Milk Matters

I just want to play and have fun; a case of *Lac Delphinum*

A 13 year old boy, who is in his first year of high school, was brought to me by his mother for help with nasal congestion (which is worse at night when he lies down in bed) and an associated dryness of the throat.
He sneezes a lot; the coryza is clear and it is worse on waking. He can cough and sneeze in his sleep.

He is the older of two children. His mother reports that it was an easy, straightforward pregnancy and birth. He was breastfed for almost six months; an easy baby; content. He grew quickly and had doubled his birth weight before four months. Milestones were normal although he tended to get such bad nappy rash during teething (with blisters) that he'd scream on urination during that time. It was > warm bathing.

At 12 months, as he was beginning to take his first steps, he had a fall and sustained a deep cut above the left eye which required treatment. Subsequent to that he got his first illness; a vomiting and diarrhoea bug. His next significant illness was at two and a half when he contracted chicken pox.

Following that he developed a plantar wart on the pad of his left big toe. It resisted attempts to remove it and smaller warts developed on the pads of the other toes as the wart continued to grow. Eventually he stubbed his toe on a step which partially dislodged the big wart with much bleeding and his mother was able to remove it with tweezers. The other warts were gone within days. His vaccination schedule is up to date.

His tonsils were removed at four due to repeated bouts of tonsillitis. Since then, throughout primary school, he has been a "healthy child". Apart from an occasional cold which has never required any treatment, his periodic "itchy rectum" has regularly been treated with generic pharmaceutical worming medicines, on the assumption by his mother that it must be worms.

At age nine he took to his bed for a week with an influenza-type illness (body aches all over but no fever). He slept much and would not eat. All he wanted during that time was water and electrolyte icy-poles.

Towards the end of primary school he began to have a problem with his bladder whereby he found that he needed to urinate often and couldn't hold the flow until he was able to void into a toilet. The pre-release of urine was distressing to him so he was put on a three month course of anti-depressants which "fixed the problem". It's been since then that he's suffered the continual sneezing.

Stool is mostly once daily but he reports that he gets abdominal bloating and cramps that are > flatus. Occasionally he has had to use laxatives for constipation.

His dietary preferences are for tasty, savoury foods rather than sweet. He likes peanut butter and all vegetables except tomato (*phos*). He's not keen on fruit but will eat apples. He likes meat. He's quite thirsty and prefers water (cool).

His hair and nails are healthy and grow quickly but his skin tends to be dry. He describes it as being like "sandpaper". He also reports that he often gets goosebumps.

He sleeps deeply on his back. His mother describes him as a "neat" sleeper. He likes covers on but feet out as they get hot and clammy in bed. He can have "scary" dreams; some of being in a car crash or falling off a cliff. He says he is afraid of dying; and when asked about other fears he volunteered "pointy things". He hates needles and is scared of magpies ("they have pointy beaks").

When asked what he enjoyed doing the most he replied: "riding on a roller-coaster". He also likes the Gravitron but it makes him vomit and his mother reported that he vomited once, as a toddler, when he was spun around and around in a swinging tyre. Playing Nintendo or reading in the car can make him dizzy with nausea.

Based on the probable history of worms (which have been suppressed) and the following rubrics:
MIND: Fear: pins; pointed things
NOSE: Coryza; watery discharge
ABDOMEN: Cramping pain
BLADDER: Urination frequent and Urination involuntary
RECTUM: Itching
SLEEP: Deep
DREAMS: Frightful
SKIN: Goosebumps
VERTIGO: Vertigo; nausea, with
I prescribed *Spigelia* 200C to be had each evening for a maximum of 5 doses; with succussions in between. His nasal symptoms were much aggravated after only two doses so he had no more of the medicine.

He returned six weeks later for a follow up with absolutely no change to the nasal symptoms and minimal return of old symptoms. One being a dream of falling off a cliff; another of having occasional difficulty with moving his stool even though his water intake was still plentiful.

It was school holidays and the first appointment in the morning. His mother apologised for his dishevelled appearance as she'd had to get him out of bed to come to the appointment. No sooner had she spoken, than he stretched in the chair with his arms above his head and turned his body first to the

right and then to the left; and, with each movement, there was a cracking of all vertebrae up the spinal column. With a grin he said “That’s better; I’m awake now!” I asked, in astonishment, if it was regular practice for him to start his day in such a manner and both he and his mother laughed and said “Yes! “

Such a strong “gesture” cannot be ignored! And, since there is only one remedy in our materia medica with that symptom (*lac delphinum*) it made me look again at the case with fresh eyes and I wondered if the nasal symptoms were more to do with a grief rather than suppressed worms.

I decided, therefore, to prod a little more gently with him to see what was irking him. As it eventuated he’s had an on-going struggle with his parents and the school over the matter of which rugby team he is to play in. Since he’s very skilled, his coach wants him to play for his school with the team in the grade above his; and his parents can see the benefit (bigger picture) of having him show good school spirit and performing in an arena where he can shine due to his natural ability. He LOVES to run and has great stamina for cross country running as well as considerable ball skills.

He, however, just wants to play club rugby with his mates. “I’m angry because everyone is on my back about playing for the school. I feel I have no choice; am being forced. I just want to play club rugby as it’s not so serious. It’s more fun and I know everyone. They’re all my friends and the kids at school are all from the grade above me and I feel like I don’t belong. “

I asked him what else is fun and he said “Going on theme park rides; not the spinning ones but those that go up and down like the roller coaster... anything on a track. I also love to be in the pool with my mates playing tiggy. It’s fun; and my nose clears up when I’ve spent some time in the pool.”

Nancy Herrick nominates: **Laughter; Play; Communication; Friends** and **Groups** as key themes in *lac delphinum* (which can, therefore, often present as *phosphorus*). **Circles** is another significant theme (with vertigo being a major clinical issue); and all of these go to the heart of the matter in this case.

A fresh repertorisation to confirm *lac delphinum* listed:

MIND: Activity; desire for
Amusement; desire for
Play; desire to
Playful; water, in
Touch people; desire to
Alone; feels he is
Isolation; sensation of
Outcast
Fear of accidents

Fear of impending danger
Delusion: enemies; surrounded by (In the dolphin's case it's the ever-constant threat from a shark with its very pointed, sharp teeth! *Lac-del* needs to be included in the rubric: Fear of pointed objects)

VERTIGO: Dizzy; nasal obstruction, with
NOSE: Catarrh; post-nasal; watery; < morning
Congestion: < morning; after lying; > bathing (swimming; showering)
Sneezing; night; sleep, during
THROAT: Inflammation
Burning; dry; acrid; post nasal catarrh, from
FOOD: Desires shaved ice; cold drinks
ABDOMEN: Bloated feeling; indigestion and increased flatus, with
RECTUM: Constipation
Haemorrhoids; pain burning smarting (possibly the underlying reason for the on and off itching in the rectum)
BLADDER: Morbid desire to pass urine; frequent; sense of fullness, with
BACK: Stiff
Movement; slow movement; vertebrae, of; morning; on waking and sitting up in bed
DREAMS: Danger
Accidents
Falling [opening eyes with a jerk and sense of panic;
s/if: "like falling off a mountain" (Prover 2)]
GENERALS: < night; lying down
> exertion; swimming; ice; cold drinks; warm applications

He was given a stat dose of *Lac delphinum* 200C and returned for a follow-up two months later to report that he was no longer sneezing and that the nose and itchy throat symptoms which were bothering him in his sleep and on waking had settled. He reported a new symptom of general stuffiness in the nose coming on at dusk with a desire to blow; the coryza being thick and clear but minimal. The blowing relieves an almost continual sense of itchiness which annoys him at this time of day. It settles on going to sleep and his mother reported that his sleep is peaceful and that he still mostly prefers sleeping on his back.

His appetite is good; mostly for savoury foods (salt and fat: sausages being his nominated favourite) and his mother reported that he's been mowing through the apples asking for green ones.

On being asked how the football dilemma was resolved he gave a rueful smile and told me that he was playing for both his club and school and enjoying both very much. He said that still being able to play

with his club was really enjoyable and that it was going OK with the school. The older kids have been welcoming to him and he's slotted in as a valuable member of the team and has contributed well in several games by scoring significant tries (he's a winger). He's accepted that playing for the school has actually allowed him to increase his circle of friends. His mother describes him as a "friends-magnet".

He did not click his back during the consultation (but is apparently still doing it on waking) and I observed during this consultation that he clicked his finger joints a few times. When asked if there were any new symptoms he told me that he'd developed a wart on the pad of his right big toe and a big discussion ensued about how he hoped it wouldn't be a problem with running and playing football. I reassured him that homœopathic treatment would quickly resolve it since it was as return of old symptoms; he was satisfied.
Interestingly, on being asked if having to endure the inconvenience of a wart of the foot would be more of a problem than dealing with a wart developing in a more visible part of his body, he nominated the latter. When asked why, he told me that warts are ugly and that he'd be ribbed about it!

A dose of Medorrhinum 200C (stat) followed by a dose of Thuja 200C the following week at the full moon settled everything down.

Lac delphinum is miasmatically aligned with Cancer. However some themes, which are associated with Sycosis, emerged from the proving diaries and include:

- **Covering up vs Exposure**
- **Expansiveness**
- **Guilt with Responsibility**
- **Hiding**

All of these themes are supported by the following dream rubrics:
Dream: Distorting everything
Exaggerated colours and proportions
Objects appearing larger than normal
Surreal
as well as several dreams under the headings: amorous; death and water.

Other significant rubrics, which give weight to the sycotic aspect of *lac delphinum*, include:
Mind: Spaced-out feeling; **s/if:** fog between self and others
Spaced-out feeling; transient; **s/if:** I am a detached observer

and this rubric in **Stomach:** Food; desires onion rings.