

## In search of a more exact prescription....a journey of discovery towards understanding *Lac-humanum*

### Patricia Hatherly

This lady (DofB: 13/3/1968) came to see me in May 1999. She had recently returned to Brisbane after living the past 2 years in far north Queensland. Prior to that she had been seeing me for 3 years (off and on) during which time she'd been given either *Sepia* or *Nat Mur*.

She has had a slight tenderness in the lateral aspect towards the R axilla since her early 20s, which seemed to settle during her first lactation. Following that she's had a miscarriage and a termination.

The tenderness is usually > for lymphatic drain massage.

However, for the past several months it has < pre-menstrually. It hurts to touch the area; the pain is "acute".

The breast swells and feels heavy

She says that when she gets out of bed it feels better if she supports the breast in her hand.

Her fingers become numb at night in bed.

This lady was adopted and has had some contact with her birth mother. She last saw her 2 months ago for the first time in several years.

She won't look for her father and won't give reasons why.

Nine months ago she saw a Physician because she was getting migraines with blurred vision. These settled with *Nat Mur*.

She had a dream recently of being pregnant and of crawling under the car to give birth in the dirt. C (her partner's "ex") was there yelling for her partner to call a doctor.

Says she's been feeling more "girly" lately and wearing more tailored clothes and using lipstick. She usually dresses in hippy fashion.

Her sexual energy is good (as it usually is). Says she feels powerful and knows that it is the source of her mate's attraction to her. However, lately she's been feeling sad on climaxing.

26/5/99 Rx *Asterias* LM 2; no coffee or chocolate (These 2 foods are good sources of methyl xanthines which research has associated with a tendency to breast turgescence).

FEMALE: sexual desire increased	SR 948
MIND: weeping with sexual excitement	SR 232
CHEST: pain mammae	SR 1050
CHEST: pain mammae, under, extending to fingers	SR 1051
EXTREMITIES: numbness fingers	SR 1240

[NB repertorisation done with Synthesis 8.1]

I saw her again 1 month later. She describes herself as having been "rank; horrible". Said she's been cranky ++; irritable; snapping at her son. She's a teacher and 2 weeks ago a child bit her at school, which "unexpectedly caused me to cry!" Later on, the same day her son yelled at her and she cried again!! (Normally this lady DOES NOT EVER CRY)  
The incident shook her and she went back on coffee.  
Said she's feeling closed off and not wanting anyone to come near her even for cuddles. Her libido was DOWN while on the Rx but has come back up since stopping it.

Since stopping the Rx her thirst has increased and she's had one bout of waking with numb fingertips

Breast is still tender.

24/6/99 Rx *Asterias* LM 3; no coffee

MIND: weeping ameliorates	SR 229
MIND: irritable	SR 141
CHEST: pain mammae	SR 1050
EXTREMITIES: numbness fingers	SR 1240

I saw her 6 months later. After the last Rx the tenderness improved but it has gradually returned. The breast now only gets sore about 3 days prior to the menses. It aches on waking and she must support it with her hand. There is no single discernible lump; it just feels lumpy/ropey generally.  
She's having 2-3 coffees a week.

The numb fingertips during the night have returned.

She's not remembering her dreams but has had a few snake dreams. She's chilly in bed; sleeping in the recovery position.

17/12/99 Rx *Lac-c* LM 2

CHEST: mammae, pain, menses before	SR 1050
DREAMS: snakes	SR 1473
SLEEP: position, lower limbs; one stretched out, other drawn up	SR 1421
CHILL: general	SR 1479

Since she's been adopted I had been expecting the *Lac-c* picture to surface at some stage since my clinical experience suggests that total loss of the mother through death or adoption leads to a *Lac-c* state.

I saw her 1 month later and she was newly pregnant.  
At the last full moon she had another shocking headache with blurred vision > dark room and rest.  
Her fingers are consistently numb during the night still.

The nipples have been tender as would be expected so early in the pregnancy. However on day 20 of her cycle (would have been just pregnant) she had 5 horrible days where the breast ached "overwhelmingly both day and night." Now it aches more at night and she notices it particularly when she rolls over at which time she has a strong urge to hold the breast to minimise bumping.

She's wanting salt and chocolate.

She's still sleeping on her side in the recovery position.

Dreams:

\* was at a beach house on the deck and was "minding" someone's baby. People arrived and then the baby got off my lap ("she" grew suddenly into a toddler) and ran over to the edge of the deck and fell off. I became hostile and bashed up my partner.

\* had a toilet dream where I urinated at a party in the laundry tub in front of everyone; partner's "ex" was there.

\* was in a plane searching through a magazine to read an article about "the ex" who had become very successful.

\* had a couple of snake dreams; remembers one where a snake was moving through a group of people in a garden; I went up and grabbed it by the tail as it tried to go into the bushes.

\* had another of walking down a busy street looking at everyone's happy faces; as I walked, a plane fell out of the sky and I saw everyone's face turn to horror.

She has been feeling bloated but can't shift the air; wishes she could burp. Her appetite is down.

She's feeling "weary; lethargic; low in energy". Says she's "melancholy; neutral; low; indifferent; NOT excited about anything." Her partner is in north Queensland at their home and catching up with old friends "having a fun bachelor time". "I feel vulnerable and alone".

27/1/00 Rx Con LM 1

MIND: indifferent	SR 134
MIND: sadness	SR 188
CHEST: pain, mammae, pregnancy during	SR 1050
CHEST: pain, mammae, touch <	SR 1051
STOMACH: appetite diminished	SR 653
STOMACH: distension	SR 660
STOMACH: eructations difficult	SR 663
SLEEP: dreams many	SR 1466
SLEEP: dreams vivid	SR 1476
SLEEP: dreams remembered	SR 1475
EXTREMITIES: numbness fingers	SR 1240
GENERALS: weakness	SR 1702

Three months later she returned to say that her breast was good while on the Rx and that she now gets occasional soreness when it is bumped. If she gets up in the middle of the night she still needs to support it with her hand. It no longer bothers her when she turns over in bed.

She had 3 headaches while on the Rx but none since.

She gets occasional spots of blood on blowing nose, and her gums are settling away from her teeth.

She is getting a sharp, pulling sensation in the L buttock when getting into a standing position from lying down.

She's still wanting salty foods, and has a stronger desire for meat.

She's getting cramps in the back of the calves.

She's still sleeping in the recovery position but is using a pillow under her belly.

Dreams: several snake ones.

\* was in a caravan park at a family gathering and snakes were in all the caravans. I looked into a cupboard where a larger than life snake came out passed me and went into another caravan where a mother was passing a newborn through the window. The snake devoured the baby.

\* another caravan dream where the caravan collapsed when trying to reverse it; a big python came out and bit her on the neck.

\* last night dreamt of trying to put 2 cats into a basket; one clawed her on the hand.

A few days after the Rx she had a "yelling and screaming episode" with her partner after which she cried++.

27/4/00 Rx *Lac-c* 1M

DREAMS: snakes	SR 1473
MIND: weeping	SR 228
MIND: anger	SR 8
CHEST: pain, mammae evening	SR 1050
NOSE: discharge bloody	SR 477
MOUTH: detached from teeth, gums	SR 556
GENERALS: food, salt desire for	SR 1614
BACK: pain	SR 1103
BACK: pain straightening up the back	SR 1106
BACK: pain sacral region	SR 1118
SLEEP: position, lower limbs; one stretched out, other drawn up	SR 1421

Her breast was then good during the pregnancy and she had *Sepia* once for a cold and *Bellis Perennis* following the delivery; a homebirth of a daughter 21/9/00. During the lactation the breast was trouble-free.

I saw her again at the end of April 2002. She had a miscarriage before Christmas 2001 and has not been well since. Her tummy is still "bulky" < pre-menstrually.

She's craving chocolate.

Has been having bizarre dreams.

\* she has had a few more of going to the toilet in a public place.

\* recently had one where she was on a space station, which had grey-white skyscrapers. She walked out onto a deck area to overlook a stark, barren landscape. She had a sense that the enemy were hovering above in a spaceship but they spared her. She felt incredibly alone. She then went off to search for the commander of the space station (a nice family man in his 40s) and looked after his children. We were attacked and I took the children down into the cellar; the enemy sighted us but again did us no harm.

Mentally she's feeling VERY FOCUSED. Has begun to do her Masters and is planning a big trek on Hinchinbrook Is (a national park/wilderness area) with a few girlfriends in June. She says she wants to have some time out and to be alone, so has begun to wean her baby who is 19 months old.

Since Easter (when she had heaps of chocolate) she's noticed that the breast has been very painful. Whereas the tenderness was originally in the axilla it is now under the R nipple.

She's thirsty and drinking lots but her urine is strong-smelling and dark.

24/4/02 Rx *Lac-h* LM 1 from day 1 to day 14 of her cycle.

MIND: alert (Houghton & Halahan)

MIND: concentration active (H & H)

MIND: company aversion, alone, ameliorated when (H & H)

DREAMS: deserted of being (Sankaran)

DREAMS: children (H & H)

DREAMS: pursued (H & H)

DREAMS: urinating in a public place (new rubric from my clinical experience)

(NB: shameless, of being; Sankaran)

CHEST: lump in breast on weaning (new rubric from my clinical experience)

ABDOMEN: distension (H & H)

STOMACH: desires chocolate (H & H)

STOMACH: thirst increased (H & H)

URINE: strong (H & H)

URINE: offensive (H & H)

I chose the first half of the cycle to administer the Rx as it is the more oestrogenic phase and, in some women, *Lac-h* can < in the second half of the cycle, especially if they are prone to ovulation pain. (In such instances *Folliculinum* is needed as an intercurrent).

July 2002

I phoned to check progress. The lump settled immediately and there's been no hint of it since. She thoroughly enjoyed her trek (GENERALITIES: energy increased; GENERALITIES: relaxation physical; H & H) and described it as "perfect; a dreamy space with no links; I hardly even thought of my children when walking." (MIND: dream, as if in; MIND: tranquillity; H & H)

Being in the bush with her good women friends afforded her a special sense of communion with Mother Nature. (MIND: company >; H & H)

Her baby girl bonded well to her father in her mother's absence and didn't miss her at all. Since her return this closeness to her father has persisted.

In retrospect I should have given this lady *Lac-h* earlier probably instead of the *Con*, but maybe even sooner following the first dose of *Asterias* which was chosen also because of its' complementarity to *Sepia*. I now know that the symptoms indicated it but was unaware at that time of the finer sensibilities of the *Lac-h* picture (especially of the dreams).

However, it is remarkable to note that (palliation notwithstanding), the lactation was "healing" for the condition, which only again re-surfaced during the weaning phase and in an area closer to the outside of the breast. This helps to emphasise the *Lac-h* rubrics: "A/f weaning" and "> for breastfeeding", and, of course, the positive, healing effect that lactation itself has upon the breast.

Rubrics (in order of appearance in the case) from the provings and clinical observation that I could have considered earlier and thus prescribed *Lac-h* include:

Throbbing pain in R axilla... (H & H)  
Swollen mammae worse than usual with soreness, before menses (H & H)  
Coition > (H & H)

Numbness hand, fingers, right (Sankaran)  
Numbness, hand, fingers, night, midnight after... (Sankaran)

Dreams: babies (H & H)  
Dreams: childbirth distressing (Sankaran)  
Irritable, family to her (H & H)  
Weeping, tearful mood, afternoon, 5 pm (Sankaran)

Dreams: animals, snakes, surrounded by (Sankaran)  
Chill night, midnight, after 4 am (Sankaran)

Desires chocolate (H & H)  
Desires salt (H & H)  
Desires carbohydrate (H & H)

Forsaken, isolation, sensation of (H & H)  
Indifference to everything (H & H)

Dreams: babies falling off... (H & H)  
Dreams: babies saved... (H & H)  
Dreams falling danger of (Sankaran)  
Dreams: ...off cliff into ocean (H & H)  
Dreams: high places, ledge, hanging from (Sankaran)  
Dreams: disasters (H & H)  
Dreams: animals, snakes escape him (Sankaran)  
Dreams: important, famous people (new rubric from my clinical experience)

Weakness (Sankaran)  
Weariness (Sankaran)  
Abdomen distension, eating < (H & H)  
Heaviness, eructation > (H & H)  
Appetite diminished (Sankaran)

Both Houghton & Halahan and Sankaran's provings make mention of bleeding gums. However, the rubric: MOUTH: detached from teeth, gums (*Lac-c*) is also applicable to *Lac-h*. I've had several cases confirming this symptom. Also, several of my cases have had bloody coryza on blowing the nose. This rubric is found in *Lac-c* but did not show in the provings of *Lac-h*. I think it can be added to "NOSE: discharge bloody."

Pain, drawing, back, sacral... (H & H)  
Dreams: animals (Sankaran)  
Dreams: animals, cat... (Sankaran)  
Dreams: buildings collapsing (H & H)  
Quarrelsomeness, scolding, family (Sankaran)

The other very important thing to bear in mind with this case is the aetiology of having been separated from the mother at birth and of not ever having been put to the breast. For these women breastfeeding is a healing process. Several studies in western medicine support the notion that breastfeeding is protective against cancer. And it is the cancer miasm to which *Lac-h* belongs.

The rubric for *Lac-c* "SLEEP: lower limbs; one stretched out, other drawn up" seems also to be the favoured sleeping position for the *Lac-h* person. This position, which mimics the Recovery Position used in First Aid, is, in my opinion, an adult version of the genito-pectoral position. This sleeping position can also indicate *Carcinosin*, which is complementary to *Lac-h*.

This lady had another baby a year later and experienced no recurrence of the lump. Her next lactation (of 18 months) was straightforward and trouble-free and she's experienced no more problems with her breast since then.