

White Spot...a clinical case

White spot, which is, in my clinical opinion, an expression of HPV, is a condition that may prevail in women, in whom, during lactation, the sycotic miasm is active.

Research into bleeding from the nipple during lactation has established that it is primarily caused by clusters of epithelial cells and capillary groupings that tend to form spurs (papilloma) in the alveolar lumen. Although it is possible that any of several remedies may be effective as a Simillimum (among them *Lycopodium*), *Thuja* tends to be the most commonly used medicine in such pathology as indicated by the rubric:

Warts, nipples on: morgan-gaertner, thuja

Commonly white spot expresses itself in one of two ways.

Firstly it may simply present as a plug of cellular debris in the nipple pore opening. This causes pin-point pain during feeds and prevents the milk from that lobule from being drained during a feed leading to milk stasis and perhaps mastitis. Mothers deal with this by massaging the plug out or by feeding first from that side using several different attachment positions and the baby usually removes the white spot.

The other, and most common form of presentation, is when a layer of epithelium grows over the nipple pore. This can occur quickly in a matter of hours. On compression of the areola the bleb balloons out and is filled with milk and the lobule associated with that nipple pore is unable to be cleared. Sometimes this can also be resolved by the baby but mothers usually remove the bleb with a sterile needle. This is the only solution offered in allopathic medicine.

The Story

In mid 2007 a 30 year old newly-delivered mother (day 29 post-partum) sought my help with white spot appearing in both nipples although it is more troublesome in the left breast.

The conception was via IVF following an ectopic pregnancy the previous year the result of which was the loss of her right fallopian tube. It was a worrisome time for her (“I’m a worry-wort”); however the birth was a straightforward vaginal delivery and the baby went to the breast within the first hour.

Her white spot is of the bleb variety and the nipples burn after feeds and are sensitive to touch and shooting pains in the breast indicate inflammation of the ducts also. Her left nipple has bled on one occasion.

The Sycosis Thread:

- She is much vaccinated (the most recent being in her early 20s for a trip overseas). She's had chicken pox in primary school and had glandular fever in high school
- A history of severe acne in her teens was resolved by going on the OCP at 19 having tried antibiotics for the six months prior
- She has smoked pot
- Craves lemons and limes
- Has had warts, including a plantar wart, removed
- Her hair is oily (*med*) and is prematurely graying (*med*)
- She has a history of shoulder pain
- During the week prior to the first consultation she had a painful ulcer on the side of her tongue near the front. It was at the full moon
- Lochia persists: "brown sludge". She has a history of brown spotting for a few days before her menses starts
- She does lists so that nothing is forgotten or overlooked
- People lying or being secretive make her angry
- She has a history of "falling dreams" and had one in the pregnancy. A recent dream that has stayed with her is of her husband being out with a stripper

A prescription of *Thuja* 200C night, morning, night completely resolved the white spot in both nipples and, as I write this some 2 years later, she is still breastfeeding.