

Patricia Hatherly

The Lacs - A Materia Medica & Repertory

Reading excerpt

[The Lacs - A Materia Medica & Repertory](#)

of [Patricia Hatherly](#)

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Lac Delphinium

Fun-loving

Relaxed

Communicative

Percipient/ Clairvoyant

Joyful

Self-assured

Sensitive

Fearless

Fearful

Compulsive

Detached

Isolation <

Insecure

Lac Delphinum

Milk of the Bottlenose Dolphin

Proving

Nancy Herrick (1993)

Keynote essence

Life's a Ball of Fun

Mind: activity; desire, for amusement; desire, for antics, plays
play; desire to; playful in the water

Having fun is a light-hearted activity, and Herrick's¹ nominated **themes of:**

- **Laughter**
- **Play**
- **Communication and**
- **Groups**

encapsulate this keynote essence of *lac-del*.

The tendency for dolphins (while having fun) to flip end over end, nose to genital slit, is reminiscent of the Yin/Yang symbol.

On one level this symbol may be associated with Freud's

- **Coniunctio** . . . perfection in the balance of male and female energy,² while on another, more simply, with the associated themes of:
- **Circles** and
- **Black vs White**

Circles, according to Herrick is a key theme and "Patients in need of *lac-del* often use large gestures of the arms using a circular movement."

Movement in a clockwise direction has emerged as an unusual generality.

Also, according to Herrick, people who need this remedy have a strong tendency to be:

- **Clairvoyant**

When this is associated with their outgoing and fun loving nature, they can appear a lot like *Phosphorus*.

Interestingly, *lac-del*, like *phos*, seems to have a left-sided bias.

There is perhaps also a theme of:

- **Expansiveness**

¹ Herrick N: *Animal Mind. Human Voices*

² Hatherly P: In danger (wolf at the door) I feel peaceful inside *Am J Horn Med* 2007; 100; Winter: 254-258

which is supported by various dream rubrics such as:

Dream: exaggerated colours and proportions
distorting everything
objects appearing larger than normal
surreal

The dream describing being grateful of having a sperm and egg combined and surgically put in the uterus, describes an event with the sure promise of expansion and is suggestive of another associative theme:

- **Pregnancy/Baby**

Lac lupinum themes which are similar and therefore consistent with the phylogenic connection between these two mammals, include:

- **Broad/Wide/Huge** and
- **Circles/Spirals**
- **Friends/Loving** is another *lac-lup* type theme

While having fun is a light-hearted activity, where there is **Light** there is also Shadow, and this conjures up a deeper perspective on the **Black vs White** theme and cements the link to *lac-lup*.

Shadow themes elicited by Herrick, include:

- **Intrusion**
- **Hiding**
- **Fear and**
- **Danger** (also to be found in *lac-lup* cases)

These lie more closely with other **Shadow** themes of:

- **Guilt with Responsibility** and issues concerning
- **Covering up vs Exposure** which were also apparent in the proving diaries.

- Prover 1** **Dream:** "In house, front door with bevelled glass. One of the pieces was broken. Was told it was too expensive to repair it; told to cover it [the hole] up. Refused to cover it up and wanted it fixed. (Actual event several months later, my son was attacked and the exact bevelled glass door was broken by an attacker.)"
- Dream:** "Son didn't want her to know how his report card was. He tried to cover it up; said he didn't get it."
- Prover 2** **Dream:** "Someone trying to get into my house. I was afraid of them, but it wasn't someone to do me harm but someone coming for a specific purpose to do a survey, but I didn't want them to notice that I was there so I was sneaking around in my house trying to avoid being seen. Didn't want to be noticed. Peeking through the window to see if he was there. Actually had eye contact with the man. A feeling of being exposed and wondering if I was; feeling like a two-way mirror where you can see out. Had eye contact with a man, bushy hair, sleepy-looking like a private detective. Feelings of nervousness. Worry about exposing myself, since pretending not to be there. Mystery."

The sonar capacity of the dolphin is long-range and extremely penetrating. It can assess the stomach contents of a shark cruising over a mile away. There's no escape from its **percipience**. So, the additional theme of:

- **In danger (wolf at the door) I feel peaceful inside Mind:**
delusion; danger, impression of; yet remains calm

is understandable on several levels.

Miasm Cancer³

Clinical issues • Vertigo (*lac-m*)

Dolphins love to swim round and round and do so especially during sleeping when only one half of their brain shuts down. They stay in a tight-knit group with one eye open and spiral up and down in gentle succession taking an occasional breath.

Sleep: restless sleep . . . in small broken blocks . . . turning a lot; like a rotisserie all night

- Anxiety regarding birthing safely⁴
- Achieving balance between the feminine and masculine principles which allows one to move beyond *needing* the group⁵

Modalities

Worse for	Better for
night	snorkelling
morning	swimming
exertion	exertion
eating	eating
wine	cognac (sore throat)
coffee	ice; cold drinks
touch	pressure; rubbing; massage
heat	warm applications
draft of cold	air
lying down	
left side	

Generalities

MOVEMENT

Exertion; desires

Swimming; enjoys every opportunity; enjoys night diving Snorkelling > *Lac-lup*, on the other hand, perceives water as dangerous.

vs Awkward; stumbles;
drops things

³ Hatherly P: *ibid*

⁴ Hatherly P: Lac delphinum the homoeopathic midwife *Similia* 2008; 20(2): 27-30

⁵ Hatherly P: In danger (wolf at the door) I feel peaceful inside *Am J Horn Med* 2007; 100; Winter; 254-258

Exertion, (physical) aversion to; heaviness of body and lethargy, with Swelling; extremities, of (hands; legs; ankles; feet) Sharp localised pains; (here and there) body, in; < heat

DIRECTION

Left side (*phos*)

Right to left (circular rotation in a clockwise direction)

ENERGETIC FLUCTUATIONS

Pulse: frequent; accelerated; elevated; exalted; fast; innumerable; rapid; convulsions, during

vs Weakness;

enervation

afternoon (3—4 pm)

exertion, from

heat from; sun, of

DIGESTIVE IMBALANCE

Eating for pleasure instead of health

Alcohol (wine) < (*phos*)

Bloating; with eructations and flatus

Mind

FUN-LOVING

Activity; desire for

Amusement; desire for

Antics plays

Pleasure in food; loss of self-control

Play; desire to

Playful; water, in

RELAXED

Calm

Relaxed feeling; letting go

Tranquillity; serenity; calmness

Trifles; unimportant, seem

Being aggravated by trifles is the more usual rubric and *lac-del* is in the repertory under that rubric. That the opposite symptom emerged in two provers [9 and 17] is farther evidence of the tendency of *lac-del* to remain calm in the midst of chaos.

COMMUNICATIVE

Amorous disposition

Affectionate Touch people;

desire to Desires people

Love; animals, for

Communicative; expansive

Company; desire for

Attention, demands

PERCIPIENT

Clairvoyant

Mind: delusion; visions, has; closing eyes, on**JOYFUL**

Jesting

Jovial

Laughing; s/if: spontaneous joy

SELF-ASSURED

Self-assured; feelings of; reliability, with

Creative

FEARLESS

Fearlessness; danger menaced him, as if; but without fear

Mind: delusion; danger, surrounded by; yet calm**Prover 10****Dream:** "We were walking in a circle clockwise, around the perimeter of a crowded mezzanine in a mall. I asked why was she walking in a circle, and she said enemies were coming to get her, and she has to keep going so enemies wouldn't catch up to her . . . There was a languid swimming feeling as we were walking."

This is the state of the dolphin during sleep.

Mind: delusion; danger, impression of; yet remains calm**Prover 2****Dream:** "Felt I am a strong influence. Solid. My friends would benefit from my strength . . . overall feeling of solidity, very strong, stable (like a big rock in a harbour)."

Fearlessness; snorkelling, during

Fearlessness; ocean, in

Whirlpool; desires to go in, daily

SENSITIVE*Irritability*

Sensitive, oversensitive; noise; sleep; on falling asleep

Bored; intolerant of others

Capricious

Prover 7

(Female child): "5.30 pm in the car . . . complained too warm even though air conditioning was on and skin not warm to touch, and then too cold. Nothing OK . . . woke 4.30 am and asked me to read her a story. She is very insistent . . . we had an argument. Then demanding all kinds of things. Curtains open, another pillow, another sheet, drink water. Wanted to get dressed. This shirt, that shirt. Persistent, pulling at me."

COMPULSIVE

Touch things; impelled to

Colours; charmed by (light lavender; magenta associated with toxins)

Colours; desires bright

Mind: delusion; beautiful; things look

These rubrics, along with the desire for circular movement, put one in mind of the activities of an autistic individual. Interaction with dolphins is known to have a beneficial effect on brain-injured individuals.

DETACHED

Spaced-out feeling; s/if: fog between self and others

Spaced-out feeling; transient; s/if: I am a detached observer

Spaced-out feeling; s/if: a fog between self and another like looking through a wet window or a pane of glass with rain on it

Disorientation; sensation of; waking, on

Detached

Delirium; chill, during

ISOLATED

Alone; feels, he is

Alone; desire to be; feelings of disassociation, with

Introverted

Sentimental; music, with; past Hawaiian experience, for

Weep; desire to

Isolation; sensation of

Outcast

Mind: delusion; separated from the group, that he is

Mind: delusion; separated from the world, that he is

Prover 6

"Wanted to be with people but I felt shunned. Like outside a window, looking in. Like standing OUTSIDE a circle."

FEARFUL

A/f: fright or fear

Fear; of accidents

Mind: delusion: vehicle coming at me in the wrong lane

Fear: in a crowd

of impending danger

of robbers (*lac-lup* dreams of robbers/intruders)

Anxiety; eating, after Anxiety; children; (family);

about, his **Mind:** delusion; enemies, surrounded, by

Mind: delusion; safe, she is not Anxiety regarding a safe situation to birth in⁶

INSECURE

Insecurity; mental; sense of

Lacks self-confidence

⁴ Hatherly P: Lac delphinum. the homtopathic midwife *Similia* 2008: 20(2): 27-30



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