not conscious of anything else apart from what is immediately in front of you. (He repeats the tunnel vision gesture).

D: Say more about hating to lose.

P: (He smiles). In my younger days I played a lot of sport, I've always set myself to be the best at whatever I do. A fear of failure really or hatred of failure.

D: You said you use everything at your disposal to win. Tell me about that.

P: I go to extreme lengths to win. In a work context if there's a particular project that needs to be done, I'll do it even if it means working crazy hours and doing a lot of very hard work. In sport I would find extreme ways of distracting my opponents. It was no holds barred.

D: Say about distracting your opponents.

P: Demoralising them by giving them abuse, rejoice in their failure, give them enough verbal to take their mind off what they are trying to do. I would put myself at risk in order to achieve my goal.

D: What kind of risk?

P: It will be a calculated risk. Not a fool-hardy rush into it with no prior thought. It will be a calculated risk.

D: Can you tell me a little about your childhood please.

P: My school reports always said "When he works the whole class works and when he doesn't work the whole class doesn't work". It can take me a while to grasp a concept but once I've grasped it I'm unbeatable. I've experienced that pretty much in every area throughout my life. I wouldn't say I'm bright exactly but I'm not terrifically stupid. Once I've grasped a subject and understand how it works I can do it as quickly and as well as anybody, but I need to put maximum effort into it. Once I've mastered it I can do it as good as the best.

D: Do you have any recurrent dreams?

P: I do dream. I don't really remember them.

D: What about when you were younger. Any recurrent theme in your dreams?

Nothing really springs to mind but I...
yes ... it comes back to me now ...the
sensation of running away yet your
legs are totally unable to move. Out of
all my childhood dreams that type of
dream would be prevalent. There'd be
a horror of being consumed by

whatever was chasing me, be it an animal
or some person or whatever.

D: In your imagination what were you
being chased by?

P: Often it would be a wild animal.

D: Any particular kind?

P: Lions and tigers.

Analysis

ANIMAL THEMES

Competition

No holds barred

Giving them abuse

Demoralising my opponent

Consumed by what is chasing me

WILD CAT THEMES

Leader: "When he works the whole
class works"

(A true leader inspires automatic re-
spect from others and they spontane-
ously follow his or her lead)

"You're on your own"

Driving oneself hard

Unbeatable

Going to extreme lengths to win

Using anything at my disposal

Hatred of failure

Dreams of lions and tigers

PREDATOR THEMES

Tunnel vision

Not conscious of anything except what is
in front of you

Distracting my opponent (an important
predatory strategy in the animal kingdom)

Fierce look in eye

SANGUIS PANTHERA TIGRIS THEME

Cunning: using distraction to overcome
opponents. Cunning is more characteristic
of tiger than lion.

SANGUIS PANTHERA TIGRIS RUBRICS

Face: pain: general: jaw: articulation

Speech: stammering

Prescription

Sanguis panthera tigris 200C - one dose

Follow Up at Five Weeks

D: How are you?

P: I feel more relaxed (he does seem more relaxed, less intense and moving more freely - previously he held himself very stiffly). I don't feel the tension I was having before. The heartburn and stomach symptoms I haven't

had very much at all. I stopped taking the proton pump inhibitor about a week after I saw you. I'm not stammering as much as I was.

D: What about your jaw?

P: I haven't had to consciously stop clenching my jaw.

Follow Up at Three Months

P: I'm feeling pretty good.

D: Good. How's the tummy been?

P: Largely OK. Mostly I don't really notice it much at all.

Follow up continued for several years. He had occasional repeats

of his remedy in a 200C potency and then 1M. His gastric symptoms were much reduced and he felt generally happy and well.

SANGUIS PANTHERA TIGRIS CASE 5

Boy aged 10

Chief complaints: Asthma, allergies and hayfever

He is tall and looks several years older than 10.

The asthma was diagnosed at 18 months. He has multiple allergies especially to dogs, cats and horses. His asthma attacks are usually triggered by dogs.

Later in the consultation I ask him to describe himself to me:

P: Shall I start with school? (He talks confidently and seems at ease in himself). Three weeks ago I was voted by my class to be

on the school council and then I was voted to be chairman.

Sometimes I'm well behaved and sometimes I'm a bit silly. I try to get away with things - if I feel I can get away with it I'll probably do it!

I'm quite outgoing and I'm quite confident at talking in front of groups of people. I'm sometimes a bit of a show off.

I'm very competitive - "I'm in it to win it". I always feel the need to win.

I'm very into sport. I was voted House Captain for rugby. When I'm playing tennis I'm more attacking than defending.

D: What's your favourite sport?

P: Rugby.

D: Tell me a bit about that.

P: It's a good team sport and it's quite aggressive. If somebody annoys you, you can tackle them hard.

D: What makes you good at it?

P: I'm quite big, I'm quite strong and I'm quite quick. I'm confident.

D: Tell me about that.

P: I'm confident at standing up in front of people and talking and talking to adults. I'm not embarrassed easily.

D: Tell me about your friends at school.

P: I'm not one of the quiet ones. A few people look up to me, I'm quite a leader.

D: What would you like to do when you are older?

P: Play for England at rugby and then maybe be a physio - stitching up wounds. Maybe a fitness coach.

D: Do you have any dreams?

P: There's a recurrent dream: I'm at the zoo at night by the water and a hippo eats my sister! Then there's another dream where my sister walks into the road and is hit by a car. Then another dream my sister and I are with my dad and he's gone into the shop and I'm looking after my sister and I turn around and she's not there.

D: Do you have any strong feelings about animals?

P: I like tigers and I hate snakes. **D:** What do you like about tigers? **P:** They're tall and strong - like me! **D:** Say more about tigers.

P: I love their skin, they're tall, they're huge and I'm tall and strong.

D: What do you think about lions? **P:** They just don't do it for me.

Case Analysis

ANIMAL THEMES

"I'm in it to win it"

MAMMAL THEMES

Stitching up wounds (caring)

WILD CAT THEMES

Precocious: he is physically big and emotionally mature for his age
Confident

Outgoing

A natural leader

A show off

Big, strong, quick

Playing for England

PREDATOR THEMES

More attacking than defending

Aggressive

You tackle them hard

SANGUIS PANTHERA

TIGRIS THEMES

"Lions just don't do it for me"

SANGUIS PANTHERA

TIGRIS RUBRICS

Dreams: cares: young child, caring for

Dreams: danger: girl in, helping of

Identifying with the source: "Tigers are tall and strong - like me!"

Prescription

Sanguis panthera tigris 200C - one dose

Follow Up at Five Weeks

M: The allergy with dogs is much better.

He was quite short tempered for the first couple of

weeks - uncharacteristically aggressive. That has settled down now.

Follow Up at Three Months

P: There is a definite improvement with the allergies. I've been put-

ting my face right into our dog's fur and not getting a reaction!



CHAPTER 20

PANTHERA ONCA

Jaguar

CASE

Man aged 35

Chief complaints: Irritable Bowel Syndrome, tinnitus

The patient's description of himself:

P: I'm loud. I'm very talkative and happy and easy-going. I say what I need to say. I get tired of my own voice - I always seem to have an opinion and it's often the opposite to what other people think! I'm very passionate about life. My family and friends are very important to me.

I've a very clear view of what I see as right and wrong and I hate what I perceive to be injustice.

If I see injustice I have to attack. I don't like prejudice or bullying or abuse of power. I don't think you should patronise people - it's belittling. But when I'm angry I can belittle other people. I hate bullies but I can become a verbal bully myself.

When most people first meet me they think I'm loud and arrogant and they might tell me later that they even hated me and found me annoying. They think I'm opinionated. And I do have opinions and I do express them. I can be argumentative and I'm probably confrontational.

I'm very affectionate. I love kissing my children and hugging them. I'm very physical. I kiss my father and I hug my friends. I'm very loyal.

I can have roaring arguments with very good friends. But I never bear grudges. My wife says my temper is explosive and that I have a very scary face when I lose my temper. However, I do not bear grudges.

I love people with big characters. I collect them and enjoy their company.

I'm a lazy lion - I like to sit and think. My hay fever is not as bad as it was in the past - it used to be savage.

His wife says:

W: He's a very caring person and laughs a lot, sometimes very loudly. He almost has a larger than life personality. He's very full-on about everything he does, very intense. He can be intimidating if he's talking passionately about something. He can be cheeky and ill-disciplined and gets away with living too much on

his wits. He's a very affectionate and tactile person. He's very unselfish and gives people as much of himself as he can.

He has an extremely bad temper when roused and his whole appearance changes from a usually happy smiling person to a very dark and heavy one. He can look and act quite ferocious.

He's a big person physically and that can be intimidating.

He continues:

P: Sometimes I get into this strange state.

It's very intense and I'm very aware of my body. It's a physical awareness - my blood, the heartbeat. I'm very aware of the muscles in my arms and legs and I feel very strong. I feel very alive and very alert. My breathing becomes deeper and I'm very aware of it and the action of all my muscles. It feels almost like I'm an animal. I can almost visualise the movement of my muscles. All my senses become heightened. I'm very aware of the world. I see more than normal and I pick up more information. I'm more awake and I feel excited. My sense of hearing and smell are more sensitive too. I see more. For example, I see a bird flying overhead and at the same time a man walking down the road and my eyes move more quickly.

I'm aware of people watching me and when I'm in this state I listen more than talking. I feel very coiled, explosive. I pause and watch and am aware of what's going on and what's above eye level, in trees, in buildings. When I was a boy I used to play football very well if I was in that state. I feel very alive and very aware of colours, and aware of everything around me and all the sounds. I'm very aware that I'm alive when I'm in that state.

D: Do you have any dreams?

P: When I was a child I had a recurrent dream of escaping. I had to escape with my family through the skylight and across roofs.

I had dreams of flying and floating and of jumping off buildings. And then in real life I used to want to jump from high places a lot. I hurt myself sometimes. I used to jump from tree to tree and I wasn't frightened at all.

As a child I had a recurrent dream that I was very fast and everything around me was very slow.

I have a dream which I call my "shadow dream". Something's following me - a leopard or a cat - it's always behind me and to the left, just out of my vision. I can feel it coming. When I was a child it scared me, but now I find it reassuring. It's a big black cat.

Case Analysis

ANIMAL THEMES

Belittled
Patronised
Passionate
Confrontational

MAMMAL THEMES

Kissing, hugging, affectionate, tactile
Jumping

PREDATOR THEMES

I have to attack
Animal consciousness state

WILD CAT THEMES

Roaring, ferocious, intimidating, savage
Aversion to injustice
Bullying
Loud, big, arrogant, opinionated
I say what I need to say
Loyal
Unselfish, gives as much as he can
Very scary
Coiled, explosive
Slow and fast
He lives on his wits
Dreams of escaping and helping others to escape.

Prescription

Panthera onca 200C - one dose

He responded to this remedy after *Lac leoninum* had no effect.

The features which suggested jaguar in this case were the extreme ferocity and the dreams of jumping: the name jaguar is derived from the Native American word *yaguar*, which means "he who kills with one leap".

They sometimes climb trees to prepare an ambush, killing their prey with one powerful bite. Females have litters of one to four cubs, which are blind and helpless at birth. The mother stays with them and defends them fiercely from any animal that may approach - even their own father.



CHAPTER 21

FELIS CATUS

The Domestic Cat

Remedy: *Lac felinum*
Milk of the Cat

Provings:

Swan 1880

Dr. D. Chhabra 1994

Clinical observations:

Anne Wirtz

Alize Timmerman

Karl-Josef Muller

Felis catus is the only domesticated species in the family Felidae and is often referred to as the domestic cat to distinguish it from the wild members of the family. *Felis catus* can either be

a house cat, a farm cat or a feral cat; the latter ranges freely and avoids human contact. Cat communication includes vocalisations like meowing, purring, trilling, hissing, growling and grunting as well as cat-specific body language. It is a solitary hunter but a social species. It can hear sounds too faint or too high in frequency for human ears, such as those made by mice and other small mammals. It is a predator that is most active at dawn and dusk.

Scientists assume that wild cats were attracted to early human settlements by rodents, in particular the house mouse, and were tamed by Neolithic farmers. This occurred about nine and a half thousand years ago. The relationship between early farmers and tamed cats lasted thousands of years. As agricultural practices spread, so did tame and domesticated cats.

MAIN THEMES OF LAC FELINUM

Feeling Abused and Neglected

mind; DELUSIONS, imaginations; injury; injured, of being (25)

mind; DELUSIONS, imaginations; abused, being (26)

mind; FEAR; murdered, of being (38)

mind; DELUSIONS, imaginations; neglected; he is, she is (42)

mind; ABUSE agg., ailments from (83)

Feeling Stupid

mind; FEAR; ridiculed, of being (4)

mind; ANGER; mistakes, about his (21)

mind; DELUSIONS, imaginations; right, does nothing (33)

mind; HUMILIATION; ailments from, agg. (42)

mind; FEAR; failure, of (96)

Aversion to Oneself

mind; DELUSIONS, imaginations; wretched, she looks, when looking in a mirror (8)

mind; DELUSIONS, imaginations; worthless, he is (23)

mind; DELUSIONS, imaginations; ugly, is (33)

mind; AVERSION; oneself, to (37)

mind; CONTEMPTUOUS; oneself, of (52)

Desire for Independence; Aversion to Authority

mind; REFUSES; orders (11)

mind; FIGHT; wants to; rebellious (15)

mind; PRECOCITY (67)

mind; INDEPENDENCE (84)

There can be a combative response to the bad treatment, with rebelliousness and a determination to live independently.

Desire for Freedom and Fresh Air

mind; DELUSIONS, imaginations; escape; cannot (3)

mind; FREEDOM; desire for (45)

mind; COUNTRY, desire for, to go into the (49)

mind; FEAR; suffocation, of (94)

generalities; AIR; open; desires (227)

An aspect of the positive reaction to their traumas is the desire to be outdoors in fresh air. There can be a fear of suffocation.

Feeling Incompetent

mind; INDEPENDENCE; want of (54)

mind; DEPENDENT (55)

mind; CONFIDENCE; want of self (298)

mind; HELPLESSNESS (128)

There can also be a failed state in which the individual feels incapable to manage on their own

Isolation

mind; ISLAND, desire to live on an (1)

mind; WOMEN; aversion to (12)

mind; MEN; aversion to (18)

mind; DEATH; ailments from, agg.; loved ones, of (58)

mind; DELUSIONS, imaginations; separated; world, from, one is (81)

mind; FORSAKEN feeling; isolation, sensation of (126)

The desire to isolate oneself can stem from the feelings of abuse, humiliation or from loss of a loved one, in particular the death of a much-loved cat. There can develop an aversion to any kind of relationship.

LAC FELINUM CASE 1

Woman aged 24

Chief complaint: Migraine

P: My migraines start a couple of days into my period and last for several days. My sense of smell is always very acute just before the headaches start. I get a feeling like a thin pole of pain pressing in to my left eye or around it. My teeth become sensitive and I belch a lot in the beginning. I get constipated during the migraines. I often get tired at about 3 in the afternoon and I sometimes catnap for fifteen or thirty minutes. The migraines usually last two days but the worst ones can last four or five days.

I get bad premenstrual syndrome. There is a steady rise and fall in my mood through the menstrual cycle. It starts to get worse two weeks before my period. My outlook is different - things become difficult to do and on one day I'll be very irrational, illogical and out of control, sometimes hysterically in tears.

I get pain in my little fingers - it's a numb, cold feeling and they're painful. Later in the consultation I ask her to describe her personality and temperament.

P: I like going out socially and meeting new people. I like talking and listening. I am a nurse and I love especially working with children. I'm a worrier. I play over embarrassing things.

D: What hobbies do you have?

P: Karate. It's a good channel for my aggressive side. My instructor says I'm very competitive. It's nice to have a feeling of physical power and for a day after I do karate I feel two metres tall and can take on anything! I have had personal conflict with a woman at work and the day after karate I feel I can cope with her much better - because I'm small and normally I feel like shrinking into the background. After the karate I'm more aware of myself, my movements, my body. Normally I feel too small - not a real presence when I walk into a room.

D: Please talk about your work.

P: I like studying and learning about my work. I want to work in a therapeutic context - in therapeutic environments for children. My grandmother was

very important to me - she more or less brought me up.

D: Please say more about your childhood.

P: I had problems in my teens - my mother was mentally ill during most of my childhood - she had schizophrenia. As a child I was more of a caretaker for my mother. My mother was irrational and very emotional and she had migraines and I would be nursing her. In my teens I didn't feel part of the family unit. By the time I was 16 I just really wanted to leave. It was really strange, but when I was about 13 they stopped laying a place for me at table at home and therefore I never normally ate with them.

I stopped eating meat when I was 13 - when I was born my mother had postnatal depression and for the first six weeks I was with my grandmother. Apparently my mother had thoughts of suffocating me. I spent most of my childhood at friends' houses and my grandparents took on the parental role. I don't feel like I'm my mother's child - I feel like I'm her equal or her mother. It doesn't feel like I have a mentor in the family and it feels like I'm just an equal - I don't get intellectual or emotional nourishment from the family, I get it from friends. I didn't have a real bond

with my mother. I have a younger sister who my mother definitely bonded with! That was difficult to deal with when I was a child.

D: Please say more about your feelings in childhood.

P: My mother would be emotionally like a child - parents are supposed to take care of you, and if parents aren't coping how on earth are you supposed to handle the world? Seeing a grown woman in a state of terror - it makes you feel scared and then angry.

D: How do you feel about your sister? **P:** I resented her - it was confusing - I couldn't understand it. But I'm quite pleased in a way because she's lazy and I've been more challenged and therefore I've achieved more.

D: Have you ever had any recurrent dreams?

P: In childhood I had a dream of being chased by a wolf. I also had dreams of flying downstairs.

D: Do you have any strong feelings about animals?

P: I love cats - I wanted one for years when I was a child and eventually got one when I was 13. She's wonderful - I still have her. I'm sure I project a lot on to her. She is like a little sister, a family member. I don't like dogs - I was bitten by one when I was little.

Case Analysis

ANIMAL THEMES

Competitive
Conflict
Aggressive
Physical power
Too small
Shrinking into the background
Sibling rivalry
Dreams of being chased by wild animals

MAMMAL THEMES

Illogical, irrational, out of control, hysterical
Premenstrual syndrome
Poor relationship with mother
Mother mentally ill
Mother like a child
Mothering one's mother Close bond with grandmother Not part of the family unit
Not emotionally nourished by the family
Desire to work therapeutically with children

Prescription

Lac felinum 1M - one dose

Results of Treatment

Her migraines stopped and the premenstrual syndrome was greatly reduced. She felt generally much happier and more balanced.

CAT THEMES

Love of cats
Aversion to dogs
Her cat is like a little sister
State of heightened awareness of body and its movements
High achievement
Take on anything

REMEDY RUBRICS RELATED TO THE CASE

mind; FEAR; falling, of; downstairs (8)
mind; HOME; leave, desire to (18)
mind; DELUSIONS, imaginations; neglected; he is, she is (42)
mind; NEGLECTED; ailments from, agg. from being (47)
mind; FEAR; dogs, of (51)
mind; PRECOCITY (67)
mind; INDEPENDENCE (84)
mind; FEAR; suffocation, of (94)
mind; FIGHT; wants to (114)
mind; JEALOUSY (133)
smell; ACUTE, too, oversensitive to (211) eyes; PAIN; left (268)

LAC FELINUM CASE 2

Woman aged 31

Chief complaint: Cyclical mastalgia

She was referred by her family doctor who reports that she has been complaining of breast pain for the last six months. It has been fully investigated and no abnormalities have been found.

The patient reports on her questionnaire:

There is pain in my breasts, especially on the right side and in the right nipple. It is worse for one or two weeks before each menstrual period. I am also having mood swings before periods lately.

In the consultation:

P: The aching feels as it did when I was pregnant. It makes me really anxious - I have a young family.

D: Say more about the anxiety.

P: I'm a mother and I have two young children of 2 and 4. What would happen to my girls if I get ill?

D: Say more about that.

P: It's my job to look after my girls - no one else's - I'm very protective.

D: Say more about being protective. **P:** It's been absolutely the best thing in the world having them. But I used to be the most laid-back person and now I'm very anxious.

D: Say more about that.

P: I worry about everything. Everything has to be right. I would hate for anyone to judge me - to say that I was a terrible mother - I want my girls to be happy and I'm working overtime to make that happen.

D: Say more about that.

P: They come first. Life revolves around them.

D: Say more about hating for anyone to judge you.

P: I would hate for anyone to think I was a bad mother, I'd be gutted.

D: Say about being gutted.

P: I'd think if anyone criticised me, "Oh no! What do I do now?"

D: Say more about being anxious.

P: I feel I want to go into a room, shut the door and scream. I take it out on my husband when he gets home.

D: What are you most anxious about?

P: Me dying - what would happen then? No one could bring my children up and love them like I can.

D: What's been going on in your life the last 6 to 12 months?

P: Last year my husband got a promotion and he was at work so much I very rarely saw him.

There were lots of broken promises and evenings on my own.

D: What was that like?

P: I felt lonely, fed up and ready to explode, "Oh no he's let me down again!" I felt let down and lonely.

D: Describe that more.

P: Like I wasn't counted, I was there just to do the shopping and clean the house.

D: Say more about that.

P: My life revolves around our home, my girls, my husband.

D: Say about not being counted.

P: Just a robot - not that I'm looking for praise but a bit of guidance would be nice.

D: Say more about that.

P: It goes back to my relationship with my mother. It was never a close relationship but since I have had the children I've been on the phone to her every day. She says just get on and do it but I say, "What's the right thing to do?" I'm asking her for help and advice - it comes back to people judging me and doing the wrong thing, bringing up the girls in the wrong way.

D: I need to get a good impression of what you are like as a person. Please describe your nature to me.

P: I'm quite placid and soft natured but at the same time I never let anyone take advantage of me or

my family. My mother says I am very strong willed.

Lately I am getting very moody before a period.

D: Describe that more.

P: I feel low, worthless.

D: Describe worthless.

P: No one appreciates what I've been trying to do. Thankless and kind of empty.

D: Describe empty more.

P: Dull, no buzz of life. Not wanting to talk to anybody.

D: What would the opposite of that state be?

P: Going out in the fresh air, meeting friends.

D: Say more about this buzz of life.

P: Indestructible - no one is going to hurt me or the girls and feeling happy and healthy and I am not going to let anyone knock that down.

D: Say more about your mother describing you as strong willed.

P: When I was growing up she said I was - when I was 14 or 15 I was very independent - I wanted to do my own thing and I left home at 17. My mother says you 'wear the pants' in your house, you rule your husband with a rod of iron.

D: Is that true?

P: Yes. I'd never let anyone tell me what to do but I do want their advice on how to do things - I contradict myself.

D: Say more about that.

P: I want their approval about the decision I've made. The strong willed person I was has been knocked a bit and I want people's advice and encouragement.

D: What were you like when you were 14 and 15?

P: A bit of a cow - never home, was out with friends. Friends were more important than anything else but there was stuff going on at home which I didn't feel a part of.

D: Say more about that.

P: My mother had another man ... I'm going to cry now (she cries). It's probably why I'm overprotective, I didn't feel part of that family - my mother and half sister and her new man.

D: What was that like?

P: I felt out of the loop - an outsider. **D:** Do you have any fears?

P: Of dying and failing my children. And of snakes.

D: Do you have any strong feelings about animals?

P: I have a cat - she's like another child. I'd never have a dog, I don't like them.

D: What kind of clothes do you like?

P: Jeans and T-shirt with a lot of bangles and accessories, beads, earrings to jazz up my clothes. I wear a lot of black.

D: Do you have any particular aims and goals in life?

P: Just really to have what I have now: my family - that's why I work and fight for it, to get what I didn't have as a child.



Case Analysis

ANIMAL THEMES

People taking advantage
No-one is going to hurt me
Not being knocked down
Fight for it
Wearing black

MAMMAL THEMES

Feeling “gutted” - visceral experience of emotions
Feeling empty
Not close to mother
“A bit of a cow”
Fear of snakes

CAT THEME

Very protective
Indestructible

REMEDY THEMES

Sensitive to criticism
Anxiety about getting things right
Feeling worthless
Feeling neglected
Feeling let down
Not feeling part of the family
Leaving home early
Desire for fresh air
Love of cats
Dislike of dogs

Prescription

Lac felinum 200C - one dose

Follow Up at Five Weeks

P: I'm good. I'm much more relaxed, my moods have definitely improved. The breast is a lot better. I had a cold after that remedy and my ear was blocked for a few days, it was just like the ear

infections I used to have when I was a child. But it cleared up quite quickly.

D: How is the breast pain?

P: It's 80 % better. It got worse at first for about a week.

Discussion

She has had a very good response to the remedy - a brief inflammatory response immediately after the dose, reminiscent of an old problem. Also

an aggravation of her chief complaint followed by significant improvement.

She continued to be much better.



CHAPTER 22

URSUS ARCTOS

The Brown Bear

Remedy: *Sanguis ursus arctos* Blood of the Brown Bear

The brown bear (*Ursus arctos*) is a large bear distributed across much of northern Eurasia and North America. It can weigh from 300 to 780 kilograms and its largest subspecies, the Kodiak bear, rivals the polar bear as the largest member of the bear family and as the largest land-based animal predator.

In North America there are two subspecies - the coastal brown bear and the inland grizzly bear.

Brown bears have very large and curved claws. Adults have massive,

heavily built concave skulls, which are large in proportion to the body. The brown bear is primarily nocturnal. In the summer, it gains up to 180 kilograms of fat, on which it relies to make it through winter, when it becomes very lethargic. Although they are not full hibernators, and can be woken easily, both sexes like to den in a protected spot, such as a cave, crevice, or hollow log, during the winter months. Brown bears are mostly solitary.

Adult male bears are particularly aggressive and are avoided by adolescent and subadult males. Female bears with cubs rival adult males in aggression, and are more intolerant of other bears than single females. Seventy percent of brown bear attacks on humans in Yellowstone National Park are by females with cubs.

Brown bears are omnivores and feed on a variety of plant products, including berries, roots, sprouts and fungi, as well as on fish, insects, and small mammals. Most brown bears are not highly carnivorous as they derive up to 90% of their dietary food energy from vegetable matter. However brown bears occasionally prey on large mammals, such as deer, sheep, mountain goats and bison. When hunting, the bear pins its prey to the ground and then tears and eats it alive. On rare occasions, bears kill by hitting their prey with their powerful forearms, which can break the necks and backs of large prey, such as moose. They also feed on carrion. They use their large size to intimidate other predators, such as wolves, cougars, tigers, and black bears, from their kills or territories. Brown bears are normally dominant in such interactions. Sometimes, the conflict will escalate to the point of violence, but usually threat displays are sufficient, since most animals try to avoid potential bodily harm. However, the massive strength and size of the brown bear will usually result in it winning violent conflicts, even against wolf packs and tigers. Adult bears are generally immune from predatory attacks from anything other than other bears. Brown bears usually dominate other bear species in areas where they coexist.

SANGUIS URSUS ARCTOS CASE 1

Man aged 35

Chief complaint: Muscle and joint pain

The patient is a solicitor. He is married P: I've been so frustrated since a severe head injury four years ago.

I hit my head and knocked myself out. It really has affected my mental state and mental functioning badly. It's hard to focus and difficult to read. I often see myself as outside of my body and I look at my hand and wonder "Is it mine and am I really looking through these eyes?"

I have made this appointment because I am getting so much pain. It's excruciating. I can have pains in joints and muscles but the worst is the chest pain. I've been to my doctor and it has D: What's been going on in your life the last been investigated and my heart is OK.

But in the last three months my chest P: My ex-colleagues are attacking me - it pain has got worse and worse.

My breast bone and my ribs hurt so much. My gut has always been dodgy - my sister has Crohn's disease and my brother has Irritable Bowel Syndrome.

I have so much pain in my wrists that sometimes I can hardly move. It's as if it's in a vice and my arms can be very heavy and

with three children.

weak. All the pains get better with exercise.

I stand in a hot shower in the morning so that I can begin to move and to release the pain.

I can't take in what I am reading. This whole thing makes me anxious. I wonder "Is it cancer? Is it heart disease?" and I think "Oh, my God, it's cancer!" I've been frightened of cancer ever since my grandfather died of it when I was 22. I stopped smoking then but I still love the smell of tobacco smoke.

D: What's been going on in your life the last few years?

P: My ex-colleagues are attacking me - it still leaves me cold - I hate conflict. There's been this three years' campaign against me. I was in a practice with other solicitors and I left because one of them in particular was behaving so badly. All the employees went to the Citizens Advice Bureau to complain about bullying from him then finally one day he actually physically attacked my secretary. That was it and I

left the practice. They've been waging this campaign against me - they are trying to destroy me. Eventually we managed to intercept emails and they were saying things like "We know we can destroy him because he is on limited finance" and another one said "It is our goal to completely destroy him personally, financially and professionally". It leaves me cold - I feel like curling up in a ball. But I can't - I will fight and I always win.

It feels like I'm punched in the chest and then I want to curl up in a ball around the pain. I have pain in the gut which is worse from touch and pressure. I have pain all the time from my knee and ankle from injuries in the past.

After the head injury I became quite nasty. I don't know how my wife put up with me. I was picking up all the things about her which irritated me and I felt I had to be nasty to her. It's less now but I'm still a bit vindictive and critical. Since the head injury I've been quite impulsive - I buy things I don't really need. I sometimes get blinding headaches. My spatial awareness is not very good. I feel like my mind is separated from my body. Sometimes it feels

like my mind is separated inside my skull - as if there's a cage inside my head and my mind's inside the cage. I can't access my mind properly.

For the last two years I've been constantly attacked. I've had two duodenal ulcers. And then they found a tumour in my liver. It's 3 cm big. They don't know what it is but they think it may be benign because I have these skin haemangiomas and apparently you can get something called a giant cell hepatoma. When I got this diagnosis I just wanted to curl up and hide.

The worst thing is this chest pain. It's as if I've been thumped. It's like this long claw has gone into my chest and is crushing my heart. It's a rigid crushing pain. Sometimes I feel I'll pass out with the pain - I can't move - it stops me dead. This claw just punches into my chest and grabs my heart. I have this very strong need to provide for my family. When my first child was born I was so aggressively protective of my family. I didn't want anyone around our house. For example, I didn't want anyone to sneeze in our house in case she caught the germ. I became very conscious about the need to pay the mortgage. All these attacks are

costing so much money - legal fees. My security base has been eroded. But these attacks ... I don't choose conflict but I will fight if I need to.

I hate it when people are treated badly. The worst thing is when people are abused by others. I am really frightened I will lose my position in society, my ability to support my family. When the pain comes it makes me feel cold - it's an icy sensation coming down from my head through my body. It makes me want to curl into a little ball and hide, curl up like a hedgehog in winter with no food and then it comes out in the spring.

I am terrified of something happening to my kids - I live in fear of this. I am so protective of my family - it's my purpose in life now. My reason for living now is provision. Before the head injury I was very ambitious and competitive but since the injury my ambition is to provide.

Bizarrely I have another side - an outlet for my aggression. I am passionate about deer shoot

ing. I shoot for meat. Why do I go shooting? I have 90 acres of land with lakes and ducks. It's to eat, it's not to kill. I went to the Arctic to go shooting. I loved the bleakness there. Bears fascinate me - black bears, any kind of bear. And I love wolves. I'm far better on my own - going off into the woods.

D: How does that feel?

P: Peaceful - I'm a hunter, a predator. It's my natural habitat. Then I'm in the moment, living life.

D: Do you have any dreams?

P: Of being an Indian in the Canadian tundra, being pursued by a white man. And I dream of eagles - they're fascinating. I dream of deer - I love them. I dream of bears - I respect them.

D: Say more about bears.

P: I have an affinity with them. They are secure, domineering and masterful yet they have many insecurities. A black bear of course, not a grisly. I like padding around in the woods! A male bear of course, I wouldn't be a *very good* female bear.

ANIMAL THEMES

They are attacking me

Bullying

Abuse **Case Analysis**

I will fight

Lose my position

Ambitious and protective Passionate

Grabs my heart

Punches into my chest

It's my natural habitat

MAMMAL THEMES

It leaves me cold

Impulsive

Need to provide

My purpose in life is to protect my family

PREDATOR THEMES

It's not to kill, it's to eat (spontaneous denial)

I always win

Nasty

Aggressively protective

It stops me dead

I'm a hunter

HIBERNATION THEMES

Curl up in a ball

Curl up and hide

An icy sensation

In winter with no food It comes out in spring

SOLITARY ANIMAL THEME

I'm better on my own

BEAR THEMES

Padding through the woods

Identification with the source: he identified the things he liked about bears with his own nature

BROWN BEAR THEMES

Long claw (brown bears have much longer claws than black bears)

SYPHILITIC MIASM THEMES

Trying to completely destroy me

Vindictive

Constantly attacked

Comment

Analysing the case in this hierarchical way has a number of advantages. By gradually narrowing the field down it is possible to take secure steps in the process. Once we are certain it is animal we can concentrate one hundred percent on the next step - what group or family? At each step the themes which are common to the previous

step, e.g. kingdom, subkingdom, family, etc., are eliminated from the analysis, so we can focus more clearly on what is left - and only this material is used in subsequent steps. Then the last very specific information, like a long claw, or identification with the source, is highlighted and becomes very significant.

Prescription

Sanguis ursus arctos 1M - one dose

Follow Up at Five Months

(He was asked to return after four weeks. Probably his decision to leave follow up so long is due to the innate independence of a person in a large predator state)

P: I was absolutely fine. Everything was better. No joint pains, I felt well - amazing. Then recently I have been dragged back to

that fear of attack. I'm feeling anxious again and the pains are back.

ANIMAL THEME

Fear of attack

PREDATOR THEME

Dragged back

Prescription

Sanguis ursus arctos 1M - one dose.

The patient reported later by telephone that all was well.

I telephoned him two and a half years later to see how he was and to ask permission to publish his case.

P: I'm well - everything has been fine since that last dose.

SANGUIS URSUS ARCTOS CASE 2

Woman aged 41

Chief complaint: Migraines

- P:** I have deadly migraines. It is deadly pain and I have them a few times a week. I used to lose some part of my vision. They started when I moved with my former partner to his town and I realised our relationship was not OK. That's when my life started to ruin. When I was a child draughts and cold would trigger them.
- D:** Describe this again please.
- P:** I need to change my life completely. I have no friends and no family. I live only with my dog.
- P:** I can't move.
- D:** Go on.
- D:** What is the worst thing about your life?
- P:** I feel terrible anxiety about the future. I have a feeling of impending danger and I cannot move from that fear.
- P:** That I'm completely alone and I can't help myself.
- D:** What would be the opposite of being unable to move?
- D:** How does it feel?
- P:** Moving freely and having no fear. (She laughs). I can go where I want and do what I want.
- P:** Hopeless, desperate, I cannot move, I'm shaking. I cannot move to the left or to the right or forward or back.
- D:** Describe that more?
- D:** How does that feel?
- P:** Wonderful, freedom.
- D:** Describe it more.
- P:** Describe that more.
- P:** No restrictions.
- D:** Describe that more.
- P:** It really annoys me. I feel under huge pressure - I have to move but I cannot. Then I feel very unhappy or I feel rage. I feel I'm shaking as if I would explode. Or that I fall into complete hopelessness.
- D:** How does it feel not being able to move?
- P:** It's beating me down.
- D:** Describe that more.
- P:** Pushing me down as if something is pulling me down, as if I am falling into the blackest black hole with no chance to come back up.
- D:** What's it like in this blackest black hole?
- P:** Nothing happens - it's only a hole and it's darkness - no life - nothing, not a place to live - the

only possibility is to hibernate in there.

D: Say more about hibernating.

P: You can only breathe and exist with basic vital functions. The cold limits me.

D: Say more about that.

P: It makes me feel pain - the migraines make me feel like they're paralysing me.

D: Describe that more.

P: I can't move and even my brain cannot move, even thinking causes me pain.

D: Can you describe your nature to me please.

P: I love freedom. I hate authority and I hate manipulative people. I love nature and animals. I love animals and hate when somebody is hurting them. Contact with nature is an absolute living necessity for me. I don't have a good relationship with my family. They limit me, restrain me. I hate my father and he hates me too. The last time I saw him he told me I was not his daughter and he was ashamed of me.

I live like a loner only with my dogs and I have no friends anymore. I'm a fighter.

I'm explosive. I get very, very angry. I get in a rage and I shout and I scream and I roar. I speak loudly and people think that I yell at them. As a child I had a

healthy strong ego but my father was constantly commanding and restricting and permanently threatening me - step by step he was destroying my ego. He worked on ruining my ego. Most of the time he was torturing me psychologically.

Sometimes people say I love animals more than people. I love nature and animals as if I am one with nature and animals.

D: What is your favourite thing?

P: To be with animals. I feel people are restricting and limiting me.

D: How does that make you feel?

P: Rage. It feels like my whole life is very bad - I feel I haven't fulfilled what I came for.

D: What is the worst thing?

P: I can't move - as if I'm stuck.

D: Say more about not being able to move.

P: As if I'm paralysed.

D: Describe paralysed, what is your inner experience?

P: Like a bird who cannot fly because its wing is injured.

D: What's it like that you can't move?

P: Angry at myself and others.

D: Physically what do you feel?

P: (No answer)

D: What is the opposite of not able to move? Stuck, paralysed.

P: Wonderful freedom.

D: Describe that more.

- P: In the wild.
- D: Go on.
- P: No people. No stupid restrictions from people. I live among animals - I belong there.
- D: What is the feeling that your brain can't move? Describe that more.
- P: As if it's fixed or as if I'm in a cave.
- D: Go on.
- P: I feel really angry - I hate it when people are misusing the situation that I'm in the cave.
- D: Go on.
- P: I'm in the cave and there's a fence between us - they're hurting me.
- D: Say more about them hurting you.
- P: I feel helpless - the people hurt me and I can't defend myself.
- D: Go on.
- P: They're pinching me. (Hand gesture of her finger poking). They're poking. They're digging in me - they're just hurting me, I hate it.
- D: Say more about this feeling of I can't move.
- P: I'm in one place (hand gesture of hands side by side, like the sides of a box) - I can't move to the left or the right or at all.
- D: Close your eyes. What do you see? What do you visualise or imagine?
- P: I'm stuck and people are poking me. People are hurting me and I get angry because I want to defend myself and I can't.
- D: Go on.
- P: Because I'm in the cave. If I move to the left they poke me if I move to the right they poke me. I want to escape.
- D: Describe it again.
- P: I have to escape. I can't defend myself - its complete despair and helplessness because I can't escape. My space is limited.
- D: What is the pain like?
- P: (She does a claw gesture) D: Describe it.
- P: I want to tear them apart. D: Go on.
- P: I would tear them to pieces.
- D: At your most angry what do you feel and what would you do?
- P: I'm a potential killer - a murderer. At this point I realised what she was describing - the appallingly cruel practice of bear bile farming. Over 20,000 bears - mainly moon bears but also sun bears and brown bears - are held in captivity on farms in Asia to have bile extracted from their gallbladders on a regular basis, for profit. Most farmed bears are kept in tiny cages, sometimes so small that the bears are unable to turn around or stand on all fours.

Some bears are put into cages as cubs and never leave them, existing for up to 30 years under these conditions. Often they grow too large to be removed through the cage door if they are lucky enough to be rescued, and bear the scars of the tight cage bars on their bodies. This not only has a severe impact on their physical health, but also on their psychological well-being. It is hard to imagine what extreme suffering these animals must endure: not only completely trapped in a tiny space but regularly tortured as their bile is collected by means of var

ious invasive extraction methods, involving needles and catheters, all of which are painful and cause infections in the bears. Most farmed bears are starved, dehydrated and suffer from multiple diseases and malignant tumours that contaminate their bile and ultimately kill them. Very few receive appropriate medication or any type of veterinary care. It is deeply shocking that people would inflict such suffering on sentient animals. It is heartening that a recent opinion poll in China found that 87 % of the population oppose the practice.

Case Analysis

PREDATOR THEMES

Deadly

I go where I want and do what I want

A loner

A fighter

A killer

SOLITARY ANIMAL THEMES

I'm completely alone

BEAR THEMES

Hibernation

I roar

Claw gesture

Tear them apart

BEAR BILE FARMING THEMES

I cannot move to the left or to the right or forward or back

I have to move but I cannot I'm stuck

Complete hopelessness

My space is limited

I want to escape

Paralysing

They limit me, restrain me

Torturing me

People are misusing the situation that I'm in the cave

There's a fence between us - they're hurting me
They are poking me
They are digging in me

It is significant that she experiences the same sensation with her family as with her migraines - restriction.

Prescription

Sanguis ursas arctos 200C - one dose

Follow Up at Five Weeks

P: I'm better. A lot of my physical symptoms have begun to improve: the headaches, the sinusitis, the neck pain.

D: How is that feeling of not being able to move? Feeling stuck and paralysed.

P: It's better. I have less anxiety and I feel I can defend myself.

PLAN

Repeat the remedy as required.

Follow Up at Two Months

P: I'm better. I don't have anxiety anymore. I have much more energy. I've slept a lot better.

Long Term Follow up Over Four Years

She has continued to improve enormously on all levels with occasional doses of her remedy. We raised the potency to 1M after about one year.

Her physical symptoms are very much better. She is much happier and more confident and has achieved significant success in her professional life.

SANGUIS URSUS ARCTOS CASE 3

Man aged 39

Chief complaint: Gastroesophageal reflux disease

The patient is heavily built and several stones overweight. He walks with a it with stooped, round-shouldered posture.

P: I've hurt as long as I can remember. It's this terrible burning indigestion.

Gastroscopy showed a mild hiatus hernia.

P: If I eat late or lie flat I wake as if I'm drowning, choking on liquid, it's quite terrifying.

Everything I enjoy makes it worse: flour, wheat, gluten, lager. It's every day. I take Gaviscon® every day. I get through a big bottle of Gaviscon® in a fortnight. I don't consult any medical practitioner at all. I have no faith in them. I've been burnt too often. It's my problem - for me to deal with.

I hate my job but I have to keep it because I don't feel secure. I worry I'll lose my house and my lifestyle will suffer.

If I have a problem with my oesophagus it's probably to do with my posture and that's because I didn't have a very good upbringing -I was diagnosed depressed when I was fifteen. I closed the door to counselling. I managed

stones overweight. He walks with a it with

street drugs which helped for about five years.

D: Describe what the indigestion is like at its worst.

P: It burns, it burns really badly. Like pressure rising up, then it will burst. Like you've drunk acid. When it's like that I'd pay £100 for a bottle of Gaviscon®! Twenty minutes after a sandwich I'm in trouble. It's worse lying flat. Then I wake up and "I can't breathe!" - No breath in or out. I have to cough to clear my airway. It's worse from stress, but I feel like I'm stressed all the time.

D: Tell me more about that.

P: In my life I never feel secure. My job's not secure. It changes all the time. It's managing relationships with the morons who I work for. At work they push me all the time and I don't have an abundance of confidence. I never feel 100 % in control.

D: Say more about not being in control.

P: I'm a sub-contractor so I can be dropped at any time. I'm on a

- twelve-month rolling retainer which makes me feel vulnerable.
- D: Say more about feeling vulnerable.
- P: If someone has an agenda I can be ... I have a problem with right and wrong. I've done nothing wrong, but bad things can still happen to good people!
- D: What's the biggest stress in your life?
- P: Work.
- D: Say more about your work.
- P: I worry that I won't have any. I'm not that focussed on money. You're better off happy than wealthy. But I worry that I'll lose what I've got because I won't be able to work anymore because of this condition. People seem to need to give me a kicking when I get sacked. Then my reputation is damaged - it has happened a number of times.
- D: Say more about your reputation being damaged.
- P: I have high standards. I feel hurt and upset.
- D: Say more about that.
- P: It makes me really angry.
- D: Go on.
- P: It makes me feel undervalued and insecure and relying on others and I don't like that.
- D: Say more about that.
- P: I'm independent.
- D: Tell me about being independent.
- P: When I've relied on others I've been let down. I have helped lots of people and remained loyal to them and nine times out of ten I've been let down. It makes me angry and hurt and disappointed. There are a number of people in life you should be able to rely on but in my life there's only one who really understands loyalty - my wife. Other friends have washed in and out and I've watched my wife get burned by a lot of people who haven't done the right thing.
- D: Can you say a bit about your childhood please.
- P: My parents were constantly breaking up. They gave my brother a hard time and so he gave me a hard time, mostly about body image. That was a *big* thing. That's why I've got a curved spine. I never stood up proud. All the family would just say "You're fat". I was always told I was no good. I was criticised by my family, that's what families do! They criticise you.
- D: Do you have any dreams?
- P: I have a big garage full of motor cycles which I love. I have four in real life. But in my dreams the garage is the size of an aircraft hangar!
- D: Do you have any fears?

P: I hate medical stuff. Everything about it.
I hate rats. I can't stand burglars.

D: Say more about that.

P: I see injustice. Back to my big sense of
right and wrong.

D: Say more about injustice.

P: Someone hurting someone who
doesn't deserve it.

D: Describe that more.

P: They feel helpless. Angry. I used to
have a very bad temper.

D: Say more about "helpless".

P: You're out of control. Not in control of
the situation.

D: What is that like?

P: If someone has persecuted you it takes
away your freedom.

D: Say more about that.

P: The whole issue of being a victim.

D: Say more about that.

P: My biggest worry is that my temper will
come out.

D: Say more about that.

P: I never attack people. I attack things. I
start taking the room apart, but I'd be
very, very careful not to hurt you.

D: Do you have any strong feelings about
animals?

P: I care very deeply about pets.

D: Say more about that.

P: I have a cat. It's the biggest breed of cat
you can get.

D: What about wild animals?

P: I like things that are big and powerful.
Big and powerful is cool.

D: Say more about big and powerful. P:
Big and powerful is what I should be but I
wasn't allowed to be. I had to be ashamed
of it, of being big. I curved my back and it's
damaged my health. I can't be big and
powerful - now I'm back to making sure I
don't hurt somebody. It's an injustice.

D: Say more about "big".

P: I drive as big a car as I can. The biggest
bikes I can.

D: What's the opposite of being big and
powerful?

P: Small and vulnerable.

D: Say more about that.

P: I don't want to be weak. I don't want to
be a victim. If I could I'd buy a tank!
The patient, on one occasion, came in
wearing a picture of a tank on his tee
shirt, and on another occasion, a
picture of a rhinoceros.

D: Say more about your character please.

P: It's negative. I used to be a very angry
person. Now I'm jaded. When I was
younger I was angry all the time.

D: Describe that more.

P: A bear with a sore arse. I would never
confront somebody who would start
trouble. When I was

- a child I had the piss taken out of me by my mother, my father, my brother. I worried about my size and withdrew into myself. When I was sixteen I smoked as much dope as possible.
- D:** Say more about your relationship with your brother.
- P:** I wanted to kill him. He made me feel worthless and low.
- D:** Say more about that.
- P:** You're a waste of space. You don't deserve to be here. You're not worthy of respect. You're clearly a lesser person. Treated like a criminal.
- D:** Describe that more.
- P:** A social outcast.
- D:** Describe that more.
- P:** No friends. No one to talk to, hang out with. Avoiding social contact.
- D:** Say more about being big and powerful.
- P:** I've let myself down. I'm smart, but instead of being strong and healthy I've held myself back because of how people perceive me.
- D:** Describe it more.
- P:** I walk with a stoop. I have a massive chest, but I've always been made to feel a big, fat, lardy lump! I'm bent. Trying to hide myself. It's the difference between a rhino and a hippo. When you're ashamed of yourself you hide yourself away.
- D:** Say more about animals.
- P:** I prefer big animals to small ones. For example, we have a big dog. I like my cat - it's the biggest cat you can get. They're big and powerful. A tiger's better than a dog, and a lion's better than a tiger, but a bear's better than a lion! Bears are cool.
- D:** Say more about bears.
- P:** A bear is a big, lumbering, dum- bass who's not worried about anyone else's agenda!
- D:** Go on, say more about bears.
- P:** It's their size and the way they move.
- D:** Say more about it.
- P:** They don't take into account what's going on around them. They won't attack something willy-nilly - they don't stalk people. Not like wasps or mosquitoes - *they* have a bad attitude!
- D:** Say more about bears.
- P:** Brown bears are good. Grizzly bears are good. Koala bears are a waste of time! It's a common theme in my life. I like powerful things.
- D:** Say more about powerful things.
- P:** Big engines. Powerful cars and bikes. They're more appealing than puny, weenie things.

Case Analysis

ANIMAL THEMES

Someone else's agenda
Someone hurting someone Vulnerable
Give me a kicking
Helpless
Persecuted
Takes away your freedom
Victim
Small
I don't want to be weak
Worthless and low
You're a waste of space.
You don't deserve to be here
You're not worthy of respect You're
clearly a lesser person I wanted to kill
him
Never confront somebody

MAMMAL THEMES

Poor body image
Ashamed

SOLITARY ANIMAL THEMES

It's my problem - for me to deal with

Prescription

Sanguis ursus arctos 1M - one dose.

Follow up Two Weeks Later

P: I'm feeling a lot better. I'm a lot better
in myself. My energy's a lot better.
My chest is so much better and I'm
coping with it better.

Independent
Not relying on others

TOP PREDATOR EXPRESSIONS

Big and powerful
I don't want to be weak
A people's champion
My biggest worry is my temper will come
out
Very, very careful not to hurt you
They don't stalk people

BEAR EXPRESSIONS

I walk with a stoop
I'm bent
I have a massive chest
A big, fat, lardy lump
A big, lumbering, dumbass who's not
worried about another's agenda
Belligerent
Bumblng
A bear with a sore arse
A bear's better than a lion
Bears are cool

Reflections on the Three Cases

1. Miasm: Syphilis

The sense of isolation which someone experiences increases as the intensity of the miasmatic state increases. These cases show a high degree of isolation. There is a very strong sense of being on your own. The feeling of having to do everything yourself, relying on no one else and also of being pushed out from the group: criticised by your family, pushed out of your group of friends and persecution from work colleagues to a very high degree. The response is a very advanced sense of having to do it all yourself. In what we would call a successful state of the remedy there is a feeling that “I will succeed, I can do it, I will fight to the end and I will survive”. The patient in Case 1 is in a successful state of the remedy, even though his pathology is extremely debilitating. The patient in the third case is in the failed state of the remedy, as evidenced by the expression: “You’re a waste of space, you don’t deserve to be here, you’re not worthy of respect, you’re clearly a lesser person. A social outcast”.

2. Big, massive

The word “big” is an even stronger theme for bear cases than wild cat cases. In a confrontation between a brown bear and a tiger the bear will win because of its greater size.

3. Pride

One point of significant contrast between wild cats and bears from the homeopathic perspective is that the aspect of elegance and pride is highly developed in wild cats. This does not come out in bear cases - the bear is a far less elegant creature and can have a kind of “lumbering” quality.

4. Victim consciousness

All three of these bear cases have shown an extreme degree of victim consciousness. This may seem incongruous when contrasted with their great size and power. However when we reflect on the appallingly cruel way in which bears have been treated for hundreds of years it is no surprise that severe persecution is a part of the bear group consciousness. In addition to the barbaric practice of bear bile farming, for many centuries one of the most popular pastimes in Europe was bear-baiting. This extremely cruel activity involves tethering the bear and setting powerful trained dogs on it. The bear is unable to escape and is tormented often to death. Proving of many animal remedies have shown that the treatment of an animal species by mankind over a period of time is incorporated into the archetypal consciousness of the species. Indeed, the themes which result from mankind’s treatment of animal species are often the most significant features in the provings.

CHAPTER 23

PHASCO- LARCTOS CINEREUS

Koala

Remedy: *Phascolarctos cinereus*

A serum extract from the chest scent gland of an adult male koala

Proving:

P Robbins 1996

The koala is an arboreal, herbivorous marsupial native to Australia. It is easily recognisable by its stout, tail-less body and large head with round, fluffy ears and large, spoon-shaped nose. The koala has a body length of 60-85cm and weighs 4-15 kg. Koalas typically inhabit open eucalypt woodlands, and the leaves of



these trees make up most of their diet. Because this eucalypt diet has limited nutritional and caloric content, koalas are largely sedentary and sleep up to 20 hours a day. They are asocial animals, and bonding exists only between mothers and dependent offspring. Adult males communicate with loud bellows that intimidate rivals and attract mates. Males mark their presence with secretions from the scent glands located on their chests. Being marsupials, koalas give birth to underdeveloped young that crawl into their mothers' pouches, where they stay for the first six to seven months of their lives. These young koalas, known as joeys, are fully weaned around a year old.

Koalas were hunted by indigenous Australians and depicted in myths and cave art for millennia.

The analysis of rubrics which follows is based on the very clear summary of the published proving and my clinical experience with cured cases.

The remedy was prepared from the serum extracted from the chest scent gland of an adult male koala. This gland produces a pungent, orange-coloured secretion which they rub on the base of trees and along branches.

1. Mammal Sensation

mind; SELF, aversion to be in oneself (1) *

mind; COMFORT, sensation of (53) **

The single symptom of aversion to be *in* oneself is a clear expression of the unhealthy mammal sensation - feeling uncomfortable in one's body.

The sensation of comfort which also appeared in the proving is the opposite pole. This was a positive state of total contentment, well-being and peace. A pleasant drug-like state with giggling and centredness.

2. Leprosy Miasm

All the elements of the leprosy miasm were clearly elucidated in the proving:

A. FEELING FORSAKEN BY FRIENDS AND FAMILY

mind; DREAMS; belonging, not (3) *

mind; DREAMS; mind; outsider; he is an (3) *

mind; DELUSIONS, imaginations; belong; here, does not (4) *

mind; DREAMS; insults (12) *

mind; SENSITIVE, oversensitive; others say about her, what (41) *

mind; DELUSIONS, imaginations; despised, is (46) *

In the leprosy miasm the feeling is even those who should love me - my family and friends - are rejecting me.

B. THE PASSIVE REACTION: SHAMED, ESTRANGED AND HOMELESS

mind; DREAMS; urinating, of; public, in (2)

mind; DREAMS; homeless, being (5) *

mind; SELF-DEPRECIATION (11) *

mind; ESTRANGED; wife, from his (14) *

mind; ESTRANGED; partner, from (19) *

mind; DREAMS; toilet (22)

mind; ESTRANGED; family, from her (59) *

mind; DREAMS; disgusting (64)

The feeling of rejection can lead to a state of self-loathing. There is often a theme of toilets, disgust and excretions in the leprosy miasm.

C. THE ACTIVE REACTION: CONTEMPTUOUS AND DISMISSIVE

mind; RAGE, fury; spitting, with (6) *

mind; SELF-SATISFIED (10) *

mind; ESCAPE, desire to; family and children, from her (16) *

mind; FRIENDS, aversion to (14) *

mind; CONTENTED; oneself, with (51) *

mind; FAMILY, aversion to (54) *

The leprosy miasm also shows a highly compensated state in which one thinks he is better than everyone else. A haughty state of self-satisfaction ... "I'll show you what rejection looks like!"

D. DISCONNECTION

mind; DREAMS; contact, can't make any (1) *

mind; DELUSIONS, imaginations; adrift, cut, feels (1) *

mind; DELUSIONS, imaginations; division between himself and others (16) * The feeling of disconnection is very deep.

E. RUDE

mind; RUDENESS (81) *

mind; UNFEELING, hard-hearted (108) *

mind; MORAL affections; want of moral feeling (162) *

The sense of alienation in the leprosy miasm often leads to rudeness and hard-heartedness.

F. SUSPICION

mind; ANXIETY; think of him, about what others (1) *

mind; SUSPICIOUSNESS, mistrustfulness; everyone, to (5)

mind; DREAMS; deception, of (15) *

3. Fear of Injury, Feeling of Danger

mind; DREAMS; injuries; fear of being injured, with (1) *

mind; FEAR; captured, of being (4) *

mind; DELUSIONS, imaginations; injury; injured, of being (25) *

There can be a state of mistrustfulness and paranoia.

mind; DREAMS; animals, of; killing (4) *

mind; FIGHT; wants to (114) *

The active reaction to the feeling of danger - what we feel is being done to us we instinctively do in reaction.

4. Territorial Issues

mind; MARK, needs to make his (1) *

mind; TREES, wants to fell all non-native trees (1) *

mind; FIGHT; wants to; space, to have his own (7) *

Another aspect of the active reaction to danger and threat.

Territorial behaviour is a hallmark of the animal kingdom.

Patients in this kingdom often speak of “making their mark” - a clear signature of this animal trait.

5. Hiding

mind; DREAMS; smoke screen, creating a (1) *

mind; DREAMS; hiding; danger, from (22) *

mind; SECRETIVE (39) *

The passive reaction to the feeling of danger.

6. Desire to Stay in Bed

mind; DREAMS; wrapped up like a mummy (1) *

mind; DREAMS; shelter, warmth, for (1) *

mind; COMFORT, sensation of (53) **

mind; BED; remain in, desires to (72) **

The extremely passive reaction - staying where mammals like to be: somewhere warm and snug.

7. Drugged State

mind; DRUG addiction, morphinism; withdrawals, as if in (1) *

mind; MESMERIZED; easily (1) *

mind; DELUSIONS, imaginations; adrift, cut, feels (1) *

mind; DRUG addiction, morphinism; heroin, desires (2) *

mind; DRUG addiction, morphinism; recreational, desires; speed (3)

mind; MESMERIZED; as if (5)*

mind; DELUSIONS, imaginations; poisoned; has been, he; drugged (11) *

mind; DELUSIONS, imaginations; floating; air, in (122) *

mind; EUPHORIA, elation (141) *

Another passive form of escape - into a drugged state. The feeling was one of floating, ungroundedness and being cut adrift.

8. Peculiar Symptoms Relating to the Source

Yellow and orange: the scent gland discharge from which the remedy is prepared is orange in colour.

mind; DREAMS; clouds; toxic orange (1)

mind; DREAMS; colorful; orange (7)

mind; DREAMS; colorful; yellow (11)

Holding on in a big wind.

mind; DELUSIONS, imaginations; wind, wants the wind to take him, her away (1)

Koalas live in trees and they have to hold on!

PHASCOLARCTOS CINEREUS CASE1

Woman aged 48

Chief complaint: Depression

P: The worst thing is I have a very, very low mood. It's difficult to engage with life. I am struggling to get on with things. I'm not sleeping very well. I'm having unwanted thoughts which keep me awake. I have bad earache in my right ear. My chest feels constricted.

I want to hide from the world (hand gesture of hands coming together). Like a little animal.

D: Say more about that.

P: I want to curl up and be at home. I don't want to go out. (She repeats the hand gesture). I want to be cosy. I want to shut the world out. I feel comfortable and happy at home. Out in the world it's stressful and pressured and difficult. It's not healthy to want to shrink away. Usually I'm very good at assimilating lots of information but it's like everything is disconnected inside me. (Hand gesture hands going upwards and outwards).

D: Say more about that.

P: Normally inside it's like a dot to dot picture and I can connect the dots. At the moment it's like lots of dots and I'm looking at it

blank trying to figure out what I am supposed to be doing.

D: Try to describe that experience more.

P: I feel lost at sea. (She makes a hand gesture with her hands going away from her) and I shrink. (Her hands coming together again).

D: Describe lost at sea and shrinking. **P:**

I don't want to be vulnerable. I want to be hugged all the time and by the fire. My mother has been diagnosed with terminal cancer and that has almost certainly triggered this state in me (she cries and begins squeezing and rubbing her arm). I feel part of my family is going to be gone. I've become very good at foot massages. I feel powerless - I can't help - normally I'm confident and I sort everything out. Here I'm a spectator.

D: Describe lost at sea a bit more.

P: I'm cast adrift.

D: Describe cast adrift.

P: I don't feel anchored. (Hand gesture going downwards). My mind and body doesn't know which way to go. (Hand gesture

with hands waving vaguely). My inclination is to do nothing - to curl up - maybe deep down that's how I always am behind the bravado. I want to curl up and sleep and be hugged and have no pressures and no responsibility and not go anywhere - a holiday from life. I'm clinging and I want to be cuddled and consoled by my husband, having him around makes me feel very comforted. She has written about herself: I'm a very sensitive person. I often put up walls to prevent getting hurt. I

dislike giving information about myself to others particularly on topics that are very personal or hurtful to me. I struggle to open up to others, I often don't feel understood. I'm quite guarded. I don't let people in easily. My friends describe me as warm, friendly, caring and easy going. I hate injustice. I don't like seeing people belittled or bullied - then I don't stay silent. I'm not very confrontational but I will get involved. Normally I'd rather flee than want to get in a fight.

Case Analysis

ANIMAL THEMES

Belittled
Bullied
Not to be hurt

MAMMAL THEMES

Comfortable
Squeezing and rubbing her arm
Liking massage
Clinging
Consoled
Cuddled
Want to be hugged

PREY ANIMAL THEMES

I want to hide
A little animal

Shrinking away
Don't want to be vulnerable
Feeling powerless
Normally I would rather flee I'm not very confrontational

REMEDY THEMES

Curling up
Being cosy
Shutting the world out
Disconnection
Putting up walls
Secretive
Cast adrift

PHASCOLARCTOS

CINEREUS RUBRICS

mind; DELUSIONS, imaginations;
adrift, cut, feels (1)

mind; DELUSIONS, imaginations; divi-
sion between himself and others (16)
mind; FEAR; injured, of being (39) mind;
COMFORT, sensation of (53) mind;
BED; remain in, desires to (72)

Prescription

Phascolarctos cinereus 200C - one dose

Follow Up at Eighteen Days

P: I'm a lot better. I started feeling better within a week. Overall I'm more positive, more engaged, less terrified. I haven't cried. The earache has gone. I'm so much

more engaged at work - I'm mentally very agile again.

D: How is the wanting to hide and curl up?

P: A lot better. My energy is good.

PHASCOLARCTOS CINEREUS CASE 2

Woman aged 46

Current complaint: Chronic fatigue

Chronic complaint: Chronic regional pain syndrome

P: The main problem is fatigue - especially getting out of bed in the morning -I physically cannot move. I'm sleeping fourteen hours a night and I spend my whole day running two hours behind! That's not good being a single mother with two teenagers and a full-time job. I'm a social worker. At

work I have a very strong fear of getting things wrong and people making a complaint against me. **D:** Say a bit more about not being able to get out of bed.

P: Actually I have mixed feelings about it. In some ways it's lovely and wonderful lying in bed because then I don't hurt.

(She has suffered severe pain in muscles and joints in various parts of her body since her late teens. In addition to the pain of the condition acute episodes have necessitated innumerable emergency admissions to hospital. She has often experienced these admissions as highly invasive, painful and frightening).

When I'm lying in bed I don't hurt particularly and I'm comfy and warm. I need a very long get up routine - several hours - which involves stretching and hot baths. It's a battle as to whether it's enjoyable or unpleasant. I literally cannot move.

- D:** Say more about that.
- P:** I feel very heavy. I'm sunk into the bed. I'm dug into my little hole. I get very cold - I wear three pairs of socks in bed - it's like coming out of a little animal's burrow.
- D:** Say more about being unable to move.
- P:** All my limbs are very heavy but in a pleasant, comfy way. It's like I'm in a nest or burrow.
- D:** Say more about that.
- P:** A very safe place. My bed is my safe place. In bed nobody can ... get me. If I'm worried about somebody criticising me I want to be curled up in a ball in my safe place.
- D:** Describe the safe place a bit more.
- P:** It's very soft. I'm quite foetal in it. It's the place that is most adapted to me. When I go away I take all my own bedding. It's a bit like a nesting experience. I enjoy being asleep. I don't hurt in my dreams.
- D:** Can you say any more about being so cold?
- P:** I get very cold in winter and that makes me hurt even more. I get chilblains sometimes. I have very cold extremities.
- D:** Say a bit more about feeling criticised.
- P:** I'm really scared of making a mistake. I sometimes feel really bad at my job and that I'm getting everything wrong. In previous consultations:
- D:** What is it like when you have an acute admission when the pain is suddenly so bad?
- P:** I hate it - you're powerless.
- D:** Describe that more.
- P:** I hate being subject to someone else.
- D:** Say more about that.
- P:** I feel really small.
- D:** Say about being small.
- P:** Much smaller than them because they've got control. They have power over you. (She is hiding her face and sucking her thumb).

D: What is it like when they have power over you?

P: They can misuse it.

D: What could happen then?

P: They would think badly of me, judge me.

D: What might they think?

P: That I'm a failure. I'm so embarrassed about this condition. It stops me doing things young children can do. It's very shameful.

I feel like I fail at something very basic. It's a huge failure. But one thing I've been able to do is work harder than anybody else - then you can elevate yourself - but how far do you go in order to fit in? I've always been an outsider. I'm hypervigilant at work - making sure I don't make a mistake. I feel abandoned by the world.

D: What is it like when you have an acute episode of the pain?

P: It's like you're under attack. It's like the pain decides ... if it decides to make me go back to being disabled there's not a lot I can do about it. When the pain strikes I'm like a wounded animal snarling and showing its teeth and backed into a corner.

D: What are you like then?

P: I'm not very nice. I don't mean to but I'm really snappy and I say nasty things. But that's how it feels physically when the pain is bad - my body feels gnarled and twisted and malfunctioning. That's how my joints feel. They feel ugly and the same ugliness is portrayed on my face. My children think I'm horrible and unpleasant and stropy all the time.

Case Analysis

ANIMAL THEMES

Nobody can get me

In my safe place

It's a battle

A little animal's burrow

Dug into my little hole

In a nest

You're powerless

Subject to someone

They have power over you They have control

Hypervigilant

You're under attack

The pain decides

MAMMAL THEMES

Warm

Comfy

Foetal

Very cold

Small furry things

Thumb sucking



LEPROSY MIASM THEMES

ugly

Horrible

Outsider

My children think I'm horrible

PHASCOLARCTOS CINEREUS THEMES

Fear of failure

PHASCOLARCTOS CINEREUS RUBRICS

mind; DREAMS; shelter, warmth, for (1)

mind; DREAMS; mind; outsider; he is an (3)

Results of Treatment

She was immediately much better able to get out of bed

mind; FEAR; opinion of others, of (21)
mind; SENSITIVE, oversensitive; others say about her, what (41)
mind; COMFORT, sensation of (53)
mind; FAMILY, aversion to (54) (the feeling she feels her children have towards her)
mind; BED; remain in, desires to (72)
extremities; HEAVINESS, weariness (546)

Prescription

---

Her energy improved and she was less worried about her performance at work.



CHAPTER 24

5 URI CATT 5 URI CATT

Meerkat

Remedy: *Suricatta suricatta* Meerkat fur

Meerkats are small mammals belonging to the mongoose family. They live in parts of Southern Africa. A group of meerkats is called a mob, gang or clan. A clan often contains about twenty animals but some families have fifty or more members. They are small, burrowing animals living in large underground networks. They are very social, living in colonies. Animals in the same group regularly groom each other to strengthen social bonds. The alpha pair often scent-mark subordinates of the group to express their authority, and this is usually followed by the subordinates grooming the alphas and licking their faces. They

are primarily insectivores but also eat lizards, snakes, scorpions, spiders, plants, eggs and small mammals. Meerkats forage in a group with one sentry on guard watching for predators while the others search for food. Meerkats demonstrate altruistic behaviour within their colonies: when a predator is spotted the meerkat performing as sentry gives a warning bark and other members of the gang will run and hide. Sentry duty is usually approximately an hour long. Baby meerkats do not start foraging for food until they are about one month old, and do so by following an older member of the group who acts as the pup's tutor. Meerkats also babysit the young in the group. Females that have never produced offspring of their own often lactate to feed the alpha pair's young, while the alpha female is away with the rest of the group. They also protect the young from threats, often endangering their own lives. On warning of danger, the babysitter takes the young underground to safety and is prepared to defend them if the danger follows. If retreating underground is not possible, she collects all young together and lies on top of them.

SURICATTA SURICATTA CASE

Woman aged 34

Chief complaint: Menstrual disorders

P: I started getting period pains again as soon as I came off the contraceptive pill which was about a year ago.

Right now I'm having sharp pains in my lower abdomen. I have to bend over. They're like the period pains I used to get when I was a teenager. My period is two weeks late which is very unusual for me but I am getting these pains which are like period pains.

Also my periods have got much longer, even two or three weeks long and now I haven't had a period for six weeks. Normally they are very regular.

D: Are you having any other symptoms?

P: I'm getting spots on my face and last week on my back which I've never had before, little pimples. (She speaks fast and is quite animated).

D: Anything else?

P: I've lost weight. I've been doing a lot of exercise, I've been running.

D: Anything else?

P: I'm constipated the last few months. I used to go twice a day and now it's once every two or three days.

She's written on her form she gets a sugar dip in the afternoon. I ask her to describe that.

P: I've always had that. I'm very active in the morning and I have loads of energy in the morning and I get lots of stuff done then I have lunch and then it feels like I've used up all my energy. The working day should end at 3.30! I eat chocolate then, I like sweet. (As she says this her fingers are moving around her mouth).

D: If you don't have that chocolate then does anything happen?

P: I have a dip in energy. And when I get home from work I have another dip - I need to eat. I pick at food, I have an empty feeling in my stomach.

Later in the consultation:

D: I need to get a good impression of what you are like as a person, try and describe yourself to me. P: I am outspoken and active, especially at work. I am confident. I know what I am doing. My peers and bosses respect me, some people would say ... aggressive

is not the right word but I push to get things done. Maybe I'm tactless.

I'm very close to my family - I speak to my mum every day and I visit my father on the way home from work every day. I speak to my sister every day. I phone my granny. It's quite funny, I come home from work and it's mum, dad, sister, gran, one after the other speaking to them! We're close, we care for each other a lot. My sister says I'm too caring - she doesn't bother phoning them for a week or so. It's to do with that bond between us.

I'm sociable, I have lots of friends, I'm always the one getting up dancing first. I'm confident and comfortable to just be, I don't like being by myself, I like hanging around with people. It's nice to be surrounded. I guess it's because when we were younger we all lived together in quite a small space. You have to make compromises and spaces for each other but it's also nice to have that warmth. (She does a gesture with her hands coming together).

D: Say more about not liking being on your own.

P: Well, when I was at university sharing a house with my girlfriends they'd all be happily do

ing work in their rooms and I'd be putting my head round the corner saying "What are you doing?" Wanting to bounce off people. I like my job because I have to talk with everybody and coordinate and manage. At home if I'm on my own I feel "What will I do with myself?" When I'm not interacting with others I feel I'm missing out on something. I like to know the people I'm with are close by. I suppose it's a fear of losing them. I want to have them close by and if they're not close by I want to speak with them to check they're alright.

D: Say about this fear of losing them.

P: I don't think that they'll die. If anything happens to anyone in the family the first thing they do is telephone me. I feel responsible for all of them - I want to make sure they're all alright and I'll be there for them if they need help. I like to stay in touch.

D: Do you have any goals or aims in life?

P: My ambition is to have a nice family life. I would sacrifice my big career in manufacturing to just have a simple job where I feel I'm contributing and adding value. I like to be involved in something that's good. I like to be creative, to be involved in

manufacturing because we are making things that people use.

D: Say more about making things, creating things, using things.

P: If you don't then you don't add value, you just take. I dislike people who just think it's their right to take things. People should contribute. If everyone focussed on creating and doing a bit extra then there wouldn't be wars and there wouldn't be recession. We shouldn't be greedy.

When I was a child I was a tomboy, I liked playing with tools and making things. I studied engineering because it's practical and I'm logical. We take for granted all the things that are useful in our day to day life which engineering provides. But when there's a power cut everyone thinks "Oh no! Where's the electricity?" (She sits up straight and looks rapidly from side to side as if she is anxiously scanning the horizon).

D: Say a bit more about your childhood and being a tomboy.

P: I was always out playing. I was friends with the boys and I had lots of girlfriends as well. I was buddies with all of them. I also felt more comfortable in male company. I prefer a mixed company to just all girls. I can't gossip. I like to look nice but I'm not

too fussed - I'd rather be comfortable than go out of my way to look something that I'm not comfortable in or with. I'd rather be warm and I like layers and layers of clothes and being warm!

I liked hanging around with my gran and my mum and dad. We always had a good bond, it was a nice family life, we stuck together.

D: Are you an organised person? (This question is asking about mineral qualities).

P: No - I'm not tidy and I cut corners.

D: How are you with plants?

P: I kill them (animal people often say that they kill plants).

D: What about animals?

P: I love our dog, I love to groom him and cuddle him. I'm scared of horses, they can trample you. I don't like cats, they can be vicious.

D: Any animals you either love or have a fascination for?

P: I like meerkats because they all love doing things in a group. (She does the same gesture of sitting up straight and looking rapidly around as she has done previously).

D: Say more about meerkats.

P: Everyone says that I do the same thing as meerkats - when I sit up and look around thinking "What's going on over there?" I like them because they are inquisitive and they live in groups - they're not individuals, you never see them on their own, you see them all together. Maybe that's why I like them.

D: Say more about that.

P: They do stuff together, they all turn their heads at the same time and then they think "Let's all go over there" and they all go over there together! They seem to look out for each other and like hanging out together.

Case Analysis

ANIMAL THEMES

Aggressive

Empty feeling

Warmth

MAMMAL THEMES

Sugar dip

Comfortable

Layers and layers of clothes

Hand gestures around mouth

Caring

Bond

Fear of death of loved ones

We should not be greedy

Tomboy

GROUP ANIMAL THEMES

Close

Sociable

Hanging around with people

Buddies with all of them

Wanting to bounce off people

A nice family life

People should contribute

Prescription

Suricatta suricatta 200C - one dose

Follow Up at Two Weeks

D: How are you?

P: Very good. It was amazing, it was the same day.

D: What happened?

P: My period came that afternoon after the remedy. And it was a normal period without the pains

Long Term Follow Up

I contacted her after two years to ask how she was and obtain permission to

MEERKAT THEMES

We all lived together in quite a small space

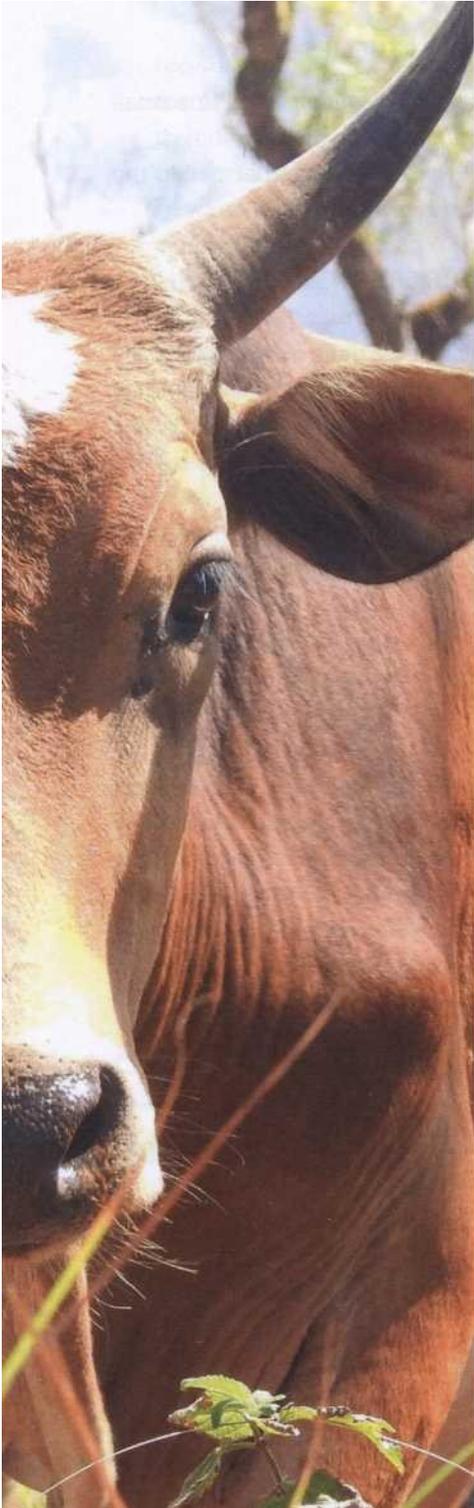
Sitting up straight and scanning the horizon

IDENTIFICATION WITH THE SOURCE

How she describes meerkats is really a description of her own nature: "They do things together, they look out for each other, they like hanging out together ..."

I've been having. And my constipation is much better. And the periods have gone back to how they were when they were normal - just under a week long. So it's all good!

use her case. She said she remained very well.



CHAPTER 25

BOS TAURUS

Cattle

**Remedy: *Lac vaccinum
defloratum*
Skimmed Cow's Milk**

Provings:

Swan 1872

H.C. Allen

H.O. Boardman 1882

T.L Bradford 1901

Dr. R. Sankaran

Cattle, or cows, are the most common type of large domesticated ungulates. Cattle are commonly raised as livestock for meat and milk and for their hides, which are used to make leather. They are used as riding animals and draft animals: oxen or bullocks, which pull carts, ploughs and other implements.

Another product of cattle is dung, which can be used to create manure or fuel. In some regions, such as parts of India, cattle have significant religious meaning. Cattle were domesticated about 10,500 years ago. Cattle are able to discriminate between different individuals in their herd and between different humans. Studies show they behave less aggressively toward familiar individuals when they are forming a new group. Calves can discriminate between humans based on previous experience, as shown by approaching those who handled them positively and avoiding those who handled them negatively.

The remedy prepared from skimmed cow's milk has received several provings and has been in use for many years.

A number of themes and symptoms common to mammal remedies are well recognised:

Chilliness

Vertigo

Headaches and migraines

Malnutrition

Marked aggravation from milk Breast disorders

Numerous gastrointestinal symptoms

The proving conducted by Dr. Rajan Sankaran has given us a beautifully clear and poignant picture of the inner state of these patients:

1. Feeling Abandoned by One's Friends and Family

mind; DREAMS; neglected, being (4)

mind; DREAMS; adoption, of (6)

mind; ADOPTION, ailments from, agg. (7)

mind; FEAR; forsaken, of being (40)

mind; NEGLECTED; ailments from, agg. from being (47)

2. A Very Strong Need to Serve One's Community

mind; DREAMS; family, own; helping (1)

mind; DREAMS; friends, attempting to save her friends (1)

3. The Theme of the Mother

mind; DREAMS; mother, being cared for by his mother (1)

4. Beating and Abuse

Dreams, anger, at being shouted at, taunted or abused

Dreams, animals, tied and beaten with sticks

Dreams, beaten, being

Dreams, death, brother, of

5. A Great Sense of Danger

mind; DREAMS; hiding; danger, from (22)

mind; DREAMS; attacked, of being (40)

mind; DREAMS; pursued, of being (154)

mind; DREAMS; danger (203)

mind; SENSES; acute (456)

The first case illustrates these themes clearly. The inner feeling of the patient is that he must serve his community without fail because if not he will be criticised and rejected. He yearns for unconditional love and to feel a sense of safety from danger within the embrace of his family and community.

6. Sentimental

mind; DREAMS; homesickness, nostalgia (7)

mind; WEEPING, tearful mood; thoughts, at sad (28)

mind; SADNESS; weeping; with (183)

The patient in Case 1 is sentimental: he weeps quietly while talking about any emotional subject and especially about his childhood experiences.

There are several more interesting themes:

7. Helpless and Yielding

mind; HELPLESSNESS (128)

mind; YIELDING disposition (80)

8. Death is Approaching but it is met with Resignation

mind; DEATH; presentiment of; fear, without (3)

mind; DEATH; thoughts of; fear, without (12)

mind; DEATH; presentiment of; predicts time (14)

9. My Friends and Family are all Going to Die

mind; DELUSIONS, imaginations; dead; friends; they will die and she must go to a convent (1)

Dreams, animals, tied and beaten with sticks

Dreams, death, brother, of

Are these themes not the story of the abattoir? Everyone is going to die ... death is coming ... nothing for it but to surrender to the inevitable. And that is the ultimate sacrifice to the community - to give your life to feed others. In the light of our homeopathic understanding of the cow it is interesting that Hindus consider the cow to be a sacred symbol of life that should be protected and revered. In the Vedas, the oldest of the Hindu scriptures, the cow is associated with Aditi, the mother of all the gods.

LAC VACCINUM DEFLOMATUM CASE 1

Man aged 55

Chief complaint: Ischaemic heart disease

D: How would you like me to help? **P:** It's a mixture of things. It's vitality and also the psychological effect of having had a heart attack. Coping with that, dealing with the vitality, trying to get back to my usual self and trying to deal with what's happened and move on. It's a shock.

D: What is the worst thing?

P: I found myself getting impatient and irritable, that's not me at

all. It tends to be with the ones I love. Before I had the heart attack life was full on, it was stressful.

I was having no exercise and the doctors said that was the cause of my heart attack. I was overweight and not exercising so I was getting no release from work. It was consuming.

D: Say about it being consuming.

P: Work was every thought that I had. No shutting off from it and with that there was worry, always worrying. They weren't positive thoughts about the business, it was always "What if this happened? What if that happened? What if this client left? Do we have enough cash in the bank?" They weren't "moving on" thoughts. I would never allow myself to say we've had a really good month, we've had a really good week or we've had a great order. I'd always ... there'd be no congratulations at all. It was just move on - we've got to do it again next month - which is a sad state to be in but it's been like that for 15 years. All of those years, all of those thoughts led to stress.

D: Say a bit more about it was never enough.

P: It was just "keep on doing more and more". You're never satisfied. Nobody ever criticises me at home which is lovely. I should have patted myself on the back for a change. The business is fine. It's kept going for 15 years and come through the recession with nobody losing their job. I've always really done my best to look after my employees. I could tell you about the good things but I won't allow myself to fall into

that trap of being in a positive zone in case something comes along and bites me and I didn't see it coming. (He looks sideways with a wary expression). I prefer to be in a very cautious frame of mind. If you're in a cautious frame of mind then if it does come along then you are preparing for it - but preparing yourself for it is being in a negative state. **D:** You won't allow yourself to fall into the trap of positive thinking in case something comes along and bites you - say about that.

P: (He laughs). I can't... it just feels rather than being myself, being normal, I subconsciously adopt this persona of caution - a bit down, a bit negative. Further questioning on this theme elucidated nothing more. Later in the consultation:

D: Describe yourself to me please. Your personality.

P: Friendly, relatively confident, not very emotional, happy to please. I like people. I like to please. If I can help somebody that is definitely a trait of mine. (He has very slow, deliberate speech). It's about making other people happy and that's transferred to work in the customer service environment where I'll go to the end of the earth to do something for somebody even if

- it doesn't always make commercial sense.
- D: Your emotional side, describe that.
- P: Well ... I'm sensitive, I cry very easily and I feel for other people.
- D: Do you have any dreams?
- P: I hardly ever dream.
- D: What about when you were younger?
- P: Yeah - I did in my teenage years.
- D: What did you dream of?
- P: It was mostly about the countryside.
- D: Try to remember them as much as you can.
- P: They were about the outdoors, open space.
- D: What was happening? What were you doing?
- P: Just being there. I wasn't being chased. There was no bad stuff going on.
- D: What were you doing?
- P: I really can't remember. I know that I was just there. I remember one dream was in a big field that's all that I remember.
- D: Try and remember. There was this big field.
- P: Long grass.
- D: Yes?
- P: I just don't remember any more.
- D: Do you have any fears?
- P: Failing.
- D: What would constitute failure for you?
- P: I suppose that comes back to business and not being able to provide for the family.
- D: What would that be like - not being able to provide for the family?
- P: That would just be terrible. I think it's two different things, failing but it's also having - what you have at the moment - some people would say you've done well over 15 years. I think it's having a lifestyle and being able to provide for your children and then taking that away and that would be the real failure. Having to take that away. That for me would be the worst thing because I would be seen by them to have failed.
- D: Yes ... go on.
- P: Even though I know that they would not hold it against me or anything like that.
- D: But in *your* mind they would see it as you having failed and that would be like what?
- P: That would just be awful. That would be the worst thing, the worst for me.
- D: How would it feel?
- P: In your mind they would think "Oh - he's failed". I would want to run away. That's how I would feel. That may just be cowardly rather than facing the music.

- D: Can you say a little about your childhood please.
- P: I think it was happy really... well it wasn't always happy. Mum and dad divorced when I was 9. I had loads of jobs. It was a very loving family, it was me, mum and my brother.
- D: Say more about that, the very loving family.
- P: Just always there, a close unit. Not necessarily spending lots of time with them but just knowing that the family was there like a home should be.
- D: How did it feel?
- P: I think it's like most homes and families - when you close that door you're in this environment.
- D: How does it feel?
- P: Safety. It's like your own sanctuary, like every home should be.
- D: What's the feeling? A safe sanctuary, what's your experience?
- P: At ease. It's also not being judged. You are what you are and that's it whether you're good or bad you know you are always going to be loved.
- D: How does that feel, not being judged and knowing good or bad you'll be loved.
- P: That's a good feeling.
- D: Describe that feeling.
- P: (He smiles). It's a comfort zone. You're in your own bubble with your family unit in your comfort zone. (He does a hand gesture of a circular shape).
- D: How does it feel in that bubble?
- P: Safe.
- D: What's the feeling?
- P: It would be happiness.
- D: What about on a physical level?
- P: When I'm in this comfort zone, which is my house when I was a young lad - because you're there you're untouchable, because you're in your own house and what anybody thinks or says or does, whatever that is, you're untouchable because you're in this bubble (he does a womb-like hand gesture).
- D: Do you have any strong feelings about animals?
- P: I love animals.
- D: Tell me about that.
- P: (He laughs). We've always had cats (tears come into his eyes).
- D: It makes you emotional?
- P: Yes - I don't know why.
- D: What comes to mind when you think of animals, what do you feel?
- P: I don't know why it just suddenly hit a button (he cries). We've always had cats. We've never had dogs. I would have liked a dog.
- D: What do you love most about animals?
- P: I think it's all about protecting them, unconditionally of course,

loving them, unconditionally of course. I can't really explain it.

D: When you think of protecting them what comes to mind?

P: I'm just aware that some animals are very badly treated.

D: Forget about cats and dogs now. Talk about other animals. Any other animals that you really love?

P: Farm animals.

D: Go on, talk about farm animals.

P: Just all of them, cows particularly.

D: Talk about cows.

P: (He laughs and I laugh with him). Peaceful - that's what I like about cows, just peaceful. (He is crying). Crazy isn't it?

D: No - it's beautiful, it's your remedy.

P: Really? (He wipes the tears from his eyes). I had a wonderful job when I was a boy. It was just a Saturday job. I cycled two or three miles to this farm and I mucked out the calves, it was just the best. It was just the best time.

Case Analysis

"Nobody ever criticises me at home which is lovely". This sentence speaks volumes and is the central theme in the case. It came as a *non sequitur* which makes it all the more significant. This statement followed on from saying "You keep on doing more and more". His inner feeling is: "I must provide for everyone, not let them down ... if I do I will be criticised ... then they won't love me any more".

MAMMAL THEMES

Broken childhood home
Avery loving family
A comfort zone
Feeling for others
Protecting

GROUP ANIMAL THEMES

A close unit
In your own bubble with your family unit

PREY THEMES

In a cautious frame of mind
Falling into a trap
Something comes and bites me
Preparing for something coming I would want to run away
Untouchable
A safe sanctuary

REMEDY THEMES

Being abandoned by one's family and friends
A very strong community feeling

Doing things for one's friends
Desire to please
The need to not hurt one's friends and community
"They would not hold it against me"
Seeing others of one's group being beaten and abused
Animals being badly treated
Sense of fear and danger
Being not cared for by the person who should be caring
Not being judged
"You are always loved"
Unconditional love

SOME SIGNIFICANT REMEDY RUBRICS

mind; DREAMS; family, own; helping (1)
mind; DREAMS; neglected, being (4)
mind; WEeping, tearful mood;
thoughts, at sad (28)
mind; FEAR; forsaken, of being (40)
mind; DREAMS; attacked, of being (40)
mind; DREAMS; danger (203)

Follow Up at Three Weeks

D: How are you?
P: I'm fine, I'm better than I was.
D: Good.
P: I'm really pleased about it. I'm getting there.
D: In what ways are you better?

THE DREAM

You probably noticed from my questioning that I was desperately trying to get him to tell me what happened in the dream. But the whole point of this wonderful dream is that nothing happens. I have often thought how boring it must be to be a cow, just eating grass all day, in a field: nothing happens. But of course that is the way cows like it: just together, "In a close unit, in a bubble with your family unit". They don't want anything to happen.

There is a rubric from the proving: mind; DREAMS; colourful; green (10)

A green field with your friends and family with nothing happening is just the way cows like it.

Prescription

Lac vaccinum defloratum 1M - one dose

P: I feel more relaxed. I don't think I'm as irritable or as impatient as I was.

Prescription

Wait



Follow Up at Nine Weeks

P: I'm absolutely fine. I'm a lot better. I'm in a lot better place.

D: In what way?

Comment

Without homeopathic treatment he was in danger. Without healing of his inner state the delusion would have remained that he would be deserted by his loved ones unless he did noth-

P: Just... I'm not depressed. I was low before and I feel a lot better than I did.

ing but work to provide for them. He would have gone back to his previous pattern of overworking and the next heart attack would probably just have been a matter of time.

LAC VACCINUM DEFLORATUM CASE 2

Woman aged 54

Chief complaint: Eczema

P: I have eczema all around my hairline, behind my ears, under my breasts, in my armpits and on my legs.

It is itchy. I use cortisone cream and after two days it goes but about seven to ten days later it rears up again. It is persistent. I'm quite long-suffering.

There was nothing more of interest about her condition and no other significant physical symptoms. However she said "I do not like the taste of milk and cream - I avoid them".

D: I need to get a good impression of what you are like as a person. Please describe your personality.

P: I have strong family connections. Caring for the family is very important to me.

I like to think of home as a welcoming, warm and safe place for all the family. I like to care for friends and family when they visit. I make sure there is fresh food in the cupboard so I can make a meal for people if they come in.

I like to think I am a gentle person. I like to be as caring as pos

sible. I like to be as friendly as possible. Mothering comes easily to me. My children's well-being is most important and I think of myself second.

I think my friends would describe me as truly trustworthy and dependable.

If I make a commitment I stick to it.

I like to be kind and helpful to family and friends - as they are to me - and we all help each other with all sorts of things.

I do not like confrontation, it upsets me. I worry about family members. I think this is a way of preparing myself so I will have an idea of how to cope if faced with a difficult situation.

School does not hold happy memories. I was picked on. I was quiet in the classroom and there were some extroverted girls and some very able girls.

D: What effect did it have on you?

P: It made me cautious, a bit anxious. I felt I could not perform to the same level and I was not where I would like to have been in the class. But it has helped me in an odd way - with my children

I have made sure I give them a lot of help.

I love animals, I can really connect with them. (She is starting to become emotional).

I love the outdoors, walking in the countryside. It really is a tonic for me. (She cries).

Case Analysis

Her description of herself is a beautifully clear picture of *Lac vaccinum defloratum*: the gentle, cautious but caring person who loves to create a warm, welcoming home where she can feed and nurture her friends and family.

ANIMAL THEMES

I was picked on
Competition

MAMMAL THEMES

Warm
Caring
Feeding people
Aversion to milk

PREY THEMES

Cautious
A safe place

Follow Up at Three Weeks

P: The rash is a lot better. About five or six days after taking that remedy it really started improving.

On examination the eczema has almost completely cleared up.

P: It is about 85-90 % better.

GROUP THEMES

Caring for others and they care for me Not where she wanted to be in the class

REMEDY THEMES

The gentle caring mother Sentimental about animals

RUBRICS

mind; DREAMS; helping (28)
mind; DREAMS; attacked, of being (40)
mind; YIELDING disposition (80) mind;
WEEPING, tearful mood (610)
generalities; FOOD and drinks; milk, milk products; aversion (110) skin;
ERUPTIONS; eczema (420)

Prescription

Lac vaccinum defloratum 200C - one dose

The eczema cleared completely and remained absent for nearly two years. There was then a slight recurrence which went after a repeat of her remedy



CHAPTER 26

DAMA DAMA

Fallow Door

Remedy: *Dama dama*
Fallow Deer Fur

Proving:

J. Sherr and the Dynamis School 2003

Fallow deer live in herds. Males (bucks) and females (does) live apart in single sex groups for most of the year, only coming together to mate. Young males will mostly stay with the female herds until they are 18 months old, when they leave to join the male herds. Large groups can be seen but the largest stable groups are of 4 to 5 individuals, made up of one or two adult does with their current and sometimes a previous year's offspring. In a female, or mixed sex herd, a hierarchy led by a dominant female will sometimes be apparent; she will generally be the one to lead the

group from clanger. Although fawns are generally weaned by six months of age, they do still benefit from the continued protection of their mother during the first winter. This close contact teaches the fawn about the best food areas, and safe areas for shelter. Any fawn that loses its mother during this period will be at a disadvantage. The mating season is in the autumn and is called the rut. The buck emits a deep groaning call. The does congregate around the buck, attracted by his calling and odour. The buck then moves around the assembled does, testing them for sexual receptiveness by sniffing around the anal area and tasting their urine. The only natural predation is by foxes, which are capable of taking young fawns. Roaming dogs can also kill and maim fawns. A major cause of death is road accidents. Fallow deer have been hunted by people for thousands of years. The deer is a universally benevolent symbol in mythology.

Some major themes from the proving:

1. Home

Desire to stay home where it is warm, cosy and safe.

Choosing between home and a career or a cosy home and a large grand house.

2. Provider

Desire to be a homemaker.

Providing for one's family, cleaning, cooking, caring.

3. Relationships

Nostalgia, homesickness.

Grief for loss of connection, especially with the mother.

Desire for closeness with friends and family.

Or quarrels with family, feeling one's space is invaded.

4. Danger

Hearing acute.

Startling and jumpy.

Feeling vulnerable, helpless, hunted.

5. Escape and Hiding

Desire to escape or standing one's ground and making oneself heard.

Desire to be unobserved, still.

Camouflaged versus wearing white.

6. Nature

Desire to be in nature.

Awareness of trees and plants.

Desire for open air and sun.

7. Animal Awareness

Awareness of animals and sympathy for them.

Skin feels velvety, smooth, soft.

8. Sexual Desire

Increased sexual desire.

Flirtatiousness.

Conflict between sexual desire and fidelity.

9. Guilt

Feeling cleansed of guilt.

Lack of guilty feelings.

Issues to do with punishment.

10. Authenticity

Desire for truth, wanting to be totally honest.

11. Purity

Desire for innocence and purity.

Feeling things are tainted and dirty.

DAMA DAMA CASE I

Woman aged 34

Chief complaints: Acne and headaches Other complaints: Anxiety and depression

The patient is referred by her GP for treatment of headaches and acne.

P: My skin was bad in my teens and as a young adult I was treated with Roaccutane®. It's a real confidence thing - I was going in to teaching then and it made me very self-conscious. It's been worse in the last six months. And I have headaches - I've had them a very long time - since I was about twelve. I've had so many treatments. Bizarrely they almost completely clear up when I'm pregnant. The headaches have been worse in the last six to twelve months. I have headaches every day now differing in severity. Also I feel very anxious. A typical bad headache is a feeling of terrific pressure in her forehead. At the same time she is dizzy and sometimes nauseated. It is worse on the first day of her menstrual period but is there all the time.

Her skin is also worse before a period.

D: Why do you think it has been worse in recent months?

P: I'm from abroad and sometimes I'm very homesick. All my family are back home. It's nostalgia. I think - "Oh, this time last year I was with my family" and things like that. It's a niggling feeling - part of me is over there - and it's also a guilt thing.

D: Say more about this nostalgia. **P:** I hanker for the comfort of home.

It's like I have two lives - I've been here six years but everything still seems brand new: friendships, etc... I hanker for the comfort of my parents being around.

D: Say more about this wanting comfort.

P: It's a guilt thing. (She starts crying). I feel I should be back home - I'm denying my parents having their grandchildren around. I'm very close to them, I speak to my mother every day on the telephone. I want the comfort of having them come here. (She continues to cry). I'd be happy, so happy, if my parents were here.

D: How would you feel?

P: Relieved, we'd all be together. I crave and need my family.

D: Say more about this please.

P: (She cries more). People who know you. No one here knows you as you were when you were a child. There's no one here I feel completely comfortable with. No familiarity of how I was and how I was brought up. When you can just pop around and just be, not even talk.

D: How does that feel?

P: Lovely.

D: Describe it more.

P: Relaxed, calm. (She cries more). D: Describe it more please.

P: The familiarity of letting your guard down. (She is still crying). People who know how you feel without saying anything, not pretending everything's fine. Sometimes if I hear of other people having their family around, their sisters and brothers, I don't resent them but they're so lucky. It's the whole guilt thing again - I shouldn't complain because I chose to come here. I'm almost holding something back (hand gesture - hands clasped close together). I'm always hankering after something that was. I don't like having responsibility. I don't want to have to make decisions.

D: Say more about this please.

P: I prefer to let other people decide. I'm happy to just follow. It feels so much easier - just letting the rest of the family decide and I go with it. And having other people share the responsibility of bringing up the children - sharing the load. I love having a full house of people.

D: Say more about that.

P: I hate taking charge. It makes me feel exposed and vulnerable.

D: Describe exposed and vulnerable more.

P: Out there on my own with no support. With people around it's like support, like crutches, one on both sides. I'm leaning and they're holding me up. They're carrying me through. Then I can achieve things and be happy.

D: What is it like without the crutches?

P: Like I can't stand up - literally - I collapse in a ball on the floor.

D: What do you miss most?

P: Oh - my mother - I've always been incredibly close with her. My brother went to boarding school but I didn't so I spent so much time with my mother. I shared so much with her. My mother is an incredibly strong person and always pulls me through. My mother has always been healthy and strong and she's not now.

D: What has happened?

P: (She cries again). I'm feeling I am wasting time - my mother has breast cancer - she's come through it so well and never talks about it.

D: What do you get from your relationship with your mother?

P: A lot of strength, it makes me want to do well and to be happy for her.

She writes on the form about herself as follows:

I avoid confrontation at all costs.

I am described as being sensitive, I know that I lack confidence and worry a lot about what others think of me. I like to be needed and find that people open up a lot to me. I think I'm a good listener and empathetic.

I am loyal to my friends and family but that is related to wanting to feel needed and also wanting to be thought of as a good person.

I love being a mother and this is where I feel most confident. However, I worry an awful amount. I am very anxious and I think bad thoughts; I always think the worst case scenario or 'what if'.

I like to feel fit and sporty and enjoy exercise.

At the consultation she says more about herself.

P: I come across as a happy person - it feels weird being emotional now. I hide my emotions a lot. I want people to think I'm happy.

D: Why?

P: I don't know, it's nicer isn't it?

D: What do you mean?

P: If you open up and gush and then get sympathy it's almost worse when people are being sympathetic. My mother doesn't see it as a strength to be emotional. I had postnatal depression and a lot of my friends were amazed because most of my friends and family think I'm a lot stronger than I really am.

D: Do you have any dreams?

P: I have a lot. Sometimes they are very anxious dreams and I can wake feeling very tense.

D: Do you have any recurrent dreams?

P: Of snakes quite a lot. Of being chased in a tricky situation and I'm hiding. I'm trying to be as small as possible. There's a theme of running and trying to hide.

D: Please say more about hiding and being as small as possible.

P: I'm crouching and I wake up curled up small in bed.

D: Do you have any fears?

P: A terrible fear of traffic accidents - it's my biggest fear. Also

awful thoughts of something happening to the children.

D: Please say more about this feeling of comfort.

P: When I was unwell with my headaches recently I really wanted my husband to look after me - to hold me, to hug me, like my parents would and to praise me. I imagined my Mum sitting on the bed - the comfort of her being there. (She cries).

D: Please say more about your relationship with your mother.

P: I worry about what she thinks. I try to please my mother. I want her to think well of me in everything. Even though she is a long way away she has a strong hold on how I feel, for example I feel guilty if I don't go to church. My mother was such an incredibly strong person - that's why I feel so bad - my mother would never let this get her down and not cope with the children. It's the weakness of showing emotion.

D: How do the headaches affect you?

P: It makes me incapable of functioning properly. I'm out of control. I can't do anything sensibly.

D: What would it be like if you didn't get better?

P: Terrible, I feel completely responsible for my children.

D: Say more about that.

P: Not to let them down. It seems pathetic.

D: Please say more about your relationship with your mother in childhood.

P: It was a really happy, good relationship. I called my mother one of my best friends. We spent so much time together. We were very, very close, just the two of us.

D: How was it when you first moved away from your parents?

P: Extremely difficult. I came overseas with my husband. It was very hard and I put on a lot of weight. (She is near tears).

D: How did it feel?

P: I had the comfort of my husband being here and a very good friend - they supported me - I just can't let go.

D: What do you mean?

P: I have this connection. I need to keep it there. I need to be part of my parent's lives. My parents go away at weekends, I don't like that because I can't contact them.

Case Analysis

ANIMAL THEMES

Exposed and vulnerable

MAMMAL THEMES

Comfort

Very close bond with mother

Need for connection with parents

Desire for hugs and holding Self-consciousness

Aggravation before menses

Amelioration in pregnancy

Postnatal depression

Fit and sporty

Great anxiety about children

GROUP ANIMAL THEMES

Having your family around you

Sharing responsibility

Support

Wanting to feel needed

HERD ANIMAL

Happy to just follow

Letting other people decide

Holding me up

Carrying me through

PREY THEMES

Letting your guard down

Being chased

Running and hiding

Being as small as possible

Crouching

Curtled up small

SPECIFIC REMEDY THEMES

Nostalgia, homesickness

Guilt

Childlike

Desire to be unobserved

Death of mother (the mother has recovered from breast cancer but this is, of course, the patient's fear and the cause of her recent deterioration) Homemaker, provider Fear of car accidents

Prescription

Dama dama 200C - one dose

Follow Up at Three Weeks

P: I'm good. My headaches are much better. My skin is much better, the breast tenderness is much better. I'm very good in myself.

She continued well with a repeat at two months and six months.

DAMA DAMA CASE 2

Woman aged 68

Chief complaint: Anxiety

P: (She cries). I've been like this recently. I just can't cope at the moment. I have this knot here and it won't go away (she indicates her stomach area). The mornings are worst. I can't eat in the mornings. I just worry about how everybody is. I know it's illogical, I know it's unnecessary but I just can't help myself. I analyse it: nobody protected me so I feel I have to protect people. I can't get the thoughts out of my mind that I will lose people - that something will happen to them. I am not worried about me. My mother didn't even contact me when I was diagnosed with breast cancer. She said she never knew but I know that she did. We were estranged. I could never think about her the way you should think about a mother. The sexual abuse happened... and it was dreadful... and when he died I was glad. Then I felt very guilty - you shouldn't be glad when people die. Is the breast cancer my punishment? When I spoke to my mother about the abuse she said "Oh I never knew". But I can remember things that really should have made her know. Why couldn't she see in my

face that I was troubled? Then my love for her died.

I worry about other people's health. I don't want them to be ill. It's a great fear of mine.

I love too much. I think I am compensating ... I was determined they wouldn't experience what I did. My husband says my maternal instinct is too huge.

D: Can you describe yourself to me please.

P: I love with great intensity. I care about people. My friends will tell you that. A lot of the young girls I used to work with said that I was like a second mother to them. I was mothering them; when they had problems they'd come and tell me and I would talk to them. I've been retired quite a few years but these girls keep in touch with me so we never lose that bond.

In my Mother's day card my daughter wrote to me "You're grandmother to the whole world". Even my grandson's friends often call me grandma. My daughter said that's what I am. She said: "You encompass all these children as your grandchildren".

D: Say more about that.

P: I want to rescue all these children that need rescuing. I have this huge mountain of love. I can't tell them or show them enough how much I love them.

I would never hurt anybody physically or verbally. I'd rather keep quiet.

We are a very tactile family. We are very kissy, huggy and feely. That's probably come from me. To hug and kiss somebody is very important to me. I suppose it is because I never had it as a child. That's why it became so important to me. I always said when we had children that they would have wonderful childhoods.

D: What was your childhood like?

P: It was a cold home, with no warmth and cuddles. I was given two dolls but they were made of china. I remember lying in bed between those cold hard dolls.

D: Do you have any dreams?

P: One silly dream I have is that I am pregnant but I can't feel the baby. The baby doesn't grow and

I don't look pregnant and I think it's died.

D: So the baby doesn't grow?

P: No.

D: How does the dream feel?

P: Horrible - I need this baby desperately in the dream.

Then in other dreams I do have a baby and I'm always going out to buy vests for this baby.

D: Do you have any particular feelings about animals?

P: I hate animals being hurt.

D: What about wild animals? Do you have any special feelings about them?

P: I love foxes, they are beautiful animals.

D: Any other wild animal you have strong feelings about?

P: I like deer because they have soft faces.

D: What do you like about deer?

P: They have sweet, kind faces.

D: What else do you like about them?

P: They are nice to touch. They have lovely smooth velvety coats.

Case Analysis

ANIMAL THEMES

Abuse

MAMMAL THEMES

Emotions felt in the stomach

Anxiety about her family

Illogical

Protection of the family

Breast pathology

Poor relationship with mother

Estrangement from parents Bond

Mothering
Maternal instinct too huge
Huge mountain of love
Tactile
Hugging
Soft
Dreams of pregnancy and babies
“It was a cold home, with no warmth and cuddles”
Cold
Hard

PREY ANIMAL THEMES

I hate animals being hurt
I would never hurt anybody
Sweet kind faces

DAMA DAMA THEMES

Punishment

Follow Up at Three Weeks

She looks happy and much calmer.

P: I'm OK.

D: How is the anxiety?

P: It's really pretty good. There is certainly less anxiety than there used to be.

Discussion

This is a healing dream. Significant dreams occur quite commonly the night before a consultation: the patient's superconsciousness drops an important idea into the subconscious

Second mother, grandmother - fallow deer live in groups which are often lead by an older female.

Smooth velvety coats - she uses exactly the same words as came through in the proving when describing deer's skin.

Delusion of being pregnant (she dreams of being pregnant and in the proving there was delusion of being pregnant: dreams, fears and delusions can be considered as interchangeable: they are all windows into the subconscious).

Prescription

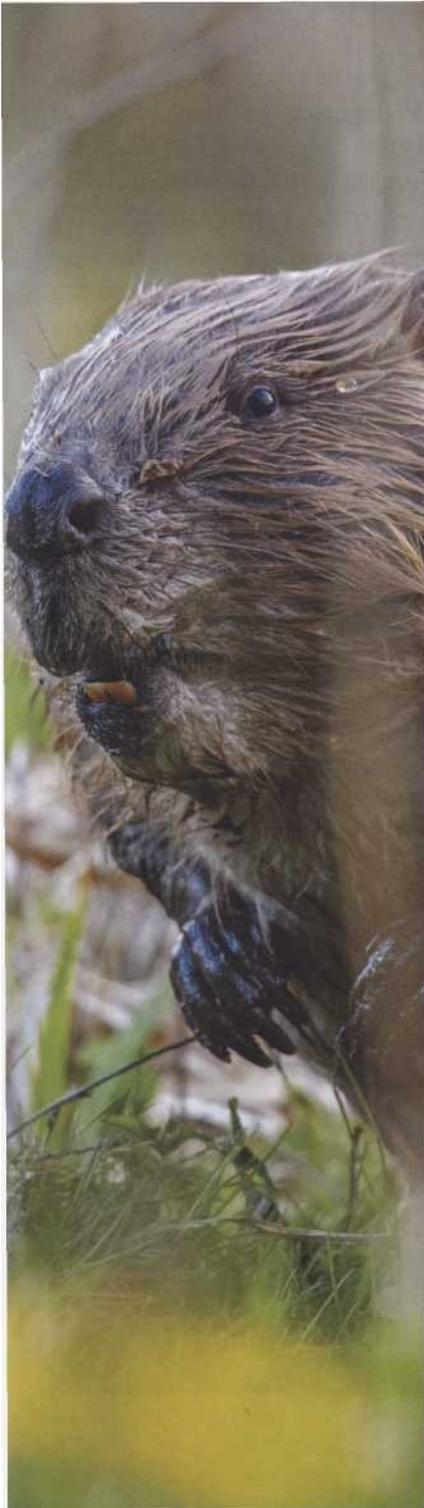
Dama dama 200C - one dose.

D: How is that knot in your stomach?

P: It's gone.

It's funny - last night I had the dream about a baby but this time the baby was growing.

ness. That information is then communicated to the conscious mind through the medium of a dream.



CHAPTER 27

CASTOR CANADENSIS

American Beaver

The beaver is the second-largest rodent in the world after the South American capybara. The beaver is semiaquatic and has many traits suited to this lifestyle. It has a large, flat, paddle-shaped tail and large, webbed hind feet. The unwebbed front paws are smaller, with claws.

The forepaws are highly dextrous, and are used both for digging, and to fold individual leaves into their mouth and to rotate small, pencil-sized stems as they gnaw off bark. The beaver possesses continuously growing incisors.

Beavers are active mainly at night. They are excellent swimmers and may remain submerged up to 15 minutes. More vulnerable on land, they tend to

remain in the water as much as possible. They use their flat, scaly tail to signal danger by slapping the surface of the water. They construct their homes, or lodges, out of sticks, twigs, rocks, and mud in lakes, streams, and tidal river deltas. Beavers are well known for building dams across streams and constructing their lodges in the ponds which form.

The purpose of the dam is to create a deep-water refuge enabling the beaver to escape from predators. The beaver dam is constructed using branches from trees the beavers cut down. The inner bark, shoots and leaves of the trees are also an important part of the beaver's diet. Communication is highly developed in beavers, including scent marking, vocalisation, and tail slapping. Beaver deposit castoreum on piles of debris and mud called scent mounds.

Remedy: *Castoreum canadense*

Castoreum is a yellowish exudate from the castor sacs of the mature beaver. Beavers use castoreum in combination with urine to scent mark their territory. Both beaver sexes have a pair of castor sacs and a pair of anal glands, located in two cavities under the skin between the pelvis and the base of the tail. It is used as a tincture in some perfumes and was sometimes used as a food additive in the early 1900s.



CASTOREUM CANADENSE CASE

Woman aged 55

Chief complaint: Asthma

Other conditions:

Irritable Bowel Syndrome

Obesity

Osteopaenia

Hypothyroidism

P: I've always been ill... I sound like a hypochondriac.

P: I feel I haven't filled out the form properly. That's because it could go on for ever. I would say I've always been ill. I know I sound like a hypochondriac.

(She seems anxious: she started talking before she sat down and has not removed her coat. So I say to her to let me just read through her form before we begin).

P: My chest needs to dry out ... warmth helps me ... but smoke makes me worse.

P: I was brought up in a warm country. From the chest point of view I feel I need to dry out. A while ago I got pneumonia again, I find now that I'm worse in the winter. We went away to Bermuda and I felt better - again it was the warmth. Warmth helps me fight off anything that's potentially brewing. When I got off the plane I didn't

realise how ill I was. And my husband is not very good at saying "You need to go to a doctor". When I got to the emergency services I was really asthmatic, my inhalers weren't helping, I couldn't breathe. I was petrified I might not be able to breathe.

Last year I struggled with an infected chest the whole time, I had green muck coming out of my chest the whole time. My nose was blocked the whole time. Then I had a very bad asthmatic attack and my peak flow was 230. I don't feel my asthma is managed at all. Now I can't exercise, I used to exercise sometimes twice a day, now just walking up the stairs I'm out of breath. I feel like a 90 year old woman. I'm very sensitive to cigarette smoke - if I just walk past somebody who has been smoking it's like I'm being stabbed inside - it's really tightening in my chest.

D: What happens if you walk past a smoker?

P: (She puts her hands over her mouth). I have to put my hands over my face.

D: Why?

P: It's like burning into my chest, it's really very strong.

I crave warmth. I feel cold to the bone. The winter is bad for me, I'm always bad in the winter and I have this craving for warmth. I put a scarf around my neck or a wrap on me, I do that all the time.

D: Why?

P: I'm just cold, really deep cold (she wraps her arms around herself) cold to the bones, really, really deep cold. I feel this need to feel warm, really deeply (again she wraps her arms around her chest). Later in the consultation:

P: I'm a giving person, I give, give, give. I try to be kind to people and I put other people first but at home my younger sisters used to bully me. I couldn't stand up for myself and they were always pushing me around. My father hit me - he used to beat me up. I was bullied, mocked ... I felt controlled ... it felt claustrophobic ... I needed to escape.

D: Say more about being bullied.

P: I was bullied at school, my siblings bullied me, and they used

to mock. In our family whoever shouted the loudest won.

D: What did they do?

P: They were just unkind and my parents ... my father was never involved in our upbringing and my mother was coping with everything and she just allowed them to behave that way and allowed my father to hit me. One day he broke my nose. I blame her as much as him because she allowed it to happen and then tried to blackmail me to not say anything. I was told that we'd be made homeless if I made it public. It was so controlling, I feel that people have always been trying to control me. (She does a hand gesture with her hands coming in together on both sides - a squeezing kind of gesture).

D: Describe this (I copy the gesture).

P: Claustrophobic.

D: Just talk about this - controlling, claustrophobic.

P: There are times when I just get into the car and drive because I just want to go (she does an opposite gesture with her arms spreading outwards).

D: Let's go back to that again. Don't worry if you're repeating yourself. Just talk again about being controlled and claustrophobic.

P: Just a feeling of needing to escape, to leave, feeling helpless. And I feel that by coming back I'm having to be submissive again and I feel I have to apologise even though I don't neces

sarily feel I'm wrong but I feel I have to keep the peace, to keep the family together. It's a feeling I don't count, I feel like I'm at the bottom of the pile.

Case Analysis at this Stage

ANIMAL THEMES

Bullied, mocked
Whoever shouted loudest won My father hit me

PREY ANIMAL THEMES

I need to escape Submissive
Bottom of the pile

MAMMAL EXPRESSIONS

I feel cold to the bones
I need warmth
I feel helpless

P: It's not physical abuse ...
P: It's like feeling helpless ... I feel if I stay I'm being ... not physically abused, it's going back to that feeling of my father hitting me and being submissive and leaving is my way of trying to escape the situation (she repeats

the gesture of her arms going outwards) but I don't have the courage to. As a child I remember running away from home and not knowing where to go. I really am crying out for help for love, affection. Crying out for help.

Analysis

PREY ANIMAL

Helpless
Submissive
Running away
I need to escape

Crying out for help

MAMMAL

I want love, affection
I feel vulnerable ... I want to hide

- P: My husband is lovely but he's a cold person. He's not very demonstrative so I have frustration in that relationship. He's so black and white, it doesn't help me. He is controlling.
- D: When someone is controlling what is the effect on you?
- P: It makes me feel vulnerable.
- D: Describe vulnerable.
- P: Vulnerable ... feeling left, potentially you could be left and I wouldn't have the strength to cope with that. Again it's feeling unloved, not wanted. He's done that in the past. To make me submissive he's said "Right! I'm going to leave you!" I know
- he's that kind of person - he's so black and white - he would never apologise. He doesn't apologise. So it's that feeling of being vulnerable, again it's a feeling like being a little ... (she does a gesture of hunching up with her arms around her chest) maybe a little child or a mouse.
- D: Say more about that feeling like a mouse, like a child.
- P: Feeling timid and again feeling I don't count.
- D: Like a little mouse, just describe that more.
- P: Timid. (She repeats the gesture of wrapping her arms around herself). Insular, wanting to hide.

Analysis

ANIMAL THEMES

He is controlling
 I *feel* vulnerable
 I don't have the strength to cope with that

MAMMAL THEMES

He's *cold*
 Unloved
 Not wanted
 I feel like a mouse

PREY ANIMAL

I feel timid
 I want to hide

- D: Think about animals ... what comes to mind when you think about animals?
- P: Furry. Warm. Cozy. Demonstrative. Loving.
- D: Do you have any strong feelings about particular animals?
- P: When we were talking about it I was just thinking of a rabbit or a mouse - something that's furry.

Analysis

MAMMAL THEMES

Furry
Warm
Cozy
Demonstrative
Loving

Discussion

At this point the consultation had lasted an hour and a half. It was time to stop. There were very clear indications for an animal which was a mammal and a prey creature. However beyond that there were no solid clues of any kind. (Often when a patient names a creature

it is not their remedy). So I decided to choose a remedy which I knew was not the simillimum but would be a similar remedy which covered at least a significant part of her case.

I took the following rubrics:

Generalities; tobacco; aggravates; smell, odour of (18)

Respiration; asthmatic; excitement, emotional, aggravates (47)

Mind; fear; suffocation, of (83) Mind; sadness; respiratory complaints, in (15)

Total Rubrics Kingdoms	Lob.	Carb-an.	Lyc.	Ign.	Lach.	Acon.	Phos.	Staph.	Ars.	Nux-v.	Psor.	Gall.	Mosch.	Samb.	Cupr.	Ip.	Kall-i.	Spong.	Nat-ar.	Bell.	Verat.	Puls.	Lyss.
SADNESS; respiratory ... (15)																							
TOBACCO; agg.; smell, ... (18)																							
ASTHMATIC; excitement, ... (48)																							
mind; FEAR; suffocation, of (84)																							

The remedy that comes first is *Lobelia inflata*

Lobelia Inflata

(Indian Tobacco)

Vermeulen

Psychogenic dyspnoea

Chilly

Tobacco: aversion and aggravates

Asthmatic attacks

Phatak

Constriction or oppressive fullness in chest

Murphy

Panting, threatened with suffocation, fear of death

Mangialavori's additions

Mind: hypochondriasis

Respiration: asthmatic: exertion, after: slight

Respiration: asthmatic: nervous

Respiration: difficult: excitement aggravates

Prescription

Lobelia inflata 200C - 1 dose

Follow Up at Three Weeks

D: How are you getting on?

P: From last time I think I feel better. I've only had one asthmatic episode when somebody was smoking, it wasn't so intense. It was uncomfortable.

D: Was there any immediate reaction after that dose I gave you?

P: In the first week my asthma was quite bad but now the breathing is better at night. I've lost that wheeziness. I'm breathing much

better through my nose. Now I can close my mouth and breathe. D: If you were scoring your improvement overall on a scale of 0 to 10 where would you score it?

P: I would say 3 or 4.

D: Overall is this the best you've felt for a while?

P: Yes definitely.

D: How far back would you go? P:

Eighteen months, maybe longer.

Assessment

This is a typical response from a similar remedy. A worthwhile improvement, especially at a physical level but no significant shift in her inner being. Over the next few months her breathing was quite a lot better.

But emotionally there was no significant improvement: she continued to complain of her treatment by family members and others and was clearly no more happy in herself than before starting treatment.

Follow Up at Eleven Months

P: My daughter abuses me ... I'm her punchball... I feel saturated.

P: My daughter was very abusive to me recently. She swears. I'm her punchball. I wasn't controlled, I lost it - at the moment I think I'm so ... saturated with dealing with stuff that I can't deal with confrontation at all. The way I'm dealing with it at the moment is that I'm either hanging up - putting the phone down or I'm

defensive and aggressive which I don't like but I feel out of control. So at the moment I'm avoiding confrontations because I don't feel strong enough to be able to absorb anymore. I feel completely saturated dealing with stuff. And I had another situation - obviously I attract it all - with the gardener. I've been avoiding the confrontation and I don't get support from my husband, he expects me to deal

with all these things, he doesn't help with the situation with the

children and he didn't help with this situation with the gardener.

Analysis

ANIMAL

She's abusive

I'm defensive, aggressive

PREY ANIMAL

I'm avoiding confrontation I'm not strong enough

PECULIAR EXPRESSION

I'm saturated

I'm drowning ...

I'm trying to come up for air and with the situation with my sister. She was bullying me - she was going on and on at me and I was thinking to myself "I really can't deal with this". In the end I just put the phone down. She rang back and I didn't pick up the phone because there's all this aggression and shouting at you (she does a hand gesture with her hand vigorously moving in a grabbing gesture). She was using me ... sounding off at me.

D: (I copy her hand gesture) - how does this make you feel - when she's like that to you?

P: I feel like I'm being got at, it's being hit. (She repeats the gesture). Not a gun, it's a feeling of being bombarded the whole time, be

ing pelted the whole time, that's why I feel like I've got to a stage where I'm saturated. I can't take it any longer, it's like "Enough!" Now I'm just shutting down, I'm trying to walk away (she does a hand gesture with her palms pushing away). "I can't deal with this!" I'm completely... I'm suffocating ... I'm drowning in all this ... (she does a vigorous gesture of her hands coming towards her chest)... in all this being directed at me. I can't deal with it. I don't want to deal with it, I've had enough. So then I got a text from her saying ...

D: Just describe this experience. (I copy her gesture of arms towards her chest). Drowning, suffocating. Just the experience of drowning and suffocating.

(At this moment there was a remarkable shift in the expressions she used: she went into imagery which was clearly coming from a very deep subconscious level of her experience. And it spoke very clearly of the source of her remedy).

P: It feels like I'm under water. I'm panicking, trying to get up for air (her hands are now moving as if she's paddling upwards) to breathe, it's all that suffocating.

Suffocating. It's suffocating with all this being thrown at me, I can't... I don't want to deal with it any longer ... I can't deal with it any longer.

Analysis

PREY ANIMAL

I feel got at
Hit, bombarded, pelted
I can't take it any longer
I've had enough

PECULIAR EXPRESSIONS

I'm drowning
I'm under water
I'm trying to get up for air
I'm being held down by weights ...
I'm being pulled down

P: And I just feel it's not being selfish, it's self-preservation. I can't deal with it. (Hand gesture: palms pushing away). It's making a choice, saying "No more!" (She repeats the gesture).

D: Describe this more - you're under water trying to get up for air.

P: Visually it feels panic (now she strains upwards with her hands vigorously paddling upwards) gasping for air, trying to fight. I feel like I'm fighting for breath, fighting to get up (she's looking desperately upwards, straight

upwards with her hands paddling fast). I'm trying to get my head above water to breathe, that's what it feels like and it feels like I'm being held down by weights (now she does a strong movement with both hands pulling down). Visually I feel this panic (she paddles desperately upwards) and I feel like I'm being pulled down, held down (she pulls her arms down vigorously with her hands clasped together). I feel I'm trapped, it's like a panic attack, I'm feeling I can't get there ... will I make it? Will I get there? I won't be able to make it! (She's distressed now, near tears).

D: Very good. Just describe that more. Pulled down, held down, trapped.

P: It's a feeling that it's the end of your life, you can't breathe, gasping. Gasping for breath. It feels someone is holding onto me (again the gesture with both hands together as if clasping

something) and pulling down. My foot - interestingly it's my right foot, maybe because that's the one I broke - it's like a weight on me. Visually it feels something is holding onto my ankle (she pulls downwards with her hand) it's stopping me from try

ing to get away, to get up. It feels like I'm drowning. I'm drowning. That's what it is: I can't get up to breathe! I want to escape, to swim away. I'm being held back. (She repeats the gesture of her hand pulling downwards).

Analysis

PECULIAR EXPRESSIONS

I'm trying to get my head above water I'm being held down by weights

I'm being pulled down Someone's holding my foot It's a weight on me

Comment

At this point, with a sense of shock, I realised what she is describing. She's describing the experience of an animal caught in a leg trap. Beavers are trapped in this way. A spring trap crushes the foot and grips it but the trap is also attached to weights: the beaver is unable to swim strongly enough to get up to the surface because the weight is too heavy. So the animal drowns. This was an old form of trap used in the 17th and 18th centuries in North America. Many will be disturbed to learn that this kind of trap is still widely used now. It is a hideously cruel method of catching an animal. It is remarkable how, when

the patient went into her description of this state, she described exactly the experience of the animal trapped in this way. Looking at the provings of many other animal remedies and case studies it is clear that the manner in which animals are treated by mankind contributes a significant proportion of the material which comes through in a proving.

So does the materia medica that we have for the beaver fit the case?

Castoreum canadense (beaver secretion)

Murphy's material medica Hysterical individuals Nervous attacks

Worse: emotions; cold.

Maagialavori's additions

Fear: panic attacks, overpowering

Similar remedies

Ambra grisea; Ignatia; Moschus; Valeriana.

Prescription

Castoreum canadense 200C - 1 dose

Follow Up at One Week

P: I'm a new person. Compared to a week ago I'm completely different. So previously, where I felt dead and drowning inside, I feel like a different person. I feel rejuvenated. Whereas before where I was tearful and emotional, this week I was in a situation where someone was being a bully: I dealt with it, I didn't get upset, I didn't get emotional. Which is a first for a long, long time ... well for as long as I can remember. And I just had a situation with my daughter on the phone. She was being difficult, as usual. But she actually apologised which she's never done before! So whether, subconsciously ... I don't know... she actually wrote to me and apologised! I said "Thank you - it's not the worst you've been!" I feel tranquil, positive and interestingly this week my body has lost weight even though I've done nothing about how I eat, my body has naturally lost weight. Even my husband noticed! It feels like my body is more active as in physically. I feel energised and in control, I feel

I'm not thinking. I feel great, I feel good.

D: Say more about not thinking.

P: Before I was engulfed, drowning and emotionally I felt dead. Now I feel rejuvenated, I don't have that empty dead feeling. It's that extreme - the difference in a week! Actually less than a week - it was instant.

And someone was being a bully. I felt annoyed and I confronted it, I wasn't going to allow myself to be bullied by her. And when I went home I sort of cleansed myself, I felt "Go away!" (She does a gesture with her hands pushing away) "I'm not going to allow this".

D: And that feeling of drowning, suffocating, underwater, being pulled down?

P: No, not at all, all gone.

D: And how is your breathing?

P: Better, the coughing is better. Before when I was coughing I was bringing up lots of mucus - now it's few and far between, my chest is noticeably better.

Comment

This is the kind of reaction we get from a simillimum: a dramatic shift not just physically but also on a psychological level. It is remarkable how quickly the change can take place and in this case without any sign of aggravation or healing crisis. That is probably because the potency is ex

actly right. The *Lobelia inflata* was nevertheless an important part of her treatment: it addressed in particular the sensitivity to tobacco smoke but also probably shifted her vitality sufficiently to enable her to make a bigger step towards health later.

Follow Up at Four Months

D: How are you?

P: I've been feeling amazing. My GP said to drop my inhaler down to just once a day. I feel energised, really good. In the past ... it

sounds awful... I craved a glass of wine to get through. Now I've just stopped drinking and it's not been a big deal. That's really nice.

Follow Up Six Months Later

D: How are you?

P: I feel good. People are noticing -I seem very chilled. People can see a difference.

I'm not allowing people to bully me. I said to someone recently "You do not talk to me like that!" Something else happened recently which would never have happened in the past. We open our garden for charity -I always regret it! It would be so much easier to just write a cheque. So much work is involved getting it right. We were talking about the canapes and somebody said "I'll bring the same ones as last year"

and I couldn't believe it when I said "Julia, I hope you don't mind but I'm going to be very blunt, nobody enjoyed them last time" and I thought to myself "I can't believe I said that!" But I knew that we were going to be left with 80 of these things like last time which no one ate because they were so disgusting. I have never ever done anything like that in my life! I said it in a nice way but I hope I'm not becoming a monster!

P: I'm not allowing myself to be the victim. I'm not being horrible about things. I'm voicing

my opinion, I'm standing up for myself, I'm not allowing people to bully me. I'm not allowing myself to be the victim, I'm making

my point. I'm not being horrible about it, I'm just stating the facts from my perspective.

Comment

It is very significant that she is saying these things. When people have been in the victim state of an animal remedy and they receive their simillimum then almost invariably they will start standing up for themselves in a way that they were incapable of before. In fact this is an essential part of the healing process. They will say things

like: "I'm not putting up with it anymore! I'm standing up for myself! I'm not backing down!"

D: How is your breathing?

P: Absolutely fine, I'm completely off my inhalers. No asthma. I dropped it down and then I haven't been taking it at all.

Comment

Again a dramatic improvement remembering that when she first came for treatment she was unable to climb stairs without being breathless and having severe asthma attacks, chest infections and episodes of pneumonia.

CHAPTER 28

PHYSETER MACRO- CEPHALUS

Sperm Whale

Remedy: *Ambra grisea*
**Bile duct secretion of the sperm
whale**

Provings:

Hahnemann 1827

Krassning 1985

The sperm whale is the largest of the toothed whales and easily recognised by its enormous square head and narrow lower jaw. The sperm whale is dark blue-gray or brownish, with white patches on the belly. It is thick

set and has small paddle-like flippers and a series of rounded humps on its back. Males attain a maximum length of about 19 metres and females about 12 metres. Sperm whales are deep divers, commonly reaching a depth of about 350 metres. They can dive for an hour or more and then spend about 10 minutes at the surface breathing once every 10 seconds. The sperm whale is the most evolutionarily modified of the toothed whales. The head constitutes one-third of the total body length and, it is estimated, greater than a third of the body weight. Sperm whales were once commercially valuable and were hunted for several centuries. The white whale hunted in Herman Melville's novel *Moby Dick* is presumably an albino sperm whale.

Ambergris occurs as a bile duct secretion of the intestines of the sperm whale and can be found floating upon the sea or lying on the coast. It is also sometimes found in the abdomens of whales. Because the beaks of giant squids have been found embedded within lumps of ambergris, scientists have theorised that the substance is produced by the whale's gastrointestinal tract to ease the passage of hard, sharp objects that the whale might have eaten. The sperm whale usually vomits these, but if one travels further down the gut, it will be covered in ambergris.

Ambergris is usually passed in the faecal matter.

The main feeling in *Ambra grisea*:

There is something wrong with me that needs to be covered up. It is disgusting and should never be exposed.

This leads to a tremendous sense of embarrassment.

1. Disgust with One's Body and Bodily Functions

mind; DREAMS; flatus, of embarrassing (1) mind; DISGUST; odour of his own; stool (2) mind; DISGUST; odour of his own (6) mind; DISGUST; oneself, with (16)

2. Uncomfortable in Company

mind; COMPANY; aversion to; people intolerable to her; stool, during (1) mind; FEAR; people, of, anthropophobia; stool, before (1) mind; MISTAKES, making; watched, when (2)

mind; EMBARRASSMENT; strangers, in presence of (4)

mind; TIMIDITY; blushing (6)

mind; TIMIDITY; company, in (8)

mind; COMPANY; aversion to; people intolerable to her (9)

mind; FEAR; approaching; others, of; children cannot bear to have anyone come near them (12)

3. Embarrassment and Timidity

mind; EMBARRASSMENT; agg., ailments from; mental and emotional consequences of (10)

mind; FEAR; embarrassed, of being (10)

mind; TIMIDITY; bashful; awkward, and (11)

mind; FEAR; opinion of others, of (21)

4. Nervous and Excitable

mind; LOQUACITY; questioning, rapid (1)

mind; INQUISITIVE; jumping from one subject to another (1)

mind; ASKS; questions, many; answer, does not wait for (2)

mind; EXCITEMENT, excitable; company, in (9)

mind; LOQUACITY; excited, when (14)

5. Poor Mental Functioning

mind; THOUGHTS; vanishing, unable to think; company, in (1)

mind; DULLNESS; old people (8)

mind; ABSENT-MINDEDNESS; spoken to, when (9)

mind; FORGETFULNESS; facts, for; past (14)

mind; FORGETFULNESS; old people, in (19)

mind; READING; difficult, is; understand, does not (21)

6. Ailments from Abuse and Insult

mind; CONFIDENCE; want of self; offense, after (1)

mind; DREAMS; ill-treatment (5)

mind; RAPED, being, agg., ailments from (26)

mind; PUNISHMENT, ailments from, agg. (28)

7. Ailments from Reversal of Fortune

mind; FORTUNE, reversal of, agg. (10)

mind; BUSINESS; ailments from, agg.; failure (26)

AMBRA GRISEA CASEI

Woman aged 44

Chief complaints: Acne and excessive sweating

P: For me the most important symptom is my sweating and my skin. I think they are linked. It is excessive sweating. I sweat in situations where I should not. It doesn't have to be exertion, if I am in a stressful situation I start to sweat and that makes me feel uncomfortable and then I sweat even more. That is one of the first things I feel uncomfortable with. The second is my skin is very sensitive. If I don't sleep or I'm stressed I get spots and that is very uncomfortable for me - I'm in my 40s and I'm still getting spots! This has been an issue for me for decades now. It is a sensitive thing for me: people seeing me - (she buries her face in her hands) - that is not good for me, it makes me very self-conscious. When I go out I have to put make-up on, it's just not nice.

(She is wearing a top with narrow black and white horizontal bands. She is quite animated and moves and gestures freely).

D: Describe what it is like for you when the symptoms are at their worst.

P: When it is at its worst I sweat not only under my arms but on my chest and on my back. I sweat when I get stressed when for example I need to go somewhere - I sweat every time I go out of my comfort zone. It's not normal sweat - it's like poison sweat. It is an unpleasant odour. I have to change 3 or 4 times a day and wash myself. My skin is naturally oily. It is better in sunlight and in drier conditions. Humid conditions really make my spots worse. I have to be either near the sea where I can cool myself or a breeze. Humidity and heat makes it worse. I need to have cool air.

D: How does the sweating and your spots affect you?

P: It's a long term source of stress. It influences my mood a lot. I'm well aware of whether I have spots or not - I can't get over it and enjoy my life. I can't get there (she gestures her hands moving forward). I'm still aware

in front of my husband after all these years “Oh no” (and again she buries her face in her hands). It makes me feel uncomfortable even with him.

D: Describe feeling uncomfortable.

P: It sounds silly, but ashamed and therefore shy (she is looking downwards) “Don’t touch me, don’t come too near” (she laughs nervously). It is not feeling good in my own skin. It really affects my mood - if I wake up and my skin is fine I’m cheerful but if it’s not good I’m not in a good mood and I’m shy and I don’t want to communicate or face the outside world.

D: Describe not comfortable in my own skin.

P: (She sighs deeply). You want to jump out of that skin and not to have that skin and either have another skin or to jump into cold water and not have to deal with the feeling that your skin is too hot.

D: Say more about being ashamed and shy.

P: I’ve noticed that when you talk to other people that you don’t notice scars and things. I try to remind myself that people are not looking at my skin noticing the spots. But I am so aware of it and I feel like - not that people associate acne with bad diet or

you don’t look after yourself or your cleanliness. People don’t realise it’s not something you can control. It’s not in my power. I can’t wash more, I cannot eat more healthily.

D: So if people are thinking “Oh, she has a bad diet, she doesn’t look after herself” how would that make you feel?

P: Terrible.

D: Describe that more.

P: (She starts to cry). I’m just thinking ... (she thinks for a long time).

D: Take your time.

P: I think it may come from ... it sounds silly but ... I’m quite bright - well very bright and when I was a child I went to the grammar school. But I come from a small village and maybe I felt a bit of handicap going to the big school in the town and I felt the teachers looked at me and thought “You’re from the village, you’re not as good as the town children”. I think that affected me - how people judge me so maybe I’m sensitive to that. I do think people underestimate me and maybe not having good skin makes me think people think “Urgh - you’re not proper, you’re not clean, you don’t know how to look after yourself” - it’s a sensitive issue for me.

D: Describe your nature to me please.

P: Most people say that I am calm. (She laughs). My husband can tell you plenty of stories that I'm not that calm! I really like helping people that's why I went to the rural part of my country to be on the ground and have that huge satisfaction of helping somebody to achieve more - that is great satisfaction for me. That is why I chose to be a teacher.

D: She has written on her form: "I love whales".

I ask her about his.

P: Oh yes. (She smiles and looks upwards). I love whales because they are so big that they don't have to be afraid of any predator apart from humans. They swim in cold clean waters. For me they are like an old wise memory and they are able to see the big picture - because they live so long and they've seen so much, they can look at things from a distance and they have a better overview and they swim together, they help each other but they can also swim on their own. I love their sounds, they are able to communicate

softly, it's like they are singing to each other and that reminds me when I was a little child, under 10 for sure, we used to have Sunday afternoons watching TV. The whole family, showing old black and white films, so we were watching them as a family and I remember one scene very well when some young man did something wrong and he was in court and God came to witness the trial and the judge asked God "So how do you judge him, what can you say about him?" and God says "I can't judge him because I have known him since he was born" and I was really small and I remember that scene even now, it had a huge impact. I remember telling my sons "I want to be like that God, I want to be old and wise and kind to people and always not judge people because you don't know what they have been through". And somehow that relates to whales, they are old and wise and they have seen a lot and they are the last creature to ever judge people. They live their lives in clean cold water, they don't harm others, they are just like witnesses - they witness our short lives.

Case Analysis

ANIMAL THEMES

Animated, gesturing

MAMMAL THEMES

Uncomfortable

Comfort zone

Not feeling good in my skin

“You’re not clean” (shame associated with the body)

PELAGIC SEA CREATURE THEME

(Pelagic creatures are those which swim in the open sea)

Moving forward. (“Moving forward” is a common theme in pelagic cases and when expressed is often accompanied by a brisk gesture forwards)

Jump into cold water

REMEDY THEMES

Aversion to being looked at

Shame

Shyness

Very self-conscious

IDENTIFICATION WITH HER PERCEPTION OF THE SOURCE OF HER REMEDY

She likes whales because “they swim in cold clean water”.

She talks of wanting to jump into cold water and her main issue is feeling people thinking she is not clean.

And she likes whales because “they are the last creature to ever judge people” - her fear is to be judged.

RUBRICS OF AMBRA GRISEA RELATING TO THIS CASE

mind; CONFIDENCE; want of self; offense, after (1)

mind; LOQUACITY; excited, when (14)

mind; FEAR; opinion of others, of (21)

mind; ANXIETY; company; agg. (23)

mind; EMBARRASSMENT (30)

mind; TIMIDITY; public, about appearing in (72)

mind; LOOKED at; cannot bear to be, agg. (74)

mind; COMPREHENSION; easy (80)

mind; TIMIDITY; bashful (81)

mind; ANXIETY; perspiration; with (121)

mind; VIVACIOUSNESS (182)

mind; SHAME (205)

Prescription

Ambra grisea 1M

Follow Up at Five Weeks

D: How are you?

P: I'm very well. (She smiles).

D: What have you noticed?

P: Two very interesting things. One was the very first day after the remedy. I don't want to sound over the top but my inner feeling, my sense of being was probably the best feeling I have ever had in my adult life. Being aware of myself, how I feel - it was really amazing. It was calmness, deep contentment with everything not only with myself but the world. It was a feeling "This is how it's supposed to be". Feeling more mature, a new me, a really striking feeling of very, very good well-being. It lasted one day. The next day I was fine, not the same amazing high feeling but still calm, a deep level of calmness. No subconscious anxieties troubling me and a

feeling of being at peace with everything around me.

Then after a few days I was totally on my knees with extreme tiredness. Like a zombie - lasting about a week, and then for another week pretty tired. On the first two nights I had bad dreams. And feeling that I was going to die. It was very strange. Now I'm sleeping much better and I'm needing much less sleep which is amazing.

For four weeks my skin felt much better, not itching, not hot and I was feeling much more comfortable in my skin. After four weeks it began to get worse again. In that four weeks I didn't raise my voice once towards my two boys. But things are just coming back a little bit now. The sweating has been much less but that's getting a little worse too. And the anxiety is a little more again.

Prescription

Ambra grisea 1M

Follow Up at Three Months

P: I'm very, very good. The sweating is 90 % better, the skin is 80-90 % better. The soreness and swelling in my eyes is much, much better. I have much better

tolerance to heat and humidity. The only thing that has surprised me is that in the last two weeks I'm producing lots of nasal mucus. I haven't had that before.

Prescription

Wait

Discussion

Things are going very well - the nasal discharge is a good sign. It persisted for 6-8 weeks and then cleared up completely. She needed another repeat of the remedy twice in the next year but then remained very well.

The initial reaction to the first dose is what could be called a “honeymoon period”. With a very good simillimum sometimes in the first day or two people have an almost euphoric state which appears to be produced by the energy of the remedy being so closely resonant with their own vital force. After that honeymoon period they can either then go to a less euphoric

but more normal improved state or sometimes as in this case go into a healing crisis with development of any kind of symptoms, extreme tiredness or return of old symptoms. This is not a sign of relapse from the very good state to begin with but simply the normal healing process happening after the honeymoon period.

The appearance of discharges accompanying the dramatic improvement in inner state is a very good sign. These discharges - a nasal discharge is the most common type - can last months but will eventually cease.

AMBRA GRISEA CASE 2

Woman aged 26

(She looks sad with a downward gaze) P: My main problem is this digestive complaint. Often when I eat I get full very quickly. I get really bloated, I guess it's trapped air. It's not a normal burp, I try to get it out but it gets stuck.

D: Describe it a bit more.

P: It's a discomfort that happens after I've eaten. I feel very full and bloated. The only way to relieve the discomfort is to try and get that air out but even that is painful. It feels very painful, almost a convulsion.

My relationship with food isn't really that healthy.

D: Tell me more about that.

P: I don't know if it's anxiety but I don't like thinking about food. I don't like cooking and preparing and thinking about food - it stresses me out. (She spontaneously puts her fingers around her mouth). I like to eat when I'm hungry and just eat what is there. I don't like the process of planning eating. It doesn't interest me, I avoid it. My idea of an ideal portion is ... I don't know ... I don't know if I can't eat a lot because of my symptoms ... an ideal portion for me would be below average. Definitely as a teenager I was very controlling about what I ate. (This kind of narrative about food and eating habits is a typical presentation of anorexia nervosa. There is denial and an attempt to rationalise one's anxiety about eating).

D: Can you tell me more about that? P: Being controlling ... hyperaware of my own body and the number of calories I was consuming and the types of food I was eating. I was very sporty so I did trampolining and would compete nationally. I was really into that. A large part of that was thinking about your body - having to be really fit and healthy. It put a weird slant on thinking about your body.

D: Describe yourself to me please. Your nature, your personality.

P: That's difficult. (She pulls a grimace and her hand goes to her mouth). I have a warm personality, I'm open, I like being around people.

D: What's been going on in your life in recent years?

P: (Another grimace). I don't remember much about being a teenager. I don't like thinking about it much. It was quite uncomfortable. I found it difficult.

D: Say a bit more about it being uncomfortable.

P: It just went on and on, that period of transition trying to work out where you fit in and who you are. I resented my parents quite a lot. I wasn't very nice to them.

D: Tell me about resenting your parents.

P: (Hand gesture of fingers touching the lips). It's hard to understand now - I have a good relationship with them now and it's hard to imagine what they could have done wrong. I think I just felt so uncomfortable in my own skin and they were an embodiment of that.

D: Describe being so uncomfortable in your own skin.

P: (Grimacing severely). Maybe what it is, is just being a teenager. Being scrutinised and hyperaware of what you look like and what peo-

pie think about you. It's strange because now I'm happy with who I am and happy in my skin.

D: Now you are happy in your own skin but before you were uncomfortable in your own skin ... try and put yourself back into those teenage years and just describe what you experienced with that feeling of being uncomfortable in your own skin.

P: It feels horrible.

D: Try and connect with how horrible it feels.

P: For quite a long time I didn't like people touching my skin. I think that was a horrible feeling ... disgusting is not quite the right word.

D: If it was the right word try and describe that feeling of disgusting.

P: Thinking about it has made me feel nauseous.

D: You may experience things right now you have never really felt before. Don't worry, just try to go through the process. Proba

bly soon you'll feel a whole lot better.

P: I'm uncomfortable in my skin, it feels horrible and disgusting.

D: Do you have any fears?

P: I like animals but I'm scared of them.

D: Say more about that.

P: I like them from afar but I get anxious around them.

D: Do you have any strong feelings about wild creatures?

P: No.

D: Do you like or dislike any particular creatures?

P: Not really. We went whale watching - whales are the only animals that have really brought me to tears. I have always been interested in them and thought they were cool.

D: What do you like about them?

P: Just the size of them and they are sublime. You can't really comprehend their size.

She is very chilly.

Case Analysis

ANIMAL THEMES

Hyperaware of what you look like
Fear of animals

MAMMAL THEMES

Uncomfortable
Hyperaware of my body

Eating disorder
Hand gestures around the mouth
Uncomfortable in my own skin
Aversion to being touched
Poor relationship with parents
Visceral experience of emotions

REMEDY THEMES

Disgust
Feeling very uncomfortable in her body
Love for whales

stomach; ERUCTATIONS;
ineffectual and incomplete (97)
stomach; DISTENSION; eating; after
(101)
Allen lists convulsive eructations

REMEDY RUBRICS

mind; DISGUST; oneself, with (16)
mind; ANXIETY; eating; after (50)

Prescription

Ambra grisea 200C - one dose

Follow Up at Seven Weeks

She looks much happier and more relaxed.

pened less. Only 2 or 3 times and not in a big way.

D: How have you been?
P: Ok. I was pretty emotional for a few days after last time. My stomach symptoms have hap-

D: How has the chilliness been?
P: I think I've been comfortable.
D: How is that feeling of being uncomfortable in your skin?
P: That's been fine.

AMBRA GRISEA CASE 3

Man aged 30
Chief complaint: Depression and anxiety

He writes on his form: I have a diagnosis of borderline personality disorder. I cry a lot and I'm having intrusive, violent and disturbing thoughts. When I'm stressed I'm hypersensitive and paralysed and feel constantly on the verge of tears or losing my temper. In the consultation:

P: I think it's because of a shift in the relationship between me and my partner since we discovered we are going to be parents. I'm anxious at the prospect of being abandoned by her, the prospect of losing her as a partner, the prospect of being a father. I often think about suicide and I cry a lot.

D: Say more about this fear of abandonment.

P: I'm worried I'll be a bad father like my father was to me, that I'll abandon or mess up my own children. It's a negative feedback loop, the more anxious I am about my partner leaving me the more difficult it is for me to be supportive. I feel guilt about not being the partner that I should be.

D: Say more about the anxiety.

P: For example this morning I woke up and my partner was reading the news on her phone and as soon as I woke up I saw her and my inner monologue started "She's not interested in me anymore - she doesn't love me anymore - she's going to leave me". I felt paralysed for ten minutes then I pretended nothing was wrong.

I have been in therapy a long time and there are two things I find really frightening. One is being abandoned and the second is being exposed to be bad.

D: Say about being abandoned.

P: I know why, because of my upbringing.

For a large part of my childhood I was effectively abandoned by both my parents. My mother was heartbroken by my father who had betrayed her and she wasn't there emotionally. Until my teens she was unpredictable and sometimes quite abusive.

She could be completely absent, it was very traumatic. My sense of reliability about attachment constantly needs reaffirming including with my parents. So I need a lot of attention and reassurance in order to feel secure in a relationship. The prospect of being abandoned is so terrifying, it's really frightening.

D: Describe that more.

P: I crash into feeling I'll be exposed to be a bad person.

D: Describe being a bad person.

P: It's quite an abstract fear - a conviction from somewhere - it's deeply ingrained in me that my essence and my core is bad.

D: Describe that more.

P: It feels rotten on the inside. D: Describe rotten on the inside.

P: Something repulsive or disgusting or something that's repulsive or disgusting to others - so shame.

D: What would the opposite to that be? P: Clean, attractive, fresh, living.

D: Say more about the intrusive thoughts you have.

P: When I was a teenager I had an inappropriate abusive sexual relationship with an older woman, I still have flashbacks. When that happens I tend to twitch and jerk in bed at night, I get intrusive thoughts which are extremely taboo - violent or sexual thoughts.

I try to get them out of my head. Thoughts like the worst things I could be capable of as a father.

D: Say more about the unreliability of attachments.

P: I need certain clues to build up and maintain trust - I need visual, verbal and tactile clues in order to believe that I am wanted. But the way I communicate is intense and requires a lot of energy from both me and my partner, without that it's very difficult to believe in the security of the long term relationship.

D: Then how does that feel?

P: Terrifying.

D: Describe that more.

P: Helpless, exposed, like being an oyster out of its shell or a baby bird falling out of its nest - so abandonment is having insufficient protection, like I'm exposed to the world - nakedness, unsafe. It's the solitude which is so dangerous and so belonging - being part of a union, unit, an attachment - is soothing and safe.

D: Describe soothing and safe.

P: Being held, warm.

D: Please describe yourself to me?

P: I'm very enthusiastic about things, I'm passionate. I'm very loving, if I like people I'm very affectionate, protective and loyal. I'm fun to be around when I'm not a nervous wreck, I have a lot of

energy, I can either liven things up or I can be quite exhausting. I have a very vivid imagination.

D: Describe that.

P: It's easy for me to imagine things. I create things all the time in my head.

D: Anything recurrent?

P: For example, safe and warm is a very, very strong image, me being held by my partner.

D: Do you have any dreams?

P: In my childhood I had lots of recurring nightmares - one was of being on a beach facing the ocean and I could see the waves coming and the foam and the waves would not quite touch me then recede. Last night I had a dream, I was on this boat and we were on the boat to see a meeting of whales, some kind of mating ritual - and the whales came but they were much more of a force to be reckoned with than we thought and they created a tidal wave and the boat sank and we were swept to the shore.

D: Describe that inner core again? P: Rotten, like a rotten tooth.

D: Say more about that.

P: Black on the inside and somehow appearing as ordinary on the outside but everything inside is black and decayed.

D: How does it feel?

P: Disgusting.

Case Analysis

ANIMAL THEMES

Helpless
Exposed
Dangerous
Oyster out of its shell Bird failing from its nest
Passionate

MAMMAL THEMES

Absent parents
Abusive mother
Soothing and safe
Being held
Warm

AMBRA GRISEA THEMES

A bad person
My essence and core is bad
Rotten
Disgusting to others
Repulsive
Twitching and jerking at night
Nervous wreck
Dreams of whales

Prescription

Ambragrisea 1M

Follow Up at Four Weeks

P: I'm good. The first half of this month was very difficult but this last two weeks I have felt much, much better. In the first half my partner and I were fighting a lot and I was finding it difficult to hold things together but in the second half I'm feeling a lot better in myself.

D: Describe it more.

P: I'm more robust, I'm more able to contain the way I'm feeling. The anxiety about being a father and the pregnancy is much better and my partner says I'm a lot different.



CHAPTER 29

TURSIOPS TRUNCATUS

Common Bottlenose Dolphin

Remedy: *Lac delphinum*

Provings:

N. Herrick

D. Chhabra

Bottlenose dolphins have a short and well-defined snout that looks like an old-fashioned bottle, which is the source for their common name. Like all whales and dolphins, though, the snout is not a functional nose; the nose has instead evolved into the blowhole on the top of their heads. Their necks are more flexible than that of other dolphins due to five of their

seven vertebrae not being fused together as is seen in other dolphin species. The common bottlenose dolphin has a bigger brain than humans. Their highly developed intelligence has driven considerable interaction with humans. Bottlenose dolphins are very social animals. They live in groups called pods that typically number about fifteen individuals, but group size varies from pairs of dolphins to over one hundred or even occasionally over one thousand animals for short periods of time. There are various types of groups including nursery groups, juvenile groups and groups of adult males.

Their diets consist mainly of eels, squid, shrimp and a wide variety of fish. They do not chew their food, instead swallowing it whole. Dolphin groups often work as a team to harvest schools of fish, though they also hunt individually. Dolphins search for prey primarily using echolocation, which is a form of sonar. Dolphins also use sound for communication, including squeaks emitted from the blowhole, whistles emitted from nasal sacs below the blowhole, and sounds emitted through body language, such as leaping from the water and slapping their tails on the water. Their heads contain an oily substance that both acts as an acoustic lens and protects the brain case. They emit clicking sounds and listen for the return echoes to determine the location and shape of nearby items, including potential prey.

Mating behaviour of the bottlenose dolphin is polygamous. Males form alliances to seek a sexually receptive female. For a chance to mate with the female, males separate the female from her home range. Females bear a calf every three to six years. After a year-long gestation period, females bear a single calf.

MAIN THEMES

Danger

- mind; DREAMS; house, houses; flood, in a (2) *
- mind; DELUSIONS, imaginations; safe, he is not (4) *
- mind; DREAMS; enemies (14) *
- mind; DELUSIONS, imaginations; danger, of (32) *
- mind; DREAMS; water; dangerous (36) *
- mind; FEAR; danger, of impending (42) *
- mind; DREAMS; violence (70) *
- mind; FEAR; accidents, of (73) *
- mind; FEAR; crowd, in (84) *
- mind; DREAMS; accidents, of (125) *

Children in Danger

mind; DREAMS; child, children; losing, lost; water, in (1) *

mind; DREAMS; son, of; attacked, of being (1) *

mind; DREAMS; drowning; son, of (2) *

mind; DREAMS; child, children; something had happened to (6) *

mind; ANXIETY; family, about his (73) *

This Common Mammal Theme Is Strongly Felt in This Remedy

Hiding, escaping

mind; DREAMS; enemies; avoiding (1) *

mind; DREAMS; pursued, of being; enemies, by (5) *

mind; DREAMS; hiding; danger, from (22) *

mind; DREAMS; hiding (32) *

Calm During Danger

mind; FEARLESSNESS; water, in (1) *

mind; DREAMS; water; flood, of a; calm in (1) *

mind; TRANQUILLITY, serenity, calmness; danger, although surrounded by (2) *

mind; DREAMS; fearless (9) *

mind; FEARLESSNESS; danger, in spite of (10) *

This is the unique peculiarity of the remedy.

It is similar to the symptom found in *Lac lupinam* which can feel safe in a dangerous situation and indeed can desire to be exposed to danger.

Caring for Children

mind; DREAMS; child, children; losing, lost (7) *

mind; DREAMS; responsibility, of; children, for (8) *

mind; DREAMS; child, children; babies; nursing (10) *

mind; ANXIETY; children, about his (30) *

mind; ANXIETY; others, for; loved ones, for (33) *

mind; DREAMS; child, children; babies (57) *

Another Common Mammal Theme

Circles

mind; DREAMS; circle; he is in (1) *

mind; DREAMS; circle; man, violently beaten, is in a (1) *

mind; DREAMS; circle; standing outside of a (1) *

mind; DREAMS; circle; walks in a (1) *

mind; DREAMS; encircled tightly, being (4) *

Clairvoyant

mind; DREAMS; research, doing; substance to transmit thoughts, on (1) *

mind; DREAMS; dead; revelations from (1) *

mind; DREAMS; clairvoyant (48) *

mind; CLAIRVOYANCE (92) *

Play

mind; PLAY; desire to, playful; water, in (3) *

mind; CHEERFULNESS; bathing, while (4) *

mind; JOVIAL (16) *

mind; AMUSEMENT; desire for (16) *

mind; LAUGHING; easily (21)*

mind; ANTICS, plays (27) *

mind; DREAMS; parties, of pleasure (43) *

mind; PLAY; desire to, playful (80) *

mind; JESTING (108) *

Dolphins are known and loved for their apparently playful nature.

Relaxed

mind; DELUSIONS, imaginations; beautiful, wonderful; things look (18) *

mind; RELAXED feeling, letting go (49) *

Group

mind; DREAMS; house, houses; communal (1) *

mind; DELUSIONS, imaginations; separated; group, from (12) *

Feeling Inadequate and a Failure

mind; DREAMS; looking for someone; failing to find him; children (1) *

mind; DREAMS; accusations; denying (1) *

mind; DREAMS; people, of; laughing at him (3) *

mind; DREAMS; looking for someone; failing to find him (4) *

mind; DREAMS; ridiculous; ridiculous, feeling (4) *

mind; DREAMS; reproaches himself (6) *

mind; DREAMS; failures (22) *

mind; DREAMS; guilt (22) *

mind; CONFIDENCE; want of self; failure, he is a (30) *

mind; DELUSIONS, imaginations; failure, he is a (41) *

mind; CONFIDENCE; want of self; inadequate, feels (51) *

This theme is reminiscent of a number of other mammal remedies

Water

mind; DREAMS; water; waves; splashing over him (2)

mind; DREAMS; fish (49)

mind; DREAMS; water; swimming in (63) *

Water - Pleasure

mind; PLAY; desire to, playful; water, in (3)

mind; CHEERFULNESS; bathing, while (4)

Water - Danger

mind; DREAMS; water; waves (30)

mind; DREAMS; water; dangerous (36)

mind; DREAMS; water; flood, of a (51)

mind; DREAMS; drowning (53)

Eating

mind; EAT, eating; more than she should (14) *

mind; DREAMS; food (56) *

generalities; PAIN; hunger, fasting agg. (92) *

Another common mammal theme

LAC DELPHINUM CASE

Woman aged 61

Chief complaint: Recurrent cystitis

P: Lately my health has been worse. I've developed a number of symptoms - low energy, a painful hip, a blocked-up feeling in my ears, anxiety. But the main problem at the moment is my bladder.

D: Tell me about that.

P: It's been going on many years. I get this continuous desire to urinate. I suddenly can't wait. I get pain in the bladder like it is being squeezed, bruised. The urine becomes darker than usual and with a strong odour. It makes me irritable and snappy and tearful. I feel I'm oversensitive at the moment because I'm worrying about my son a lot more than normally. I always worry about him anyway because he's very sensitive.

When I have this bladder problem I usually have the ear problem as well. They feel blocked -I have been told I get eczema in the external ear canals and that they swell. I get a clear discharge and tinnitus. I've been told it is because I swim nearly every day. I'm worrying about my children at the moment. My son is twenty-five and my daughter is twen

ty-two. Something happened recently which has put them in jeopardy - it has been an earthquake emotionally for me, a shock.

D: Say more about this please.

P: Panic - a big adrenalin rush for several days. I definitely felt I had to act. My response is to be practical.

D: Describe this earthquake emotionally.

P: I felt sick, tight, tense. A lot of nervous energy. Rushing around. She has put on her form: "I love to swim in cold water, particularly when the weather is bad". This is so unusual I ask her about it.

P: I feel good in sunshine but I have much more of a sense of equilibrium when it's cool and I just love to be in cold water.

I have a big temperature change at night - I feel cold and I wrap myself up and get warm. But in the morning I do not want to be near heat - it's way too hot. At night I'm shivering.

D: Say about loving being in cold water.

P: It's not just to do with swimming although I swim nearly every day.



I really like the sensation of cold water, especially when I'm swimming. It makes me feel really alive.

D: Describe the sensation.

P: Really harmonious. It feels right. I hate swimming in warm water. Cold water feels right - an equilibrium between the inside and outside of my body. Water is a really big thing for me. I feel better around water generally.

D: How do you feel around water?

P: I lived in a forest for a while and it was amazing but if I'm not near water I feel I can't breathe. When I'm swimming in cold water it's the breathing experience that really matters.

D: Describe the breathing experience.

P: I feel really energised and smooth and completely relaxed.

D: Describe smooth.

P: My breathing is smooth - contrast that to at the moment: I feel parts of my body are asymmetrical and unconnected. When I'm swimming it feels my body parts are connected. At the moment it's the opposite - I feel I've got blockages.

D: Describe your nature to me please, what you are like as a person.

P: People tell me I'm a bit eccentric. I'm quite independent. I like intellectual pursuits.

I'm told I can carry on regardless. (She makes a gesture with her hands waving by the side of her head). Like in a car crash or bad things happening.

D: Say more about this.

P: A “dizzy blonde”. I could be driving along in the car as if everything is fine when a car crash is happening around me. A sort of innocence. I don’t recognise bad things. I seem to be

quite lucky. Friends say I’m very sweet but not very aware of the world. It seems I’m not really engaged - I’m an innocent person. She had very bad postnatal depression after her first child.

Case Analysis

MAMMAL THEMES

Wrap up and get warm

High degree of anxiety about even grown-up children

Postnatal depression

WATER ANIMAL THEMES

Love of swimming

Visceral experience of pleasure in the water

Love of swimming in cold water (This visceral experience of pleasure felt in water, and often a preference for cold water, is shared with fish and cephalopod mollusc cases)

LAC DELPHINUM RUBRICS

mind; TRANQUILLITY, serenity, calmness; danger, although surrounded by (2) mind; CHEERFULNESS; bathing, while (4) mind; FEARLESSNESS; danger, in spite of (10)

mind; ANXIETY; children, about his (30) mind; RELAXED feeling, letting go (49) mind; FEAR; happen; something will; bad, evil (157)

ears; OBSTRUCTION, stopped sensation (288)

bladder; PAIN; sore, bruised (52) urine; STRONG odour (147)

bladder; URGING to urinate, morbid desire; frequent (382)

LAC DELPHINUM THEME

Children in jeopardy

Lac delphinum peculiarity

Lack of awareness of or concern about dangerous situations

Prescription

Lac delphinum 1M - one dose

At Follow Up

“I am so much better. The bladder improved almost immediately.

And I am feeling so much better in myself - this is the best I have felt in years”.

CHAPTER 30

SARCODES



A sarcodes is prepared from healthy tissue. Any tissue in the body has a job to do and the healthy functioning of the entire organism depends on that job being performed perfectly. A recurring theme in sarcodes cases reflects this: the need to do one's job perfectly and a feeling of self-reproach, shame and disappointment when one fails.

Reproductive Sarcodes

These remedies are beautifully described in the book *Matrional Remedies* by Melissa Assilem. My cases are presented as illustrative of the pictures clearly presented in Melissa's book.

The Welsh School of Homeopathy also generously publish their provings on their website where they are freely available for study. I am grateful to Linda Gwillim for introducing me to this important group of remedies through her inspired and insightful teaching.

A unifying theme of the female reproductive sarcodes is to do with will. It seems that children who have not had a healthy, normal birthing experience can lack willpower and a strong sense of identity. There can be little desire to explore and experience the world into which they have been born. Rather there is a withdrawn, irresolute state which, in the extreme, appears as a desire to return to the comfort and safety of their mother's womb.

INDICATIONS FOR HUMAN REPRODUCTIVE SARCODE REMEDIES

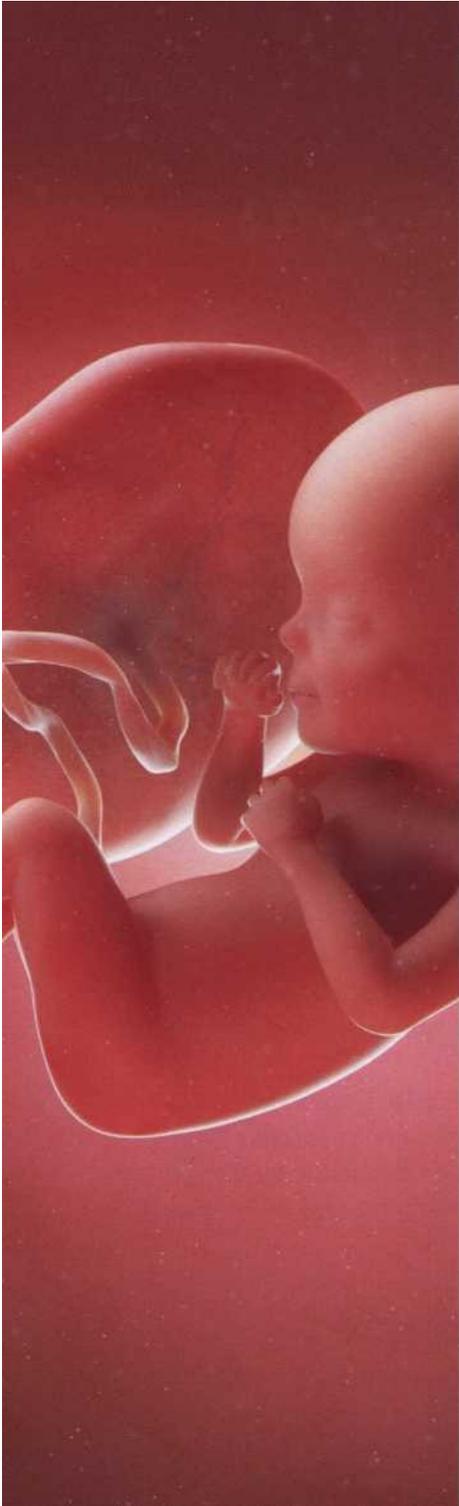
Children	Lack of confidence
Poor immunity	Separation anxiety
Recurrent infections	Behavioural problems Autistic spectrum disorder
Lack of vitality	Developmental delay
Lack of willpower	Problems at weaning Eating disorders
Lack of the normal child's interest and enthusiasm for life	

Typical histories

Problems during pregnancy and delivery, for example:

- Mother traumatised physically or emotionally
- Significant maternal pathology during pregnancy
- Mother heavily sedated or fully anaesthetised during delivery
- Interruption of the bonding process between mother and child, immediately after birth
- Intrauterine growth disorder
- Placenta praevia
- Premature birth
- Birth by caesarean section, especially when conducted as an emergency
- There may be a history of infertility, recurrent miscarriage or menstrual disorders.

There are often several or more of these different features present in these cases. As a result the child does not arrive in the world in a healthy and harmonious fashion and without that secure foundation is unable to develop properly physically or psychologically. The disturbed birth process leaves the infant unprepared to face the multiple challenges of life.



CHAPTER 31

PLACENTA

Provings:

Hans Eberle, Friedrich Ritzler 1995

Kathy Biggs, Linda Gwillim 1999

We have been given two beautiful provings of *Placenta*.

The following is an analysis of the Eberle and Ritzler proving which has helped me to gain an understanding of some of the main themes in the remedy:

1. The Child's Experience

A. FRIGHTENED, LONELY AND CLINGING

Regression to a foetal state:

mind; CURL up, desire to (3) **

mind; HOME; stay at home, desire to (8) ***

mind; ESCAPE, desire to; society, mankind, from (7) ***

Dependent, clinging:

- mind; DREAMS; mother, of; asking her for milk (1) **
- mind; DEPENDENT; parents, on (3) ****
- mind; COMPANY; desire for; wants to be watched constantly (3) **
- mind; COMPANY; desire for; sleep with parents, child desires to (6) ****
- mind; CLINGING; mother, to (12) ***
- mind; ATTACHED, very; mother, to (43) ****
- mind; ANXIETY; alone, being (40) ***
- mind; COMPANY; desire for; family, of (48) ***

Fear:

- mind; FEAR; panic attacks, overpowering; children, in (3) ***
- mind; RESTLESSNESS, nervousness; drives him from place to place, must move; walks from room to room (3) **
- mind; FEAR; wrong; something, of, indescribable (3) **

Feeling forsaken:

- mind; FORSAKEN feeling; care for her, no one will (4) **
- mind; DREAMS; isolated, being (6) **
- mind; SADNESS; separation from friends, family agg. (6) ***
- mind; DREAMS; forsaken, forsaking (17) **

Death in the family:

- mind; DEATH; ailments from, agg.; parents or friends, of; mother, of (4) ***
- mind; DREAMS; death, of; friends, of (17) **
- mind; DREAMS; death, of; family, in; parents, of (18) *
- mind; DEATH; ailments from, agg.; parents or friends, of (37) *
- mind; DREAMS; death, of; relatives (47) **
- mind; DEATH; ailments from, agg.; loved ones, of (47) ***

B. ESTRANGED, HATEFUL

Antagonism with mother:

- mind; REPROACHES; others; mother (1) ***
- mind; ANGER; family, toward; parents; mother (1) ***
- mind; CURSING, swearing, desires; mother, curses his (2) ***
- mind; HATRED; mother, of (9) ***

Estrangement from family:

mind; ANGER; family, toward; parents (12) *

mind; ESTRANGED; family, from her (52) **

mind; INDIFFERENCE, apathy; family, towards ones (30) **

2. The Mother's Experience

A. LOVING, CARING

Love for children:

mind; COMPANY; desire for; child, desires to be with his (2) **

mind; LOVE; family, for (11) **

mind; LOVE; children, for (22) **

mind; COMPANY; desire for; family, of (48) ***

Desire for motherhood:

mind; WEeping, tearful mood; babies, thinking of (2) **

mind; CHILDREN; desires to; have, to beget, to nurture (8) **

mind; CHILDLESS, ailments from being (10) *

mind; DREAMS; pregnant, of being (37) **

Caring, benevolent:

mind; CARES, worries, full of; others, about (36) ****

mind; HELP; others, wants to (38) **

mind; BENEVOLENCE (50) ****

B. ANXIOUS

Anxiety about family:

mind; ANXIETY; health, about; relatives, of (14) **

mind; CARES, worries, full of; relatives, about (18) ****

mind; ANXIETY; children, about his (29) ****

mind; ANXIETY; family, about his (51) **

C. AVERSION TO MOTHERHOOD

Aversion to children, parenthood:

mind; IRRITABILITY; children, towards; own (8) **

mind; IMPATIENCE; children, about (16) **

mind; INDIFFERENCE, apathy; children, to her (18) **

mind; ANGER; family, toward (20) *

mind; IRRITABILITY; disturbance, from slightest (25) **
mind; INDIFFERENCE, apathy; family, towards ones (30) **
mind; IRRITABILITY; children, towards (44) **
mind; ESTRANGED; family, from her (52) **

Water and womb-like experience:

mind; DREAMS; house, houses; water, on (1) **
mind; DELUSIONS, imaginations; beautiful, wonderful; atmosphere, in (2) **
mind; DREAMS; water; people; bathing; swimming pool of hotel, in, naked (2) **
mind; DELUSIONS, imaginations; lighter, is (2) **
mind; DELUSIONS, imaginations; glass; being behind (4) **
mind; DELUSIONS, imaginations; water; underwater, he is (5) **
mind; DELUSIONS, imaginations; narrow, everything is too (6) **
mind; DREAMS; water; people; bathing (10) *
mind; DELUSIONS, imaginations; lighter than air (24) *
mind; DREAMS; water; sea, ocean, of (35) **
mind; DELUSIONS, imaginations; water (36) *

3. The Failed State

Lack of confidence, low sense of self-worth:

mind; DEPENDENT; husband, on (1) ***
mind; FEAR; opinion of others, of (20) **
mind; APPRECIATION, desires (30) ***
mind; DELUSIONS, imaginations; appreciated, that she is not (41) **
mind; FLATTERY; desires (9) **
mind; YIELDING disposition; children (31) ***
mind; TIMIDITY; public, about appearing in (65) ***

Breakdown and burnout:

mind; HELPLESSNESS; working too hard, from (1) **
mind; DELUSIONS, imaginations; control over organisation, losing (1) **
mind; WORK; impossible; thoughts, from rush of (1) **
mind; DESPAIR; work, over his (2) **
mind; SADNESS; wrong way, as if having done everything in (3) **
mind; DISCOURAGED; resignation (36) **

mind; SIT; desires to; wrapped in deep, sad thoughts, as if, and notices nothing (42) **
mind; ABSORBED, buried in thought; sadness, indulges in (45) *
mind; AMBITION; loss of (50) **

Identity issues:

mind; DELUSIONS, imaginations; misunderstood, he is (11) **
mind; DELUSIONS, imaginations; influence, is under a powerful (31) **

The Welsh School proving brought out a number of other important themes, including the following:

Strengthening of the individual's sense of identity: developing a greater awareness of one's self and an increased ability to live life for oneself - according to one's own nature and not having to live according to the expectations of others.

Feeling undervalued, excluded and on the outside.

Nostalgia or revisiting the past with old issues resurfacing.

This can lead to a clearing out process - getting rid of emotional baggage that does not belong to you.

Spaciness, disconnection and detachment. Not having a strong sense of oneself.

The following cases illustrate these various themes and show how deeply healing and valuable *Placenta* is as a remedy.

PLACENTA CASE I

Boy aged 5

Chief complaint: Chronic otitis media

The child walks in with his mother and immediately climbs onto her lap.

D: Do you know why you have come to see me?

P: (He shakes his head without speaking).

D: Can you tell me about your ears? What's wrong with them?

P: (He gives a timid little laugh and leans against his mother).

M: He's had this current infection for the last three weeks and is taking antibiotics.

D: Tell me all about his ears, everything you can.

M: He's had bad ears ever since he was a baby. He used to perforate his ear drums a lot. There would be discharge and often a disgusting smell. It would be thick green discharge. It would go from one ear to the other. One month one ear, then the other, then back to the first one again. He had grommets inserted and if anything it's been worse - it's definitely no better: he's on antibiotics more now. They diagnosed glue ear in one ear and a little in the other. He always has discharge coming from

his ears. I am going to the doctors more and more and more. He's having a lot of time off school.

Some of the antibiotics do nothing now. He was on a six week course and it did nothing. He is having too many antibiotics.

(Now the child is leaning against his mother's abdomen saying nothing).

D: We'd better sort it out then.

(The child makes childish baby-like laughing sounds and says nothing).

D: What is he like when his ears are really bad?

M: He just lies down and cries. He always goes to bed early, about half past six.

D: He likes that?

M: Yes he likes to go to bed early. Sometimes at half past five he says "Is it bedtime yet?"

He does like his bed. He likes his bedroom. (He is leaning against his mother).

He really sweats at night, his hair is very wet. He really sweats a lot.

D: Any odour to the sweat?

M: Just a sweaty smell. (Now the boy goes and lies down on his

chair and yawns). His pyjamas can be sticking to him because he sweats so much but mostly he sweats on his head.

D: Can you tell me about your pregnancy with him please.

M: He was unplanned. I found out quite late with him - I was 13 weeks. He was two weeks overdue. He was the only one of my four who was breastfed and he is the only one who has had bad ears! They say breast feeding is good for them and I'm thinking, "Really?" (He is now leaning on my desk gazing at me).

D: How were you during the pregnancy?

M: OK - no sickness.

D: Emotionally? **M:** Yes, I was fine.

D: How was the delivery?

M: Not too bad - about 8 hours. The only thing is that the placenta got stuck, it took a long time to get it out.

D: Say more about that.

M: They managed to get it out in the end without surgery but they were just about to operate.

D: How long was it stuck for?

M: About twenty minutes - they said "One more try and then we're going to theatre".
(Now the child is lying in a foetal position curled up against his mother).

M: "Go and sit on your chair by yourself".
(He shakes his head).

D: Does he like being in that position?

M: He does sleep in that position yes - on his knees and elbows with his bottom in the air.

D: Is that his favourite position? **M:** Yes.
(He is lying on top of his mother's abdomen in the foetal position. I get the impression he is trying to crawl back inside his mother)

D: Does he go into that position during the day?

M: Yes quite often when he is playing with his toy cars.

D: What is he like as a person?

M: He is easy going, friendly, he is well-behaved, and he does what he is told. At school they say he is always smiling and friendly and happy. Even when he has bad ears he still goes into school smiling.

D: Is he normally sleepy?

M: He does like his sleep.

D: Does he sleep during the day?

M: If he isn't at school he tries to sleep. He says "Can I go to sleep now?" I have to make him play! When I pick him up from school I have to go and pick up another child from another school and he'll say "Is Daddy home, can you take me home first?" Last week

on holiday he just wanted to stay in the caravan with his father, he didn't want to go out.

D: Does he sleep more than your other children at this age?

M: If he could he would; I don't let him.

D: So what does he really like to do? **M:** He likes playing in the garden. **D:** What are your favourite games? **P:** (He makes a childish little laugh and says nothing, then he whispers in his mother's ear).

M: Oh yes - playing in the play house in the garden.

D: Playing in the play house, that sounds fun. What do you do?

P: (He speaks!) Playing lots of games. (Then he buries his head in his mother).

D: Does he have any fears?

M: The dark. He doesn't like sleepovers, he says "One day - not yet."

P: I just drunk a yoghurt! (He giggles childishly).

D: What about his development?

M: His walking was normal but his speaking is delayed. He is having speech therapy.

D: When did he start speaking?

(Now he is lying on my desk snoring - pretending to be asleep).

M: He started nursery at age 3, he was only saying a few words then so it was late. (He yawns, he crawls onto his chair and continues pretending to snore).

D: Does he often do this?

M: Yes, he sleeps a lot.



Case Analysis

FEMALE REPRODUCTIVE

SARCODE THEMES

Late delivery

Retained placenta

Poor vitality and recurrent infections Lack of will power

PLACENTA RUBRICS

mind; CURL up, desire to (4) mind;

ESCAPE, desire to; society, mankind, from (8)

mind; TIMIDITY; public, about appearing in; talk, to (15)

mind; HOME; stay at home, desire to (16)

mind; CLINGING; mother, to (16) mind;

YIELDING disposition; children (31)

mind; ATTACHED, very; mother, to (48) sleep; SLEEPINESS; yawning, with (125) sleep; FALLING asleep; sitting, while (54) sleep; POSITION; curled up like a dog (15) respiration; SNORING (176) ears; INFLAMMATION; children (7) ears; INFLAMMATION; catarrhal (147) ears; INFLAMMATION; middle ear, media (211) ears; DISCHARGES (258)

Prescription

Placenta 200C - once daily for seven days

Follow Up at Two Weeks

D: How are you?

P: Fine. (And he smiles without giggling).

M: He hasn't had all this discharge coming out of his ears.

D: How quickly did that clear up?

M: By the third day after starting the medicine.

D: Anything else you've noticed?

M: He is eating more and he is eating properly, he is saying "Mum I'll have some of those vegetables on my plate," and then he'll eat it! So instead of *picking* he is eating a good meal. He'd never had baked beans before and he said "I'll have some of those today".

D: Is this the best he has ever eaten? **M:** Yes definitely, he will try anything whereas before he was picky.

D: This is a very good sign.

M: He is eating a lot more as well.

D: This means it is the right remedy for him.

M: He is not sweating when I check him at night.

D: That's also the *effect of the remedy* - anything else that's different?

M: He'll stay up later. He's not asking to go to bed now. Now I'm having to say "It's bedtime". When he comes home from school he says "Oh can I have my toys out?" Before he didn't want to play.

Case Discussion

This was the worst case of otitis media I have ever seen but the most striking feature of the case was the child's lack of will. He appeared to have no interest in life or desire to do anything except sleep, be at home and cling to his mother. His mother emphasised how well behaved he was. These children are too well behaved - there is no desire or will to do anything of their own volition. There is a lack of a sense of individual identity and this is

reflected in their lack of physical vitality and poor immune function. Our immunity is what identifies things as alien to ourselves. Without a strong sense of identity our immune system cannot function properly.

He required doses of *Placenta* approximately every six weeks. After about six months he benefitted from an intercurrent dose of *Calcarea carbonica*. After one year he was completely well and remains so.

PLACENTA CASE 2

Boy aged 15

Chief complaints: Anxiety, anorexia, nausea.

P: Anytime I go out I feel anxious.

D: Describe that more.

P: My heart starts racing and I get butterflies in my stomach and I get to the point that I want to throw up.

D: Describe it more please.

P: In class I feel sick, I get to the point that I need to get out as soon as possible.

D: Go on.

P: I stand outside on my own and calm down.

D: Describe the nausea a bit more.

P: It's a constant feeling as if I need to throw up, constant gagging. I am occasionally dizzy and light headed. I feel sick, my heart starts racing, I feel dizzy and I get tingling in my fingers.

D: What is going on in your life at the moment?

P: Nothing. I'm at school. I have got exams. I am not behind in work but if I miss more time I will be.

D: What do you worry about most in life?

P: School work and not getting it done.

D: Say more about that.

P: If I fail one course I will be disappointed in myself. I should be spending more time working at home but I don't. I watch TV and play video games.

D: Say about being disappointed in yourself.

P: It will all come down to me - it will be no one else's fault. I will only have myself to blame. I

want to be the best I can be, to not fail in anything. To be better than everyone else at something. I always try my best; I never give up even if I'm not enjoying it.

D: Say more about that.

P: For example engineering at school. I don't enjoy it but I don't give up so I get the best grade I can.

Conversation with the Patient's Mother On Her Own

M: It just came out of the blue. It started about six weeks ago.

He is a very nice person, very caring, thoughtful and sensible. He is loving. He is quiet. He's a likeable character and he has nice friends. He is frightened of spiders.

D: What was he like when he was five, six, seven, years old?

M: Quiet. Always serious - not smiling. He got on very well with his sister and cousins. He often said "I do not want to let you down".

The following remedies were given:

Tela araneae

Asarum

Dysentery Co.

Carcinosinum

There appeared to be some improvement after several of the remedies, in particular *Asarum* and *Tela araneae*. But he kept relapsing.

Follow Up at Fourteen Months

M: He had an exam recently and asked to sit at the back of the hall. He said he wanted to be in a small room. He really doesn't eat very much.

I spoke to him on his own again.

P: I really don't want to eat much. I feel stressed. I'm nervous in my stomach. It is difficult to get to sleep. I don't want to sit at the front where everyone can see me. If I did I would feel sick. At least

if I was at the back and I felt sick I could get out and no one would know. Since being at college I am stressed out more. I'm nervous a lot and I don't eat much. I used to try and eat things, but I don't much anymore.

D: Tell me about your pregnancy with him please.

M: I was extremely uncomfortable. I could not get comfortable and I would be up twelve times during the night to go to the toilet.

D: Describe that more.

M: I couldn't get comfortable during the night, I was tossing and turning, and I'd be up twelve times during the night to go to the toilet. I had high blood pressure at the end and swollen ankles.

D: Anything else?

M: He was a difficult baby. He would not sleep and he took six months

to settle. He loved his pacifier. He would wake up in the night and he would want comfort - not food - he would want his pacifier. He carried on using his pacifier until he was about three years old and then we managed to get it away from him.

D: What about the birth?

M: It was quick, just two and a half hours. It was extremely painful but very quick. Then he had colic badly for six months.

D: Can you say any more about the first few months?

M: Breastfeeding just didn't work for me. I sat there for hours with his sister who is two years older; I gave up after a month with her, so I didn't even try with him. I am really worried about him now because he doesn't even want to leave the house. He just wants to stay home all the time.

Case Analysis

SARCODE THEMES

I never give up

I try my best

Not fail in anything

"I do not want to let you down"

Disappointed in myself Only me to blame

FEMALE REPRODUCTIVE SARCODE THEMES

Attached to pacifier

Sleepless baby

Eating disorder

PLACENTA THEMES

Likeable

Nice person

Caring, thoughtful

Gets on well with people Uncomfortable pregnancy

PLACENTA RUBRICS

mind; DESPAIR; work, over his (2) mind;

HOME; stay at home, desire to (16)

mind; FEAR; spiders, of (34)

mind; MENTAL exertion; incapacity for (43)

mind; DISCOURAGED; resignation (47)

mind; ANOREXIA nervosa (50)

mind; BENEVOLENCE (56)

mind; TIMIDITY; public, about appearing in (72)

mind; FEAR; failure, of (96)

mind; RESERVED (189)

mind; QUIET; wants to be (215)

mind; ANXIETY; conscience, of (221)

mind; INDOLENCE, aversion to work (572)

Prescription

Placenta 1M - one dose

Follow up Four Weeks Later

I immediately know he is better since when I go into reception his mother is smiling happily!

P: I am feeling a lot better. I am much less anxious going into college. I am more relaxed now. Not worrying as much.

D: How is your appetite? **P:** I am eating much more.

D: How is the sickness?

P: There is some in the mornings but it is better. I am going out more at weekends.

M: (Alone). He is a lot better. Now he is wanting to go out again. He is eating much better. We haven't really worried about him at all since that last remedy.

Case Discussion

Fortunately the remedies he had previously were producing enough of a change to encourage the family to keep trying homeopathy. But still his condition deteriorated. Then the

response to *Placenta* was dramatic. Without *Placenta* it is likely he would have declined into a very serious condition.

PLACENTA CASE 3

Woman aged 53

Chief complaint: Chronic fatigue

She has felt very tired for five years, following influenza.

She has had many investigations and treatments but nothing has helped.

She is exhausted all the time and especially in the afternoon, but sleep does not help.

Her skin is itchy, all over her body.

She has a dry mouth and feels thirsty all the time.

She has suffered from anxiety for many years. She had obsessive compulsive disorder in the past and still has severe claustrophobia.

In the Consultation

P: I have had lots of struggles all my life. I easily get overwhelmed. I'm not so good at taking care of myself - I keep on working and working and working. I find this illness scary. I did not respect my mother - she did not take care of her own illness - but no I should look at myself.

I'm always a little bit hungry. I love food and cooking.

I have two boys. It is very important for me to be a good mother. But I have conflicts with my eldest son sometimes. I get sad easily when I'm with him because he has addictions. I cry and then he gets angry and guilty.

D: What has been going on in your life the last five, six, seven years?

P: My marriage broke up. I felt so connected with him, deeply.

But there was too much conflict. When we broke up I got very angry-

D: Say more about the anger.

P: I was losing myself. I didn't know what to do. I was losing myself. I collapsed - I had a feeling of my body collapsing and I was getting hysterical. I could not stop myself - I was kind of infantile.

D: Describe infantile more.

P: My mind was telling me something but I couldn't get my body to stop -I was so out of balance.

D: Tell me about the anxiety you have experienced.

P: It started in my teens - no, in my childhood. If I didn't know where my mum was I got anxious. It was very difficult for me when I was eight when my mother went back to work and she wasn't

there for me after school. And my parents were fighting all the time. Many nights I was afraid if I heard them shouting and screaming. The claustrophobia started when I was a teenager.

I had my first son when I was 25. I became very anxious and had to stop work. I developed panic attacks and that was very shameful for me.

D: Say more about the feeling of shame.

P: With my husband - it was like I put him in a prison to look after me.

D: Can you describe yourself to me please, your nature.

P: I'm positive. I feel inside I am playful, I laugh easily.

I'm sympathetic - especially with children.

I cannot always feel my boundaries. I want to do a lot for others and then forget myself. It can be difficult for me to say no.

Most of the time I have an issue where I want to tell people what I think all the time - I know it's a bit childish but I like to be important - to be someone - because I don't feel it inside.

I've been struggling with the masculine and feminine - I've been very masculine for many years.

I like luxury - it's very important for me that my home is beautiful and that I eat well.

D: Do you have any dreams?

P: Often about water - big seas - most of the time it feels good. But then dreams of being with lots of people but then I go away alone.

D: Say more about the anxiety please.

P: It started with a trauma: when I was little - our family home burned down. And my father drank. I became very quiet. I didn't believe in myself. When I was a teenager I became very angry with my father and decided to take care of myself. Then I got panic attacks. After my son was born the only thing I could do was take care of him.

D: Say more about that.

P: I was afraid and exhausted.

D: Say more about the fear.

P: I was afraid of the responsibility. I projected all my love onto him. Then the feeling was "He should carry me". I was addicted to him. He was the only thing I was living for. During both my pregnancies I felt better: calm and happy.

I breastfed my second son for three and a half years.

D: Say more about that.

P: It made me feel calm and restful.
 D: Say more about being addicted to your son.
 P: I was loving them so much.
 D: Describe it more.
 P: Then it was “Love me, children!” She has put on her form:

“I was born skin dead”.
 I ask her about this.
 P: My scores were zero when I was born. Apparently I cried for twenty-four hours then never again.

Case Analysis

MAMMAL THEMES

Poor relationship with mother
 Alcoholic father
 Lack of sense of security during childhood
 Overdoing being a mother

PLACENTA THEMES

Poor sense of self
 Giving more than she wants to
 Woman not connecting with her femininity
 Addictive relationship with her children
 Better during pregnancy
 Postnatal depression
 Baby not crying (unable to express her will)

PLACENTA RUBRICS

mind; SENSES; acute; beautiful things, for (1)
 mind; FEAR; panic attacks, overpowering; children, in (3)
 mind; JOY; fits of, with bursts of laughter (4)

mind; DISCORDS agg., ailments from; relatives, friends, between; parents (12)
 mind; ANGER; family, toward; parents (12)
 mind; FLATTERY; desires (12)
 mind; SADNESS; events, over past or finished (14)
 mind; ANGER; husband, towards (15)
 mind; FINERY, luxurious clothing, wants (23)
 mind; DREAMS; forsaken, forsaking (24)
 mind; LOVE; children, for (25)
 mind; DREAMS; water; sea, ocean, of (40)
 mind; HELP; others, wants to (43)
 mind; CLINGING (47)
 mind; APPRECIATION, desires (49)
 mind; COMPANY; desire for; family, of (52)
 mind; SADNESS; weeping; impossible (58)
 mind; FEAR; children, in (67)
 mind; POSITIVENESS (75)

mind; RESPONSIBILITY; ailments from, agg. (79)
mind; FEAR; narrow place, in, claustrophobia (80)
mind; COMPULSIVE disorders (97)

Prescription

Placenta 1M - one dose

Follow Up at Four Weeks

- P:** I'm better, I have more hope. And this *Placenta* is doing something for my female energy! Are there some hormones in this remedy?
- D:** Say more about your female energy.
- P:** I'm more emotional. I can open my heart. I'm being kinder to myself. I'm allowing myself to lie on the ground, buy flowers. I'm being kinder to my father. About a week ago I woke up one morning and realised I have the same pattern about getting better with my health as I did with my work - "You've got to do the right thing!"

I have more saliva and I am less thirsty.

- D:** Did you notice anything when you took the remedy?

- P:** The next day I was quiet and tired so I had a sleep at about 11am. Then I had this vision of two young women with new born babies. One of them was me with my younger son. Then I kissed them on the forehead and fell asleep. That felt a very special day.
My energy is much better. The itching is much better.

Discussion

It is interesting she recognised the pattern "Got to do it right". This is the sarcode feeling. It has come up into her consciousness from her subconscious in the process of releasing it.

PLACENTA CASE 4

Woman aged 46

Chief complaint: Menopausal symptoms

I have edited this case to focus on the significant information.

P: My symptoms started quite a long time ago with irregular periods. It hasn't been too much of a problem until recent months when I started to get extremely anxious and I'm getting severe headaches.

D: What's been going on in your life in recent months?

P: I've been worried about my daughter.

D: Say more about that.

P: I'm very concerned.

D: Go on.

P: I've been worried about her feeling bad about herself.

D: How has it made you feel?

P: Sad for her and concerned. It's draining me emotionally.

D: How much do you worry about others?

P: Too much - I don't feel content unless people close to me are all right - my mother, my husband, my sister, my father, my daughter. If I can do anything I will do it.

D: Can you describe yourself to me please.

P: I'm very loyal; I love my family and friends. I like to be good at whatever I set out to do - I put pressure on myself.

My anxiety started when my daughter was about 3 or 4. It was so extreme I was absolutely petrified thinking "How would I cope if I lost her?"

D: Do you have any dreams?

P: I have a recurring dream. It's very, very interesting. It has gone on for about twenty years and I have it about once a week. I'm in the womb (hand gesture with her hands making a womb like shape) - it's a sensation or a feeling. It happens in that subconscious time just after you've dropped off to sleep. It's almost as though you're there - I'm in a bubble (she repeats the gesture) - it's soothing, comfortable, warm. (Now she does a gesture with her hands going downwards in a holding gesture). It's bouncy, I'm so happy in that dream.

D: Describe it again please.

P: (She repeats the holding gesture).
I'm enclosed and it's warm and soft.
I'm in a bubble; it's safe, squishy,
soft and warm (she re

peats the gesture) and more
than anything it feels very, very
familiar - comfortable and

Case Analysis

MAMMAL WORDS

Soft
Warm
Comfortable

mind; ANXIETY; family, about his (73)
generalities; CLIMACTERIC period agg.
(294)

SARCODE THEMES

Good at whatever I do
I put pressure on myself

Prescription

Placenta 1M

RUBRICS OF PLACENTA

mind; ANXIETY; children, about his (30)
mind; ANXIETY; others, for; loved ones,
for (33)

Follow Up at One Month

P: I'm a lot better. The symptoms are
nowhere near as bad. A little bit of
anxiety and slight headaches but
they're much better.

PLACENTA CASE 5

Woman aged 31

Chief complaint: Obesity

P: I struggle to lose weight. I beat
myself up about it. I get miserable
because I feel big and horrible all
the time. I don't like the way I

am. I go to the gym 5 or 6 times
a week and I stick to diets com-
pletely and it still doesn't work.

D: Say more about beating yourself up.

P: If I put on one kilo - I feel miserable and snappy.

D: How do you feel at your worst?

P: I want to stay indoors. My friends say I don't have a life - it is just the gym and dieting. I live at home with my parents - I

just don't have the confidence to move out on my own.

D: Say more about wanting to stay indoors.

P: I just feel fat and horrible, big and bulky, when I look in the mirror. I feel huge. I feel people are looking at me. I wear baggy clothes to hide the rolls of fat so no one can see it.

Later in the Consultation

D: Please tell me about yourself.

P: I am easy to get on with - I'm friendly and I talk. I am very helpful; you have only got to ask me and I will help. I will talk to anyone. I am not nasty. I am laid back and I have lots of friends. I have a good social life. I am a good family person; I see my nieces and nephews all the time.

I like to give people treats - I like to see them happy. I am very caring.

D: Do you have any dreams?

P: I have a recurring dream. It is of houses being on fire and I am rescuing people. For example my nieces and nephews are in the house and I have got to get them out away from the fire.

At the Second Consultation

P: My confidence is down. I met a man but I'm sure he won't like me as a person. I do not want to go out. I just sit indoors.

D: Say more about this.

P: When I look in the mirror, I just think I look fat, horrible and disgusting.

D: That is not true - but just imagine that it was - what do you think life would be like?

P: I would just be on my own. Lonely. Sitting on my own. I would never meet anybody. Because I don't look nice. I struggle to do anything. I am getting upset with my family.

D: Say more about that.

P: I am abrupt and snappy. I shut myself in my bedroom, out of the way.

Case Analysis

FEMALE REPRODUCTIVE

SARCODE THEMES

Poor sense of self

Fear to go out into the world

PLACENTA THEMES

Benevolence

Caring

Family oriented

Unable to leave family home

PLACENTA RUBRICS

mind; LOVE; friends, for (3)

mind; DEPENDENT; parents, on (4)

mind; DELUSIONS, imaginations; fat, she becomes (5)

mind; ANGER; family, toward; parents (12)

mind; LOVE; family, for (13)

mind; HOME; stay at home, desire to (16)

mind; FEAR; opinion of others, of (21)

mind; DELUSIONS, imaginations; ugly, is (33)

mind; BENEVOLENCE (56)

mind; TIMIDITY; public, about appearing in (72)

mind; HIDE; oneself, desire to (90)

mind; DREAMS; fire (132)

mind; SHAME (205)

mind; DISCOURAGED (258)

Prescription

Placenta 1M - one dose

Follow Up at Nine Weeks

P: I am more laid back about everything.

I am not getting on the weighing scales at all. I haven't had any bad dreams. I am not waking in the night: now I

am sleeping right through. I have decided to move out from home.

D: Tell me about that.

P: Five weeks ago I just moved out and for the first time in my life I am living away from my parents.

PLACENTA CASE 6

Woman aged 56

Chief complaint: Post Traumatic Stress Disorder

P: About 18 years ago I was strangled at work - someone tried to kill me. Since then I have had problems with my bowels and I feel very anxious. I also feel weaker and have a lack of energy. Maybe it would be good to mention that I had a little sister who died when I was 3 % years old. She only lived 3 months. It has had a huge impact on my life and the whole family's life. There is much sadness, loneliness and emptiness in me. I was only 17 years old when my mother died.

D: Can you say more about the feeling of sadness, loneliness and emptiness please?

P: I have felt that way since I was little. A feeling of not being welcomed and loved and not "being me". There is a lifelong deep pain in me that in my family we have never been able to talk about feelings and emotions. I have always felt an alien, misplaced in my family. They have never looked at me or listened to what I have to say.

D: How does that make you feel?

P: So sad and worthless, not seen, not heard, not understood.

D: Can you tell me a bit more about your childhood please.

P: My parents were extremely, extremely in love with each other and busy with their own lives. My mother wanted me to be a little princess in nice dresses and my father wanted me to help him fix old cars and get dirty. I did not feel I could be myself. I was 3 % when my first little sister died. Afterwards my mother was in a mental hospital sometimes. Sometimes she would come out but her eyes were dead - not there - it was so sad for me - to feel that she was empty.

D: Describe that more.

P: It was like hugging a metal bell, she wasn't there. It broke me. It was a deep sadness, a volcano of crying and tears inside that can't come out. It hurt. Then I had another little sister born and my mother said "You're a big girl now" and it was chores, chores, chores. So I didn't like being a big girl and pretty soon I didn't want

to eat my mother's food and I got very skinny.

D: What was the main feeling you had in childhood?

P: Being in the way.

D: Describe that more.

P: I never found my mother understood me and I wasn't a boy so I wasn't good enough for my father. When my second sister came I was pushed away (hand gesture of palms pushing away). From the age of 4 until I was 7, I had ear infections all the time.

D: Can you say more about the post traumatic stress disorder?

P: I was working in a school for autistic children. This huge autistic boy tried to strangle me. I nearly died. Afterwards I had nightmares of him coming to try to strangle me again. In the dreams I couldn't defend myself and I couldn't speak, at first I could barely lift my arms I was so weak and tired, I couldn't concentrate or remember. After a few years I had to leave work and it was so embarrassing - and it brought up all the old feelings of being worthless.

The ear infections started after my second sister came along -

when I was ill was the only time I got attention from my mother. I felt pushed out of the nest.

At school I had years and years of being bullied, ignored and laughed at. There was a big cry inside of me "What is wrong with me?" I want to make peace with all these things that have hurt me. When I think about it it's so painful.

D: Describe the pain.

P: I can't breathe - I have this feeling I become so little (she cries).

D: Describe being so little.

P: Like I'm being strangled (hand gesture to the throat).

D: Describe being so little.

P: Like a baby (she makes a womb like hand gesture) without words, just crying. A baby that's helpless and can't stand up for itself, a baby that's left alone and abandoned.

D: Describe being so little again. (She does another womb like gesture, this time with her hands cradling herself).

P: A little helpless child, I can't express - the only thing I can do is cry of pain and hunger.

Case Analysis

ANIMAL THEMES

Pushed out of the nest
Pushed away
Being so little

MAMMAL THEMES

Hugging a metal bell
Emptiness
Not eating my mother's food
Getting skinny

PLACENTA THEMES

Not being me

Not accepted
Not understood
Not seen
Not heard
Not welcomed
Recurrent ear infections
Feeling like a baby
Gestures of cradling and of the womb

Prescription

Placenta 200C - one dose

Follow Up at One Month

P: I'm fine. The day of the remedy I had a beautiful dream - I was being blessed by the Divine Mother. Then I had another dream of members of my family going back through the generations, all taking care of each other - my father taking care of his father and then my grandfather taking care of his father.

I really feel nurtured by mother earth and I can be nurturing to others. I feel more me - the real me. When I see myself in the mirror I think "You're a beautiful woman". I feel this need to share love and be kind and joyful, with a sense of coming home. I'm mothering myself. I wrote to a friend that for the first time I feel really happy.

PLACENTA THEMES

Divine Mother
Healing generations of the family
Coming home
Mothering
The real me

CHAPTER 32

UMBILICAL CORD

My experience with this remedy is a number of cases where problems began after a severely traumatic birth experience.

MAIN THEME: VIOLATION

The story in all my cases has been one of extreme trauma during and after delivery. The trauma is experienced as a combination of physical and psychological violation.

Common Histories in Umbilical Cord Cases

Extreme fear and danger during delivery
Emergency caesarean section
The mother experiences a severe feeling of neglect during the birth process from health professionals and family members
Feeling unprotected during delivery

Feeling of both physical and emotional abuse during and after the delivery
Feeling traumatised by the experience of giving birth

If the placenta is retained and removed manually the extraction process is extremely painful and experienced as a violation

No immediate connection between mother and child after birth or the mother feels the baby was taken away from her too soon

Common Expressions in Umbilical Cord Cases

Feeling of violation

"I was treated like a piece of meat"

"I felt battered and bruised"

"I was cruelly treated"

"It was bloody and violent"

"I felt damaged"

"It was massive pain"

"It was unbelievably shocking"

Mother's experience

Feeling that something sacred has been tainted

Enduring anger, especially towards her husband or partner for actual or perceived

UMBILICAL CORD CASE 1

Woman aged 34

P: I've been quite unwell for 6 weeks.

I've had a lot of pain in my ear and it hasn't improved with antibiotics.

I've a real problem with my general health and how I feel. I am really low. For weeks I have been waking feeling drained and exhausted.

My eyes have been intensely itchy and really red. I've had eczema since a child and I've got eczema around my eyes at the moment. There is a white discharge from my eyes.

Also I've got some trouble with my right breast. It's been dis

charging milk and then a clear fluid from the left breast like water. My prolactin levels have been tested and they are normal. **D:** What's been going on in your life in the last two or three months?

P: There have been some awful things happening in my family - loved ones dying and getting really serious illnesses. Also my work is stressful. But basically there has been a difference in me since the birth of my son.

(Her son was born three years ago)

D: Say more about that.

P: I get stressed easily and quickly.

I had a very difficult birth and some kind of postnatal depression and post-traumatic stress disorder. I have a constant feeling of guilt - when I am with my son I feel I should be at work and when I am at work I feel I should be with my son. I'm getting irritable and cross and it is affecting my relationship with my husband. I'm feeling nervous, anxious, on edge. I get palpitations. I'm irritable, frustrated. I feel guilty.

D: What is the worst thing?

P: The bad feelings I have about myself - feeling I am a bad mum, not good enough, not a good enough wife, not a good enough worker. Feeling I'm a failure.

D: At their worst what are your feelings like?

P: Really bad thoughts - suicidal - I've never said this before. Sometimes I feel like stepping out in front of a car. I have bad thoughts about knives in the kitchen. Sometimes I have feelings I'm going mad.

D: You mentioned a very difficult birth of your son. Can you talk about the pregnancy and the delivery and afterwards please.

P: The pregnancy was hard work. I was very, very sick the first three months. The delivery was very long: after about 20 hours of contractions I was 9 cm dilated but then I was just stuck for 7 hours. It was horrendous, eventually I had an epidural and forceps which did a lot of damage. I had a retained placenta which needed manual delivery. I lost a lot of blood -I was really battered and bruised. The scar didn't heal and after three months I had an operation to redo it and after ten months there were still problems and I had another operation to sort out a tear that had not originally been identified. So it took a really long time to heal. I still feel traumatised by the whole thing.

D: Say more about that.

P: Very emotional, a failure. I was completely shocked by how hard

and horrendous it was and how much damage it did to me. It's hard for me to be around other young mums, I've spent a long time pretending I was fine.

D: Say more about being completely shocked at how horrendous it was.

P: I had no idea what I was letting myself in for - I was completely overwhelmed by pain and the horror of it. During the labour they lost his heartbeat 4 times. There were 13 people in the room thinking the worst. I was going through that repeatedly thinking have I lost the baby and at one time I thought I was going to die. It was an unbelievably overwhelming experience - in a painful, terrifying, horrendous way. In life I have expected that I can achieve stuff - be good at things so I was shocked that something natural and normal could go so badly wrong. I had no control over it.

D: Say more about that.

P: That's a big part of it. I felt completely out of control.

D: Say more about feeling out of control.

P: For example when I was 9 cm dilated and trying to push and they told me not to. I had no control over it. My body wanted to push and they told me not to. I'm used to being a good girl - good at my

job - doing things well - achieving things so it was a bizarre situation. There was literally nothing I could do to do what people were telling me, my body was going completely against that. For seven hours - it's a hell of a long time to be in that position, it did a huge amount of damage to my body and my mind. **D:** Say more about being in that situation for 7 hours.

P: I felt complete powerlessness - completely out of control - powerless and in massive pain.

D: Say more about that.

P: In a way the pain was more because I had this amazing urge to push and the pain was more about being told not to push - the frustration and fear of not being able to control something and not knowing what I was supposed to be doing.

D: And what about after the delivery?

P: I felt utterly broken - completely shocked at how disabled I was, ridiculously tired.

D: Say more about being completely shocked.

P: Disbelief of how horrific the process had been and how badly I had done it, how I'd messed it up and failed.

D: Do you have any dreams?

P: After the birth I had horrific dreams - bloody and violent. One

of the things that really haunted me shortly after the birth was someone put their whole hand and arm inside me to retrieve the placenta - I felt violated - I felt like a piece of meat - I can't help feeling that they are doing something bad to me.

D: Say more about feeling violated. **P:** It was painful, shocking and the feeling was I wasn't doing it right - if I'd got it right this thing wouldn't have happened.

D: Talk again please about the feeling of your body not doing it right.

P: The whole thing about getting stuck at 9 cm for such a long time, I felt I'd done something wrong, messed up, not doing what was

expected of me, I felt bad because my body was not doing what it was supposed to be doing.

Also there has been a real impact on my relationship with my husband. He was with me all the time, amazing, so supportive and I worry because a part of me is angry with him, I felt like he should have somehow helped, protected me from what happened to me. I don't blame him.

D: Say more about him protecting you.

P: I went through such a trauma and he was there; subconsciously I'm taking it out on him - it's so unfair but there's resentment, hostility towards him.

Case Analysis

SARCODE THEMES

Feeling I can achieve stuff A good girl
Good at my job Feeling a failure
I messed it up Not doing it right Out of control

FEMALE REPRODUCTIVE SARCODE THEMES

Difficult pregnancy Difficult delivery

Retained placenta

UMBILICAL CORD THEMES

Feeling battered, bruised and traumatised by the delivery
Feeling damaged
Bloody and violent
A piece of meat
Violated
Massive pain
Completely shocked
Feeling not protected and supported by her husband

Prescription

Umbilical cord 1M - one dose

Follow Up at Three Weeks

P: I'm doing very well. I'm feeling really, really well.

D: Did you notice any reaction to the remedy?

P: The day after taking it I woke feeling fantastic, the best day I'd had for a long time. Then the next day I woke feeling worse. Then I slowly started feeling bet

ter. Then after about a week all day I had appalling diarrhoea - I felt very unwell. I woke the next morning feeling great and I've felt great since.

D: In what ways do you feel better?

P: More energy, more vitality, feeling upbeat. For the first time in a long time I'm really feeling well.

Long Term Follow Up

She remained well needing only one repeat of her remedy after three months.

UMBILICAL CORD CASE 2

Girl aged 2 years

Chief complaint: Recurrent pneumonia

M: She develops coughs and they go onto pneumonia very rapidly. There is very distinct wheezing and very laboured breathing. Her chest is visibly going in and out. During the pneumonia she has a fever and she is very flushed.

D: Describe the fever a bit more.

M: It's about 38.5 degrees. A moderate fever. Her cheeks look noticeably red. She's not too distressed except for the wheezing and cough. Her breathing is very laboured - shallow and fast - her chest goes concave when she breathes in which is scary.

She is very phlegmy - you can hear the rattling but she doesn't bring anything up. She's snotty in her nose, a sort of clear green discharge - almost constantly dripping. She has hard work catching her breath. She has to work for her breath and her chest is heaving in and out.

On examination the child has a sturdy stature. She is quite short but well built.

D: Can you describe her nature to me please.

M: She is very intelligent. Very outgoing. Very articulate - especially lately. She is very affectionate and loving. She loves hugs and kisses.

She is very inclusive - she's very good at sharing. Whenever she eats she shares and says "Do you want some?"

She's forceful in nature.

D: Say more about that.

M: When she was born she came extremely fast - she was born in the lobby of the hospital! She's been nicknamed "Get out of my way". When she has an idea she won't stop - for example she never crawled she went straight to walking. She is very wilful. You can't persuade her to do something she doesn't want to.

D: Say a bit about how you were during the pregnancy.

M: Very sick in the beginning. I had a lot of morning sickness and I threw up. I had a scare at about 4-6 weeks with bleeding and before this pregnancy I did have a miscarriage. Sometimes I could feel this fiery warmth inside me. I could tell she was alive - healthy and strong and a force to be reckoned with!

D: Can you tell me a bit more about the birth?

M: It was in the lobby of the hospital. It was late in the evening and the delivery room door was locked. I'd been going into labour during the evening and we rang my mother-in-law to take us round to the hospital. It was an hour before she came and by the time we got there - it's only a little hospital - the delivery room door was locked. The people in reception said "Go round to the other door". I said "I'm not going to have time to get there!" The labour just came on really quickly and I knew that the baby was coming. I was literally hammering on the door screaming for them to open it and let me in! Finally someone came and said "Ok we can take you in". I said "No! The baby is coming!" He said "No we've got time" and I said "No I haven't!" and I squatted down on the floor of the lobby and she came out! She came so fast I was frightened she

was going to land on the concrete floor but we managed to catch her. Then they took me into the birthing unit. I was bleeding and they had to stop the bleeding. It felt like I was punched in the stomach. They took her away from me straight away and I screamed as loud as I could “Give me my baby!” **D:** Say about feeling punched in the stomach.

M: It really, really hurt - I was sobbing.

D: What was the feeling?

M: As if they were punishing my body - hurting me. It was cruel, no reason for it. It was a physical pain but I felt anger to the doctor who was doing it. I’ve never felt so angry with somebody in my life. I felt abused -I was screaming at her to stop.

Case Analysis

INDICATIONS FOR UMBILICAL CORD

Child with low vitality and recurrent infections

Traumatic birth with intense fear and anger

Feeling of being abused and cruelly treated during and after the delivery

Abuse felt at a physical level

Prescription

Umbilical cord 1M - one dose for both child and mother

Follow Up at One Month

M: It’s a very positive effect. That ongoing chronic cough she’d had for months stopped almost immediately after the remedy and it hasn’t come back. She had a cold but she didn’t develop a cough at all. She’s also been much more perky and energetic. She’s playing more independently.

I asked the mother how she had been feeling since taking the dose. **M:** It’s really interesting - I feel a much deeper connection and bond with her than I did before. Before the remedy she’d been very clingy and that has improved. She’s less whiny and needy.

Long Term Follow Up

Both mother and child remained well. The child’s recurrent chest infections ceased.

UMBILICAL CORD CASE 3

Girl aged 4

Chief complaints: Insomnia, intestinal colic, recurrent infections, chronic conjunctivitis

D: Can you tell me all about her please?

M: Yes, she was a C-section.

The umbilical cord was wrapped around her neck, so they had to do a C-section. An emergency C-section. Every time I pushed down it strangled her a bit, so I had a C-section and from the word go she was agitated, I could tell there was definitely something aggravating her. She wanted to feed but then she would get pain in her face. It seemed like we didn't sleep for six months. I didn't get dressed some days. It was just constant screaming. Constant screaming, we got no sleep.

D: How is her appetite now?

M: Constantly hungry. "Mum, I'm hungry". She constantly says she's hungry, she constantly says she wants food. I think it's comfort - comfort for her.

D: Tell me about the delivery please. **M:** That was scary. She was induced because she was late. She was on the heart monitor. They were monitoring her heart beat every

hour or so and then the nurse all of a sudden, checked her and hit the alarm above the bed. I thought "What's going on?" Suddenly there were four nurses around and then after she was born I was so high on drugs because they sedate you so much, it was a bit blurry. Then my husband - literally within 20 minutes - and I have never forgiven him for this - had his family there. We were still in the delivery room and his family turned up! First his dad, then his mum and then his two sisters. They all had a hold of her and the next day she had thrush in her mouth, on her tongue. The nurse actually said to my husband "If you take her out of the ward you are not helping her or her mother!" And he took her out that day in the trolley! I was so angry about this for such a long time. He took her out in her trolley and I was so gutted because I had had a C-section, so I was a bit all over the place. He just took her out, out of the actual maternity ward

to the visitor's area, being passed around to all these people. There must have been about 15 of his close friends and family. I have never forgiven him for it. I was so drugged I could not say "Leave her, don't touch her!"

D: Say more about being very angry with him.

M: Just not listened to. I felt "She is my little girl, you are taking her against my wishes! You are doing her damage". Even the nurse warned him. He went totally against that - he's selfish. Those people could have waited a day. You just don't do that kind of thing with a new born baby. For a mum that has carried her baby for so long, all the natural reactions you have after having a baby and someone takes it from you, to give to someone else. Even if he wanted his family there, out of respect, they should have said "No, she will want to have time alone with her baby". Who wants their baby, straight away, passed around everywhere? It is not normal to do that.

D: How did it feel?

M: Disloyal. Like a stranger had taken her. Like someone had come in and taken my baby away from me without my consent. I was really angry.

D: What was the worst thing?

M: The worst thing, more than anything, was not the fact that they turned up but that he had told them to. He allowed it, he was saying "It's fine, she is fine about it. She's alright". But I wasn't. I was in a state as well - after the caesarean. They all came in twenty minutes later and she still had stuff all over her. She had just come out! Being passed round! That to me was just total... I will try to think of the word ... just horrible, totally against my wishes. I just felt violated, that's the word... violated. Everything about it was violation. It should have been a sacred little moment and it was ruined for me. You are never going to get that again. That is never going to happen again with her. So I felt that was tainted. Violated and tainted. Not a good start to be honest, not a good start for things to come. At the time with her that was total violation.

D: Describe total violation a bit more, the experience of violation.

M: Someone has taken your inner most purity and stamped on it. Something that is sacred, it's your heart almost; that someone has taken out of you. That's your possession. Something very im-

portant, loving and safe. Someone has taken that and squashed it and shown it to everyone. That's how it felt with her.

I know she is not my possession but she is my baby. That was me and her, our time together before she was ... you know ... people could have seen her in a couple of days.

What's wrong with that? Or a day later, but immediately - 20 minutes later!

D: Tell me again about the feeling of violation, the whole experience.

M: You feel your most prized possession that is sacred and precious to you has been taken and misused, mistreated. It is a horrible feeling, it's a deep down in the stomach, gut wrenching feeling.

Case Analysis

MAMMAL THEMES

Gut-wrenching feeling

FEMALE REPRODUCTIVE SARCODE THEMES

Emergency C-section

Mother heavily sedated during delivery

Child with poor vitality

UMBILICAL CORD THEMES

Traumatic delivery

Baby taken away too soon

Feeling of violation

Something sacred being tainted Enduring anger at husband

Comment

It is interesting that even though the child is four years old the mother immediately started talking about the

fact she was delivered by emergency C-section. It is as though the event had only just happened.

Prescription

Umbilical cord 200C - one dose for both mother and child

Follow Up at Two Weeks

M: I have been doing a lot of thinking about the remedy, what it has allowed me to do: it has allowed me to take a step back and have a look at things a bit clearer. It's allowed me to put things into perspective a bit more. Like what I was telling you about my husband and his family. I have managed to be a bit happier with it all. I actually feel very calm and peaceful. I do feel just a sense of peace.

There's something else I want to mention ... I don't know if I should say or not ... I have had a problem for a very, very long

time. I don't know whether it's something that you need to know, because it's something that takes a lot to admit. I have had bulimia and I have had it for a very, very long time. Anyway - that has gone since the remedy! But she has been a nightmare! Before she was so calm and obedient. Always did what she was told. But now it seems she is exerting her will - she wants everything her way. She was never like this before. But she is sleeping better and her eyes seem to be improving.

Discussion

Both mother and child have responded to the remedy. It is interesting that a very longstanding complaint in the mother - bulimia - has been cured. This suggests that the *Umbilical cord* state was actually pre-existing in the mother before the traumatic events of the delivery which then brought that state into full expression.

The increase in will in the child is a very good sign. The child has not been through the "terrible twos" stage of expressing her sense of identity. This is now happening in conjunction with the improving functioning of her vital force. As she forms a stronger sense of identity her immune function should begin to work normally.

Plan

Wait

Follow Up at Seven Weeks

M: I remember telling you last time that the first couple of weeks after she took the potion she was an absolute nightmare. But she has evened out, she has calmed down. She is sleeping much better and she is not waking up crying like she always used to.

D: How long had that been the case? **M:** Oh - years: as long as I can remember. Waking up first thing in the morning crying. And her colic is a lot better definitely.

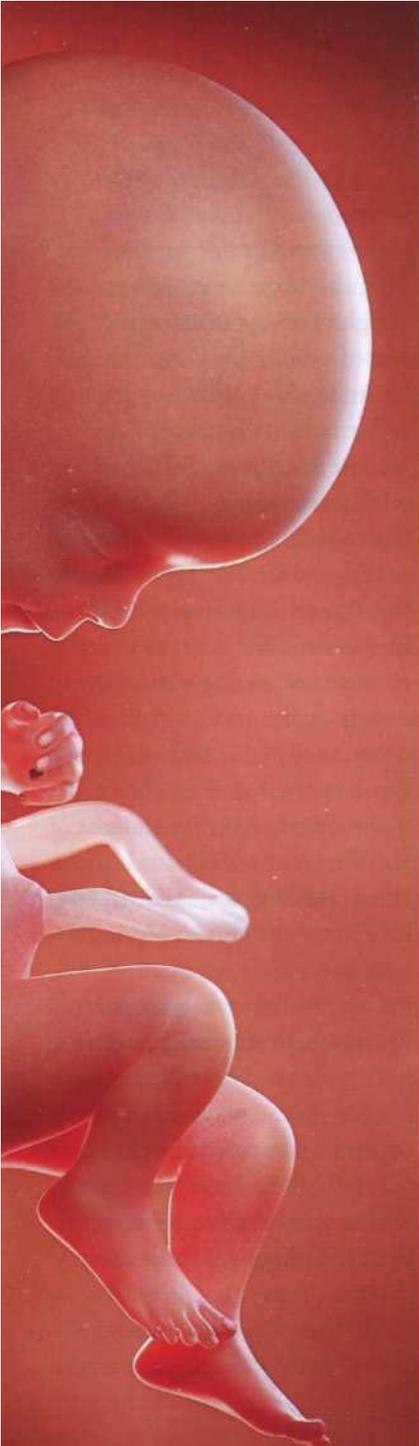
D: What about her eyes?

M: Oh - they have been fantastic! They used to give her so much

grief and it was horrible to look at - all stuck together. They have been brilliant.

D: How are you?

M: Things have been going brilliantly - absolutely fantastic. I have had so much energy and I have been unbelievable to the point where I can have five hours sleep at night and I still feel fantastic during the day. I have got so much sorted out. I have got everything organised. I have got my whole house done!



CHAPTER 33

AMNIOTIC FLUID

Proving: Welsh School of Homeopathy, 2004

Main themes as presented in *Matri-donal Remedies* by Melissa Assilem:
Womb and bubble-like experiences No need to breathe any more; delusion that one can breathe underwater Feeling one could live in water forever; free-floating feeling

Feeling calm, protected and safe
Increased sensitivity to smells and vibrations, seeing and hearing things which are not there

Generational issues: thoughts of one's mother and grandmother

Feeling of timelessness, getting time wrong, losing time.

AMNIOTIC FLUID CASE

Girl aged four

Chief complaint: Autism

The mother's pregnancy:

Shortly after becoming pregnant the mother was seriously assaulted by the child's father, sufferin a blow to the abdomen. She spent the remainder of the pregnancy in a hostel for women. At 28 weeks she developed HELLP syndrome. (This is a life-threatening pregnancy complication usually considered to be a variant of preeclampsia). The baby was delivered by emergency C-section. She weighed 900 grams and was in the Special Care Baby Unit for eight weeks. At birth a diagnosis of intrauterine growth restriction disorder was made. It was also noted that the placenta and umbilical cord were both of poor quality.

It is interesting that at the first consultation the grandmother was present and contributed significantly to the case taking. This reflects the theme of generational issues which was part of the proving. Also of interest is the fact the grandmother is the patient whose case is given in the section on *Folliculinum*.

The child comes in with her mother and grandmother. She walks past me as if I am not there and sits on the floor, completely ignoring me.

M: She was born at 28 weeks. She weighed about 900 grams. She was discharged when she had been in for eight weeks and came home. As she has grown up she has been very delayed with everything. Very delayed with speaking, very delayed with eating and swallowing and walking and talking. Everything she has done. She is on the autistic spectrum. She struggles in nearly every aspect of life. She doesn't self-feed. And food items must not touch each other. If I make a pasta bake for the rest of the family she will have to have the pasta and the carrots separately and the cheese separately, whereas we all eat it combined, for her it all has to be separate. My main problem I have with her is sleep. She takes a very long time to settle. She is very calmed by water so I put her into the bath. We have got a bath with a shower that goes over it. I put the plug in and she has the shower on into the bath and as the bath starts to fill up and she is in the shower she calms very

well with that. She likes the feeling of water falling. She is very sensory. Then every night pretty much without fail, she is up. I don't know what causes her to wake up, but then it can take me five hours to settle her.

D: Say a bit about her behaviour please.

M: She has temper tantrums. They last for hours and that can be because I picked the wrong pair of socks. Or because the sun is too bright. You name it. Toilet training, she can wee on the toilet but she can't open her bowels on the toilet. She has never been able to do that. She asks to put a nappy on and then goes away by herself. I believe she is very bright. She is just trapped in a bubble which isn't in our world, if you see what I mean. I can best describe her as being in a bubble. At school, she goes to a main stream preschool currently, and there she lives in her own bubble. She doesn't interact at all with anybody else. She doesn't make eye contact with other children. They will place her next to another child but she won't play a game with them. She is obviously very different to other children.

D: Can you describe this bubble to me a bit more please.

M: She will play happily alongside other people but there appears to be like a wall around her and if another child comes to talk to her, she doesn't even acknowledge them being there. She will just completely ignore them. If we are out playing in the park and there is another little girl who runs beside her, she is completely oblivious. It's not like she notices them and chooses not to acknowledge them, she is just oblivious to them being there. Another thing - she seems to think she can swim - but she can't! I took her swimming last week and had to drag her off the bottom of the pool frequently because she thought she could swim underwater but she can't. She will jump in at the deep end and swim underwater until you physically bring her up to take a breath. She doesn't feel traumatised by it, she just takes a breath and goes under again. I am worried she is going to drown. But she loves it, absolutely loves swimming.

D: Always under water?

M: Pretty much yes. She will splash around in the shallow end but she would much prefer to be underwater. She will play her own games where she goes "One, two, three" and goes underneath

and then comes back up and I ask “What are you doing?” and she says “Drinking a cup of tea underwater!” She likes to play her games underwater. She has always loved the water. She holds her breath for very long periods of time underwater.

D: What about the moon, does she have any interest in the moon?

M: She is obsessed with the moon! She wants to know where the moon is and she likes it when it’s a full moon. She looks at it through the window and she thinks the moon is following her. She often says “The moon is following me today”. She takes a big interest in the moon and she gets confused by the moon coming out in the daytime.

Case Analysis

FEMALE REPRODUCTIVE

SARCODE THEMES

Intrauterine growth restriction disorder
Poor quality placenta and umbilical cord
Premature birth
Mother traumatised during pregnancy
Emergency C-section
Autism

AMNIOTIC FLUID THEMES

“Living in a bubble”
In her own world
Soothed by water
Loves swimming
Delusion she can breathe underwater
Fascination with the moon

Prescription

Amniotic fluid 200C - one dose

Comment

What followed over the ensuing few months was a dramatic and moving change. The girl rapidly began to open

up to her mother and then to all those around her. In time she embraced life in a normal way.

Follow Up at 3 Weeks

M: Wow! I don’t know what to say. She’s sleeping! She’s never slept -

ever! Not through the night and I am now getting three or four

nights out of seven full night's sleep. I mean full night's sleep - twelve hours through. The other nights when she wakes she settles reasonably quickly after an hour. It was instant - I gave her that *Amniotic fluid* the next morning after I'd seen you and that night she slept through! I thought "It's just coincidence - it can't work that quickly!" But other things are different: she's never let me touch her hair - ever, and she's either had it in pigtails or up in a bun every day since. She's let me brush her hair and brushing her hair used to induce screaming fits. The day we gave her the remedy she was unusually calm for the entire day. And the next morning that was when I could brush her hair without her screaming.

D: What about the whole bubble thing. Do you feel there's any change in that?

M: Within school it's pretty much been the same. But I almost

feel the last couple of weeks I've had more of an insight into her life. I don't quite know how to explain it but where she's been completely isolated and she won't let me in we've spent more time ... she's made a lot more eye contact with me. She's been a lot more ... although she's still quite violent to me she's also been quite loving at times which is unusual for her. And her whole interaction, I feel like I know her a bit better. Which is a lovely thing. I really feel when she makes eye contact with me and I look into her eyes that she's kind of beginning to let me in. Whereas before she was very distant and I didn't feel I knew her very well it's beginning to feel more like a nicer bond.

I notice that the girl gives me one or two sideways glances - she does not speak to me but is clearly acknowledging my presence. This is a change.

Plan

I give the mother some more doses of the remedy and ask her to repeat it if she sees any sign of deterioration. She repeated the dose about a week

after the first consultation when her sleep began to deteriorate.

Follow Up at Seven Weeks

D: How is she?

M: Good. She's still sleeping mostly all the way through the night.

In this consultation the girl tentatively makes contact with me. She is playing with cups giving her mother and grandmother "porridge" and finally summons the courage to give me some - with a broad smile on her face:

P: That's your porridge.

G: Thank you. My porridge. Thank you.

P: That's your porridge.

M: Thank you. Maybe Dr Hardy wants something.

D: Oh yes, I'm hungry. Can I have some porridge please?

D: Thank you (as patient hands him a cup).

M: I just feel that everything is better - generally - across the board, it's not just the sleeping.

Follow Up at Fourteen Weeks

M: She's been sleeping a lot better since the last dose. (She had a third dose five weeks after the second). And the same pattern as before really. She seemed to deteriorate, I gave her another remedy and she improved.

P: Mummy, I want the cups.

M: You want me to bring those cups in? She then plays an elaborate game feeding her mother, grandmother and myself. She appears as a normal child. The transformation is remarkable and moving.

M: She's beginning to interact better with people as well. Family members as well that she doesn't see very often, she seems to remember them better and rather than if she doesn't see someone

for a couple of weeks starting the process of getting to know them all over again she picks up where she's left off. She's definitely becoming more sociable, which is fantastic! We've just broken up for the holidays now but her last week of preschool was really good, she's started to make verbal contact with other children which she's never done. She's never acknowledged her peers ever so to have her begin to make eye contact with them and talk to them is fantastic. For her to be making these milestones is huge for me and her.

P: Do you want lemon or peach? **M:** Peach. Thank you very much.

P: What would you like?

D: Can I have lemon please?

P: OK.

M: There's such a massive change in this little girl.

P: Lemon.

D: Thank you.

M: Good girl.

P: What flavour would you like?

M: Can I have strawberry milk please?

P: You have to say what cup you want.

M: Lemon?

P: OK, lemon. And what would you like?

D: Can I have strawberry too?

P: Yes.

D: Thank you.

M: It's magic isn't it, don't you think?

D: It's wonderful.

M: More like a little girl now. She's taking a big interest in music at the moment. She's always singing. Always wants music on, which is great. She has changed so much - as you can see!

Long Term Follow Up

She continued to thrive.

When I last spoke with her mother the child was twelve years old and enjoying mainstream senior school.

CHAPTER 34

FOLLICULINUM

Folliculinum is homeopathically prepared from estrone, a hormone secreted by the ovaries. It is one of three major endogenous oestrogens, the others being oestradiol and oestriol.

Folliculinum reflects the female sarcode theme of 'identity' in a particular way. It is indicated when there is a history of long-standing domination by another individual. This can lead to a codependent relationship or feelings of anger, depression or extreme tiredness. In the extreme there is a feeling of being under a powerful influence.

MAIN THEMES

1. Domination by Another

mind; DOMINATION by others agg.; religious (2)

mind; DELUSIONS, imaginations; influence, is under a powerful (40)

mind; DOMINATION by others agg. (63)

2. Loss of Will and Sense of One's Identity

mind; WILL; loss of (100)

mind; CONFUSION of mind; identity, as to his (136)

mind; WILL; weakness of (154)

mind; EMPTINESS of mind, sensation of (187)

mind; IDEAS; deficiency of (234)

mind; INDECISION, irresolution (281)

3. Ailments from Abuse

mind; RAPED, being, agg., ailments from (26) *

mind; ABUSE agg., ailments from; sexual (45) *

mind; ABUSE agg., ailments from (83) *

4. Alternation of Moods

mind; INDIFFERENCE, apathy; alternating with; anger, vexation (9) * mind;

EXCITEMENT, excitable; alternating with; sadness (25) * mind; ALTERNATING

states; mental complaints, with other (97) *

5. Worse at Ovulation

generalities; SWELLING; ovulation, during (2)

back; PAIN; ovulation, during (2)

female; HAEMORRHAGE, uterine, metrorrhagia; ovulation, during (4) female;

LEUCORRHOEA; ovulation, during (8)

generalities; OVULATION, ailments during (70)

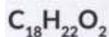
Estrone (Oestrone)

Minor Female Sex Hormone
Steroid, a Weak Estrogen

VECTOR OBJECTS
EPS 10

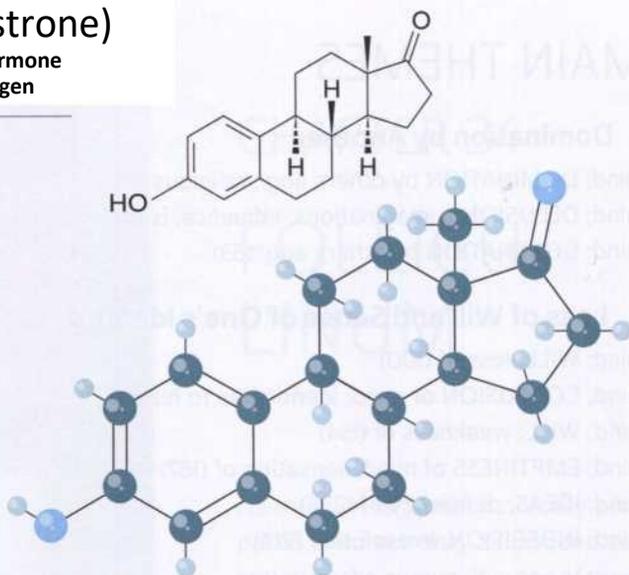
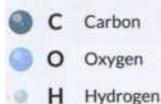
Molecular Formula of

Estrone:



Structural Formula of

Estrone:



6. Worse in Climacteric

mind; DULLNESS; climacteric period, in (2) * mind; SLOWNESS; climacteric period, in (1) * mind; SADNESS; climacteric period, in (42) ** mind; CLIMACTERIC period, in (102) **

7. Worse Postnatally

mind; SADNESS; delivery, parturition; after, puerperal, postnatal (29) * mind; DELIVERY, parturition; after, puerperal (81) *

8. Worse before Menses

generalities; OBESITY; menses; before (1) rectum; DIARRHOEA; menses; before (27) stomach; VOMITING; menses; before (29) skin; ERUPTIONS; menses; before (45) chest; PAIN; mammae; menses; before (75) generalities; SWELLING; menses; before (76) head; PAIN, headache; menses; before (133)

FOLLICULINUM CASE

Woman aged 47

She writes on her form: My main complaints are depression with headache, forgetfulness, tiredness and dizzy spells. The depression started after the birth of my first child twenty-two years ago and I have suffered with it on and off ever since.

In the consultation:

P: At my very worst I can feel suicidal. I can swing very quickly: for example happy this afternoon and then depressed this evening. I was never depressed till I had postnatal depression - progesterone has helped.

D: What are you like at your worst? **P:** Very tired. I want to go to bed and curl up. I don't want to be bothered by anybody. I withdraw from life and shut myself away.

D: What is the feeling of the depression?

P: A heavy weight sat on top of me (hand gestures the hands coming down over her head) - a cloud.

D: Describe the heavy weight more. **P:** It sits on my head. It's there all the time. It's very, very oppressive. It's pressure; a coldness; a horrible feeling. It's not a friendly feeling.

D: Say more about it being unfriendly.

P: It's almost like ... not a stranger ... no it's worse than a stranger: a nasty looking stranger sat there; not putting ideas in my head but not helping me to think straight. I have bizarre thoughts when I am feeling like this.

D: What bizarre thoughts?

P: What if I hadn't had the children: would I still have had the depression?

D: Say more about this thing that is worse than a stranger.

P: It's not human: an alien in my head. Later in the consultation:

D: Describe yourself to me please.

P: When I'm not depressed I'm a very organised person. I always know what we will have to eat. I like the house tidy. I like to keep on top of all the housework. I'm very experienced with my work and successful but when I am depressed I'm none of those things. I feel I have two sides: depressed and not depressed.

D: Can you tell me about your childhood please.

P: My mother was domineering and overpowering: she ordered my

father about. She was definitely a driving force in my life. If I didn't want to do something I had to do my mother would be behind me pushing me.

I had fertility treatment to become pregnant and the psychologist said when we had problems in the family later: "You were never meant to have children - your depression and family problems are your punishment". I never went back but I believed it for many years.

D: Say more about the unfriendly feeling and it being worse than a stranger.

P: It's like a rain cloud over my head - a heavy unwelcoming feeling of pressure downwards. (She repeats the hands gesture). It's like a piston. I feel I'm being squashed. (Hand gesture of hands down on top of her head).

D: Describe being squashed more.

P: Like a head with no body - almost no eyes just a mouth that comes out with stupid ideas like "Go for a long walk" or "Leave home". Even now my mother organises me. I was diagnosed with polycystic ovaries when I was fifteen. I have only had about six menstrual periods in my life.

SARCODE THEMES

Very successful in work

Very organised

FEMALE SARCODE THEMES

Postnatal depression

Identity issue (having one's life organised by another)

FOLLICULINUM THEMES

Controlled by another

Alternation of moods

Polycystic ovaries

Irregular menstruation

FOLLICULINUM RUBRICS

mind; DELUSIONS, imaginations; influence, is under a powerful (40)

mind; DOMINATION by others agg. (63)

mind; WILL; loss of (100)

mind; MOOD; changeable, variable (392)

Prescription

Folliculinum 200C - one dose

Follow Up at One Month

P: I'm a lot better

D: Was there any reaction to the remedy?

P: The first two days I had a horrendous headache. The depression

is 80 % better. It's the best it's been for years. My headaches are much better and I've got more energy.

Long Term Follow Up

She has continued very much better throughout the fourteen years since she first came to see me. She still responds to occasional doses of *Follicu-*

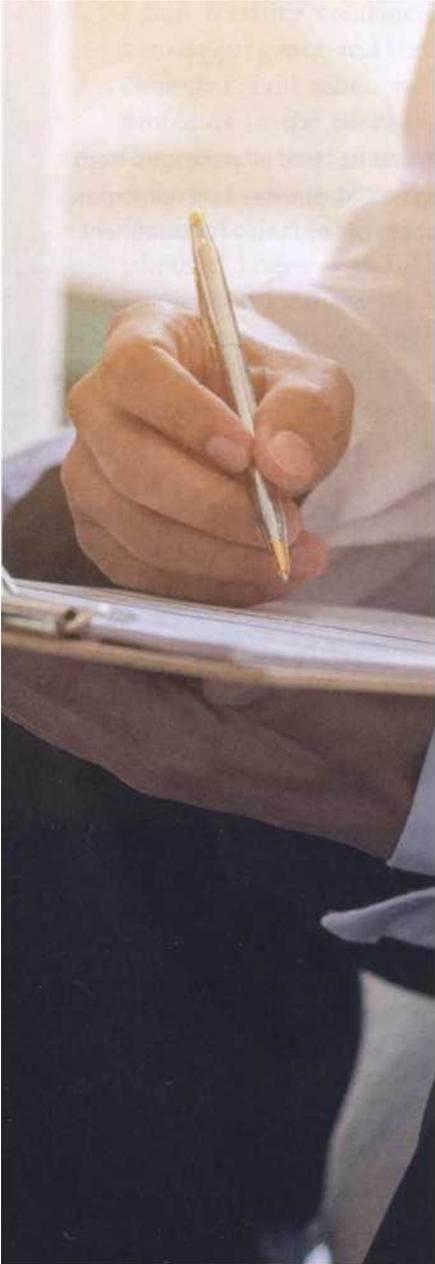
linum and has had all potencies from 12C up to 10M. She has sent numerous members of her family for treatment.

CHAPTER. 35

SOME NOTES ON CASE TAKING

Assimilating Archetypal Information

Imagine you're on a wild deserted sea-shore. All you can see is a vast expanse of sand and sea. Then in the far distance you see a tiny object: gradually it becomes bigger. You cannot identify it at all but as you continue to gaze at it you conclude it is moving towards you. Possibly it is an animal. In time you can see it's a figure - a human being. Soon you see the person is wearing grey trousers and a blue jacket. Now the person is approaching closer. It is a man with dark hair and a bushy beard. As he covers the final steps before reaching you, he calls out a greeting. He has a French accent. As he passes by you say "Good morning" and you notice he has a large mole on his right cheek.



Homeopathy is a bit like our experience of the man on the beach. When you meet a patient you are receiving all kinds of data but it is definitely not coming in a conveniently organised way. Before a person starts talking we assess their appearance including their stature, posture and clothing and we immediately gain an impression of their nature. As they talk about their condition information can come in a random, even chaotic manner, interspersed with comments about their personal life, relationships, work, stresses and traumas. For a homeopathic practitioner this process is often challenging and sometimes overwhelming. On many occasions I have found myself thinking - usually about fifteen minutes into the consultation: "This one's not going to go well!" An important part of being a homeopath is having the courage to stay in this place of not knowing. We must resist the temptation to grab for some kind of familiarity and try to fit that into our existing knowledge. It is uncomfortable not knowing but we must not try to escape from that discomfort by guessing at a remedy. Case taking is about understanding the patient's state. My lap-top is switched off and firmly closed during a first consultation. As with our encounter with the stranger on the beach, during the consultation we gradually refine our understanding of the person sitting in front of us. At first our impressions can give us general information - perhaps as to the kingdom in which the

remedy lies. As we continue to listen we begin to hear words, phrases and issues which relate to other categories of our homeopathic system: remedy groups, miasms, etc. Of course the information which is peculiar and unique to the remedy can occur at any time, even in the first moments of the consultation, but we should keep this in the back of our minds until we can place it in the context of the bigger picture of the background of the case.

This book is about this process: understanding the bigger picture and placing the unique aspects in every case into that background. Specifically the book is about the themes and issues which are common in mammal remedies and the characteristics which help distinguish the many and varied groupings within the class of mammals. I have spoken with many colleagues over the years and sometimes hear statements like: "I've read hundreds of books but I still don't really think that I've learnt anything. I don't seem to really get homeopathy". This can happen because gaining knowledge is not about stuffing in facts. It is really about receptivity. The most important thing is that we assimilate what we read and make it part of our own consciousness. Otherwise it doesn't really help us. What I am hoping this book can do is help colleagues a little in their efforts to develop a systematic understanding of mammal remedies. In other words to assimilate the basic themes which re

late to these cases. When we assimilate this systematic information - which really isn't that difficult to do - then when we are sitting in a consultation and we are being bombarded with data from all directions the mind is automatically computing that information. It is a process of pattern recognition. Our job is to listen and understand and get a clear picture of what the patient is experiencing. Then, if we have this systematic information - the themes etc, - in our mind then at some point the random data will spontaneously coalesce into a meaningful whole. Suddenly you get an insight as to the family or group in which the remedy lies. Then we can use the more specific and peculiar features of the case - hopefully one or two well-chosen rubrics, or an understanding of the miasm, to point us to an individual remedy. This is how the mind identifies things: from broad generality to specifics - refining its perceptions often so rapidly we don't even notice the process. By using archetypes which exist in our consciousness the mind at first identifies broader categories and then more and more specific ones until eventually we identify a unique thing. That is why we want to establish knowledge of the different remedy groupings in our consciousness: if we assimilate enough of the themes and issues of the different kingdoms and families then our mind will automatically compute the data which is coming to us in the consultation.

Denial

Denial is the action of the conscious mind attempting to keep strange and disturbing ideas and feelings from emerging out of our subconsciousness. Denial takes many forms. Homeopaths are interested only in denial which is spontaneous. The question "Are you angry?" followed by the answer "No" elicits no useful information. But when we allow the patient to talk without leading questions of any kind he may say "I'm really not hurt by what she did ..." At this point we underline *hurt* three times in our notes. And we will be sure to return to the idea of hurt before the end of the consultation. Similarly, with spontaneous statements like "I'm *not* at all competitive", "I'm *not* proud", "I'm *not* worried about all that money I lost". The point is - who is mentioning these issues? Not the practitioner - so long as we refrain from leading the patient in any way. So why is the patient mentioning them? These issues are being spontaneously mentioned because they are present in the consciousness of the patient and they are important to them. And they are being denied because they are painful.

Sometimes a patient will say "The feeling is like something sliding - no not sliding ..." Here the strange concept has emerged from the subconscious and immediately the conscious mind - thinking "No way, that's just too crazy!" - has pushed the concept down again. In this case we gently ask "Tell me about sliding"... Often within a few minutes the patient will be openly

describing sliding in detail and without reservation. Patients sometimes stop mid-sentence: "He never really told me ..." and then try to move on to something else. Not allowing them to do so, we ask: "What were you going to say?" "He never really told me he loved me".

A word may sometimes be allowed only halfway out into expression: "It feels like something is buz -..." "What were you going to say?" "It's really weird but it feels like something is buzzing all through my body".

By being alert to these subtle denials we can be sure not to miss when a patient is beginning to access the disturbances in their subconscious which are the roots of their disease. Denial can occur at any level of the patient's experience from the basic facts of their disease and their life situation to the level of sensation. The statement "My doctor tells me I have diabetes but I don't really think so" is a denial of fact. Denial at this level is a surprisingly common phenomenon. Of more importance to the homeopath is denial of uncomfortable events and emotions: "I've forgiven him - I'm not angry about how he abused me when I was a child".

Intuition

When patients go deep into their state during careful case taking they can access a level of consciousness where they are experiencing the state of their remedy as if they are one with its source. The sensations they describe at this level are

especially valuable because they give a direct insight into the patient's inner life. Patients then use words and phrases which reflect the remedy source directly. This abnormal state creates - indeed is - their disease. At this level of experience they are at one with the archetype of their remedy - the intelligent energy pattern which lies behind the physical form which exists in the material world. This foreign information is the blueprint of some substance in the material world - and is the necessary remedy in the case.

Experiencing one's state at this level is an intuitive experience. This deep inner experience cannot be felt in an emotional way or reasoned out through our rational mind. It is a direct experience of the essence of the unique substance which is the disturbance in the psyche. Intuition gives knowledge of the real nature of things without the need for any external data. It is not interfered with by feeling or reasoning, both of which are dependent on the senses and are therefore subject to error. The words, phrases and concepts which come from this level through intuition require no explanation - they are expressed as experiences which are complete in themselves - they are self-evident. This level of material is therefore priceless because intuition gives us an undistorted perception of the inner disturbance. Emotions, dreams, fears and delusions are an important part of the totality of symptoms

but they can all mislead us. They are all, to some degree, open to interpretation and many are common to a number of different remedies, remedy groups and even kingdoms. But the deep inner sensation, intuitively perceived, can point to a quality of the remedy source which clearly distinguishes it from any other remedy group.

Often when the patient begins to describe these concepts with which they resonate so deeply, they are able to see the humour and strangeness of them. "I know it sounds crazy, but..." they say as a whimsical smile appears on their face. Then they start talking nonsense. The language from the source is always nonsensical because it is expressing something which should not be there - it is actually coming directly from the alien consciousness which is causing their disease and which has somehow become grafted onto an otherwise healthy psyche. The rational mind can observe these strange perceptions emerging from the subconsciousness and can attempt to deny or suppress them because they are often disturbing. This is why the phenomenon of denial is so important in case taking.

If the patient is able to access even deeper levels, then this deep sensation will be unique to the individual substance which is their state and which will provide the single remedy which can free them from their suffering.

Sensation level information can provide the essential guiding information to open many cases. Using this

material can be an elegant and sure route to a deeply healing prescription. Sometimes a case which seems hopelessly confused and complicated can suddenly become clear when we add the underlying sensation to the mass of seemingly unrelated data of the more superficial levels of experience which the patient has described. Often the sensation in the case will help us know with a high degree of certainty in what remedy group the patient's simillimum will be found. This is incredibly valuable and helps make homeopathy both fascinating and more reliable and effective. In many of the cases in this book sensation level material is an important part of the case analysis. It is important however to remember that sensation is only one part of the totality. If we use it in isolation errors are likely to result.

But if we use sensation level material in the wider context of the whole case it is wonderfully helpful.

An intuitive sense of having found a deeply acting remedy for a patient is also an important goal. The painstaking process of case taking followed by using our many methods of case analysis are only really a prelude to the deep sense of knowing which we want to feel when we have found the patient's simillimum. That is again an intuitive insight. It is not a substitute for the science and art of homeopathy but the end-point of a successful process of using all our faculties and techniques of practice. Then we know because we know.

INDEX

A

Aardvarks 5
Addictions 18-19, 311
African tigers 139
Allergies 184
Ambra grisea 269, 273-274, 276, 279-281, 284
Amniotic fluid 335-336, 338-339
Anorexia 307, 310
Anorexia nervosa 19, 73, 282
Anteaters 5
Apes 3-4, 28-29, 41
Appetite
 disturbances in 19
Asarum 308

B

Bats 5
Bears 5, 112-113, 201, 205-206, 210, 216, 218
Beavers 5, 259-260, 269
Birth, traumatic 322
Bobcats 139
Body image 17, 64-65, 76-77, 93-94, 214, 217
Bonobos 53
Bottlenose dolphins 289
Breastfeeding 8, 19, 60, 91, 304, 309
Bulimia 19, 333

C

Caesarean section 330-331, 336
Calcareo carbonica 307
Calcareo sulphurica 78
Camels 5
Carcinosinum 308
Carnivores 5

Castoreum canadensis 260, 269-270
Cats 3, 5, 44, 49, 62, 83, 124, 133, 192, 195-196, 200, 234, 242-243
Cattle 5, 237
Cetaceans 5
Cheetah 135-137, 139
Chimpanzees 41, 52-53, 56
Colobus monkeys 52
Comfort eating 18, 117
Constipation 19, 161-162
Cougars 137
Cows 236

D

Dama dama 248, 251, 255-256, 258
Deer 5, 55, 202, 205, 257
Diarrhoea 19, 161-162, 168, 327
Dog cases themes 84
Dogs 5, 49, 62, 83, 88, 112, 195-196, 200, 218, 242-243, 249
Dolphins 3, 5, 172, 288
Duckbilled platypus 5
Dugongs 5
Dysentery Co. 308

E

Edentates 5
Elephants 5, 62
Elephant shrews 5
Even-toed ungulates 5

F

Fallow deer 248, 258
Female sarcode theme 342
Flying lemurs 5
Folliculinum 336, 342, 345-346
Foxes 5, 249, 257

G

Gastric reflux 19,180, 213
Gibbons 4
Giraffes 5, 62
Gorilla 41, 45, 56

H

Hares 5
Hedgehogs 5
Horses 5, 49, 234
Hyaxes 5

I

Ignatia 269
Insectivores 5
Intrauterine growth restriction disorder
338
Invertebrates 1, 42
Irritable Bowel Syndrome 19,161,188,
203, 261

J

Jaguar 135-136,139,187,190

K

Kalium sulphuricum 42
Kangaroos 4-5
Koalas 4-5, 219-220, 223

L

Lac caninum 84-85, 87-88, 94, 96,
99,131
Lac delphinum 288, 293, 295
Lac felinum 124,131,191-192,194,196-
197, 200
Lac humanum 32-33, 57-58, 62, 64-
66, 69
Lac leoninum 124,128,139-140,145-
146,150-151,154,156,158-159,190
Lac lupinum 85, 87,100,109,114,118,
131, 290
Lac maternum 32-34, 70, 73, 76-77, 81

Lac puma concolor 139
Lac rhesus 46, 51
Lac vaccinum defloratum 236, 239,
244, 246-247
Lagomorphs 5
Lemurs 4
Leopards 137
Lions 136,139
Lobelia inflata 265, 271
Lynx canadensis 139
Lynxes 139
Lynx rufus 139
Lyssinum 85-87,119-120,123,131

M

Mammal cases
themes 7
Mammal patients words used 26
Mammals
biology of 1
evolution 1
orders of 4
rubrics 20
Manatees 5
Marmosets 4
Marsupials 5
Meerkats 230
Mice 5, 93,192
Moles 5
Mongoose 5
Monkeys 3-4, 28, 46, 49, 76
Monotremes 5
Moschus 269
Mountain lions 137,139

O

Obesity 19, 261, 316, 344
Odd-toed ungulates 5
Opossums 4-5
Orangutan 35-36, 39, 41

P

Palladium 127
Pandas 5
Pangolins 5
Panthera onca 139,187,190
Panthers 137,139
Pan troglodytes 52, 56
 (chimpanzee) 52
Phascolarctos cinereus 224, 226, 229
Pigs 5
Placenta 298, 302, 306-307, 309-311,
 314, 316, 318
Platina 127
Polycystic ovaries 346
Porcupines 5
Porpoises 5
Postnatal depression 195, 253, 255, 295,
 313, 345-346
Post-traumatic stress disorder 324
Primates 4, 28-30, 60
Puma 135,137

R

Rabbits 5
Raccoons 5
Rats 5, 215
Regurgitation 176
Regurgitation of food 19
Reproductive sarcodes 297
Rhesus macaques 46
Rhesus monkeys 47
Rhinoceroses 5
Rodents 5

S

Sanguis aciniox jubatus 139
Sanguis panthera paradus 139
Sanguis panthera tigris 124,139,160,
 168,179,183-184,186

Sanguis panthera uncia 139
Sanguis ursus arctos 201, 203, 207-
 208, 212-213, 217
Sarcodes 296
Sea cows 5
Sealions 5
Seals 5
Shrews 5
Siberian tigers 139
Sibling rivalry 13, 51,134,153,196
Sloths 5
Snow leopards 139
Sperm whales
Squirrels 5
Suricatta suricatta 230-231, 235

T

Tapirs 5
Tarsiers 4
Tela araneae 308
Tiger 136,166,168
Tigers urine 139
Tree shrews 5

U

Umbilical cord 322-323, 327, 329-
 330, 332-333

V

Valeriana 269
Vertebrates 1

W

Wallabies 4-5
Walruses 5
Weasels 5
Whales 1, 3, 5, 273-274, 278-279, 283-
 284, 288
Wild cat remedies 136
Wild cats 134-135,137,179, 218