

Too Cool for School

- getting back on track with *Lac Cameli Dromedarii*

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Currently Patricia is the Queensland branch president of the AHA and convenor of the 2016 national conference. And, as a former past president of the AHA National Council, Patricia represented the AHA at the ICH for 7 years until 2014. More about her and her work (provings, conference papers and journal and newsletter articles) is available for perusal at: www.patrichatherly.com

Abstract: Becoming disengaged with study and being obsessed with personal appearance are all part of teenage life; as bridging the gap from childhood innocence to adult responsibility is, often and understandably, negotiated with reticence. *Lac cameli dromedarii* is an excellent medicine for offering support during this phase of life.

Keywords: teenage; adult; responsibility; *Lac cameli dromedarii*; *Lac humanum*

January 2008: Cool dude, just scraping through

A 15-year-old teenager, the second child of three boys, was brought to the clinic in January 2008 by his mother as he was 'below par'. He is small and wiry. To look at him you would think he was a 'Silica constitution'. He has not yet entered into puberty but likes to think of himself as a teenager and places a *lot* of importance on how he dresses and does his hair. He is not at all engaged by school, and just scraped through grade 9, failing maths.

He broke his foot several weeks ago (two metatarsals in the left foot) and it is not healing well, with persistent tenderness and swelling under the foot. Recently, he has had ulcers on his tongue, on the side and underneath. He is a picky eater and his mother struggles to get breakfast into him. He would rather fill up late in the day as he comes home from school hungry.

He is super-conscious about security and worries about the house being broken into at night, so checks that all is locked before he goes to bed.

Since the picture was a bit of a mixed bag of 'minerals' (*Nat mur* for the fear of robbers; *Silica* for the stature; *Calc phos* for the slow-to-heal fracture and hunger late in the day) I gave *Sanicula LM 0/3* for two weeks as it has the specific symptom of ulcers under the tongue and has an aetiology of poor diet. It's a great tonic for children of all ages.

November 2008: Still cool: still struggling

He was brought to the clinic again later in the year (in November) as he had suffered from an intestinal 'flu during the winter, and had not fully recovered. He is now sixteen and has had a growth spurt and puberty has

begun. He is certainly looking very natty; with the latest hairstyle and is wearing trendy causal clothes. His mother says he puts more energy into how he looks than anything else.

He is still struggling with his studies and his mother reports that school is still 'off his radar'. His attitude is that "teachers suck!" "They think they can tell me what to do!" When asked what he might like to do after he leaves school, the non-committal answer was "Dunno....something with my hands."

Since the 'flu he's really struggling with his GIT. He reports that he is still not hungry on waking (and he's waking unrefreshed) and does not eat anything much all day.... "I'm not hungry!" Additionally he has putrid stool and flatus (lots of the latter); strong body odour and some teenage acne.

On that occasion I prescribed:

- *Avena Sativa* Ø and *Alfalfa* Ø 20 gtt in water with dinner
- Zinc supplement (50 mg/day)
- *Lac-drom* 200C NMN

The herbs were to fortify him and help increase his appetite. The zinc also has a role to play here and is a mineral much needed by teenage boys, as it is stored in the testes. Lots of flatus; BO; acne and poor appetite are all strong indicators for zinc supplementation.

Lac drom is very much a 'teen-scene' medicine. As *Nadia Bakir* describes "... the camel is a teenage rebellion; where the emotions are more developed than the part of the brain that controls rational thought..." and rationale for the prescription of it can be found in the following relevant materia medica synopsis of the *Lac cameli dromedarii* provings supervised by Nadia

Bakir and *Mirsada Vins*, followed by a repertorisation which encapsulates the core of the case.

Materia medica and Rubrics synopsis relevant to the case

Themes:

- Rebellious
- Angry
- Food issues...anorexia
- Body image issues
- Lacks confidence

Affinities: Mind and Digestive system

Miasm: Cancer . . . *issues around the subject of image and showing true feelings; Desires the good opinion of others.*

Mentals include several rubrics associated with fear as well as relevant rubrics such as: Disregard; authority figures, for; contemptuous *Frustration; authority figures, with*

Anxious; dealing, authority figures, with

Concerned about the good opinion of others (*carc*)

Worries about how s/he looks

Thin; desire to be; no appetite, with

Sensitive; emotionally fragile (both provings)

Confused; emotional state, about

Desires company of friends

Desires to look good; to shop; to wear nice clothing

Dress provocatively; desire, to

Compliments regarding clothing; enjoys

There are also several rubrics about poor concentration; easy distractibility; lack of motivation and disorganisation. Relevant physical generals include several rubrics on lack of appetite; easy satiety and aversion to food with a desire to be thin, as well as nausea in the morning with no desire to eat. Rubrics in Extremities and Generalities cover the foot injury, lassitude and offensive body odour.

December 2009:

Settling down: growing up

I did not see him again for twelve months, when he presented at clinic having just completed grade 11. He's still not sure what he wants to do ... "an apprenticeship of some sort just so long as it's not in the sun!" However, these days he is more focused on his studies and his mother reports that he is not so bothered by his appearance unless he's going out. Additionally, he wakes refreshed and has good energy in the morning and will eat breakfast. His mother is delighted with the change in him. "That medicine made a huge difference to him; life-changing in fact, and we're so pleased that he no longer has a poor attitude and has settled down at school and is focused on moving forward and working towards getting an apprenticeship."

So, with *Lac drom* having done its work, the reason for this visit was due to the fact that he'd cut his arm recently

and had to have a tetanus shot and antibiotics. This has left him with chronic diarrhoea and an insecure rectum. He reports lots of flatus and stool both of which "smell like rotten eggs".

Rx: 17/12/09 *Morgan Pure* 30C; am; 5 days

February 2015:

On track into Manhood

He next presented at clinic in February 2015. He is six months short of completing his apprenticeship to be an electrician and has been 'down emotionally' after deciding recently to quit smoking after a bout of 'flu. (He's had a fifteen to twenty a day habit throughout his apprenticeship.) He experimented with some pot last year and it left him feeling spacey so he had no more, but is now full of guilt that his parents will find out that he took drugs.

He is still not keen on breakfast so starts his day with a mug of sweet milky coffee but then has a substantial smoko and a good lunch and dinner. He lives in a remote sparsely populated western community, with his Boss, and comes home to family and friends at weekends. He is missing his friends and the isolation is getting to him. He's been emotionally fragile since the 'flu; tearful, as "there's no-one but my Boss to talk to!", and he feels morally obliged to remain with his Boss on completion of his apprenticeship, but is keen to move on. Trying to decide on "what's the right thing to do" is eating away at him.

Rx: 6/2/15

· *Lac-h* LM 0/8 2 gtt in 20 mls of water on waking; 2 succussions until new moon on the 19th

· *Syc co* 30C pm also until the new moon

The bowel nosode was added as it is an acceptable practice to prescribe a nosode either preceding or adjunctive to a simillimum in order to enhance the action of the simillimum by removing the miasmatic block. At the time of this consultation, he has been moving his bowels on rising and has a desire for green apples. There is also the vaccination to consider. So this bowel nosode was prescribed to deal with all of that especially as the GIT/Mind nexus is the core of this case. There is a strong sycotic element to *Lac-drom* and 'sex/drugs/rock 'n roll' is highlighted in the

Unnamed case

Analysis March 20, 2016
Analysis uses 24 rubrics.

	<i>lac-drom</i>	<i>lac-c</i>	<i>lac-h</i>	<i>lac-m</i>	<i>lac-d</i>	<i>lac-mac</i>	<i>lac-lup</i>	<i>lac-ty</i>	<i>lac-lama</i>	<i>lac-cp</i>	<i>lac-as</i>	<i>lac-del</i>	<i>lac-vecc</i>	<i>lac-f</i>	<i>lac-elo</i>	<i>lac-ox</i>	<i>lac-phos</i>	<i>lac-sul</i>
1 Lacs-Themes; body image																		
12 Lacs-Generalities; lassitude																		
4 Lacs-Mind; appetite; absent																		
3 Lacs-Mind; authority; refusal to accept, of another																		
6 Lacs-Mind; concentration; difficult; studying, reading																		
1 Lacs-Mind; confidence; want of self; appearance; personal appearance is very important																		
1 Lacs-Mind; confidence; want of self; desires the good opinion of others																		
1 Lacs-Mind; frustration; anger, with; attempting to learn, when																		
3 Lacs-Mind; indifference; apathy; everything to																		
9 Lacs-Mind; indolence; aversion to work																		
3 Lacs-Mind; late; always late																		
11 Lacs-Mind; memory; weakness, loss of																		
5 Lacs-Mind; overwhelmed by stress																		
2 Lacs-Mind; procrastination																		
2 Lacs-Mind; responsibility; aversion to																		
18 Lacs-Mind; restlessness; nervousness																		
6 Lacs-Mind; self-centred																		
15 Lacs-Mind; sensitive; oversensitive																		
7 Lacs-Mind; work; mental work agg																		
1 Lacs-Stomach; nausea; morning; breakfast, before; no desire to eat, with																		
4 Lacs-Abdomen; distension; flatus																		
14 Lacs-Extremities; pain; feet																		
5 Lacs-Extremities; pain; toes																		
3 Lacs-Perspiration; odorous; offensive																		

Repertorisation from *The Lacs Repertory in Complete Dynamics*

materia medica, so the experimentation with drugs was not surprising, being a keynote of the medicine.

However, like any 'identification' with an animal Lac, it was but a phase in his development and moving back into 'the Community of Man' was always going to happen if true balance was to occur. Thus, *Lac humanum* or *Lac maternum* will always follow an animal Lac as a consequence of the Law of Cure (...and in the reverse order in which things occurred).

Since *Lac-h* is a good medicine for 'addiction' and the main lesson is to 'be alone but not lonely', his spirits were much lifted after the prescription with him resolving his dilemma about his future by deciding to give his Boss six months after completing his apprenticeship and then to look for another job in the city.

As Prover 8 suggests in *Sankaran's* proving: "... they have to choose their path and I must choose mine." So, with the understanding that it is human milk that fortifies the newborn and promotes a strong constitution so that the dictates of §9 become possible, *Lac humanum* is

Unnamed case

Analysis March 20, 2016
Analysis uses 10 rubrics.

- | | | |
|----|--|--|
| 3 | Lacs-Themes; addiction | |
| 8 | Lacs-Mind; alone, being agg | |
| 6 | Lacs-Mind; anxiety; conscience of | |
| 8 | Lacs-Mind; confidence; self, in | |
| 11 | Lacs-Mind; depression; loss of joy | |
| 7 | Lacs-Mind; forsaken feeling; friendless, feels | |
| 6 | Lacs-Mind; forsaken feeling; isolation, sensation of | |
| 6 | Lacs-Mind; self-centred | |
| 13 | Lacs-Stomach; desires; milk | |
| 7 | Lacs-Stomach; desires; sweets | |

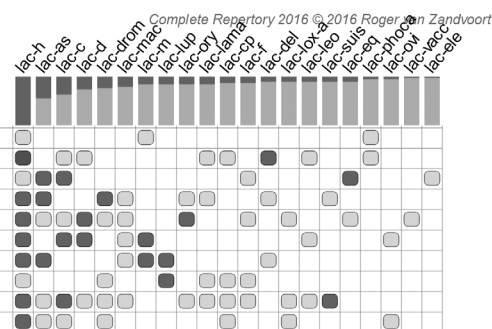
the perfect medicine to prescribe when the patient comes to a point where s/he realises that the journey is for the experience and development of the self, not others; and that others (the group), are not integral to a fulfilled Life. Prover 5 from Sankaran's proving sums it up with: "... it is preferable to stay alone and concentrate on your aim..." and further expresses it succinctly in a dream: "I was waiting at a bus stop with an elderly person who was unable to walk properly. I made way for him to climb in, when the bus arrived, but was, myself, refused entry when I tried to get in. I felt I should think of myself first, and then for others."

With the apprenticeship now almost completed and a new phase of the

'human life experience' about to begin, it's a perfect time to give this medicine so that he can, as a man, now walk alone; comfortable in his own skin, happy to put aside childish things.

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