



EDITORIAL

Dear readers,

“Milk Remedies – Essence of Mammals” was the title we initially chose for this edition. Milk is the substance that represents the special characteristics of this animal and remedy class, for caring and nourishing, for closeness and warmth, for the protection of the group. The maternal bond is particularly strong in the marsupials, as we can see in Savitha Ananth’s case of *Lac macropus*. And Luke Norland’s history of another marsupial milk, the koala, is also characterised by dependence on the affection of others. In our practices we see especially the lack of typical mammal qualities – they suffer from coldness, distance and neglect, and are not properly taken care of. There are problems of dependence and addiction, eating or digestive disturbances, often in connection with milk or problems of the mammary glands.

We can find all these themes in an exemplary fashion in the familiar remedy *Lac defloratum*, which is found in Jonathan Hardy’s case, where he describes the great longing for warmth. The relation to the mammary gland is shown by Obidullah Nayaghar with a case of *Lac bubali* for mammary carcinoma. And Ghanshyam Kalathia, whose group of Indian homeopaths has again made a major contribution to this edition, summarises the similarities of the bovine remedies using a case of *Lac ovis*. The pronounced dependence in the remedy picture also originates from the fact that these animals are domesticated.

Although this is also the case for the milk remedy of camels, it is noticeably different from bovine remedies, as illustrated in the case by Ganeshwara Rao. Rao’s case of *Lac lama* shows streaks of stubbornness and dogmatism. This is quite different again in the remedy picture of *Lac loxodonta africana*, the milk of the wild African elephant. In the cases described by the South African homeopath Natalya Dinat, we see strong, dignified and caring personalities.

All the remedies mentioned so far originate from the milk of peaceful plant eaters and herd animals. This group, together with the milk remedies of dogs and cats – which we already presented in *SPECTRUM 01/2012* – has long determined our picture of the mammal remedies. In recent years our materia medica has been enriched by other facets of the most highly developed animals. Misha Norland introduced the weasels with the badger to homeopathy, based on a classical remedy proving. Deborah Collins, however, relies on the zoological knowledge of squirrels in the absence of a remedy proving. Her successful treatment confirms the hypothetical remedy diagnosis, and such ‘solved cases’ can extend our treasure chest of homeopathic knowledge.

Since the basis of many of these new remedies is no longer milk, we had to alter the title of this edition to make it more general. Mammal remedies does not automatically mean milk remedies. There is the blood of the bear, the flesh of a badger that has been run over, the hair of the fallow deer or the secretions of the scent

gland of the musk deer. The two deer remedies have also found their way into the zoological pharmacy of this edition. It is an interesting question whether these lactose-free starting substances have a similar relationship to the female breast, milk allergies or eating disorders as milk.

This brief introduction to our topic mentions a range of different characteristics that enable a rough differentiation of the mammal remedies according to their origin. It can make a difference to the remedy picture whether we are dealing with the secretion of the mammary or scent gland, originating from a domesticated or wild animal, from a plant or meat eater, and from predator or prey. And then there is the differentiation between a land and sea animal. We could not omit the major marine mammals of the world from this edition and Sigrid Lindemann’s final article differentiates dolphins, killer whales and blue whales. So although this edition is certainly comprehensive, we must admit that it can still only offer a small selection of the vast range of our closest relatives.

Christa Gebhardt & Dr. Jürgen Hansel

Chief editors





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DEVOTED AND SUGGESTIBLE

Lac ovis increases self-confidence



The sheep is the domesticated form of the mouflon. It plays a significant role in human history, giving us milk, lamb and mutton, wool and sheepskin. Sheep are cleverer than they are normally given credit for. Studies found that they can recognise more than 50 faces of other sheep for more than two years. The study also found that putting up sheep portraits in the stable led to a noticeable reduction in the pulse and adrenaline level. The sheep realises it is 'not alone'.

Copyright | Sheep defy a cold and wet foggy day in the English uplands. / Shutterstock / Paul Steven



AUTHOR | Ghanshyam Kalathia

SUMMARY: The themes of *Lac ovis* are presented in terms of the order Bovidae, using a case history. After the death of her husband, a woman becomes keenly aware of her lack of independence and poor self-confidence. She needs constant confirmation and support, which makes her prone to manipulation. During treatment with *Lac ovis* she becomes noticeably more independent.

KEYWORDS: Bovidae, cloven-hoofed animals, *Lac ovis*, mammals, mastopathy, matridonal remedies, milk remedies, PMS

The Bovidae family includes cloven-hoofed mammals like gazelles, African antelope, buffalo, mountain goats, and domesticated species such as cattle, sheep, and goats that are used for their meat and for sport. The family Bovidae is placed in the order Artiodactyla and consists of 143 known species.

Most members of the family are herbivorous. They are mainly grazers that feed primarily on grass, leaves and herbs. Cattle are known to feed large amounts at one time. When they are resting and not in motion, they settle down in a safe place for further digestion. The food is regurgitated into the mouth and chewed a second time for action by salivary enzymes.

As social creatures, cattle generally move in large groups from one place to another. They are non-territorial but have a distinct pecking order. The dominant males have access to the females in their herd. There are constant conflicts between the dominant males and other males. Dominant males are protective of the females in the group. Bovids are also seen to protect others that are unwell, injured or weaker in their unit by gathering around to ensure their safety.

GENERAL THEMES OF THE BOVIDAE

Bovid personalities are often quiet, calm, and simple individuals. In other words, such patients are generally conventional personality types. They do not easily attract the attention of the people around them, even of those whom they usually encounter. They are placid, naive and not very sophisticated. They are ingenious, not very fussy, often less jovial, and innocent. We also notice their aversion towards, and general dislike for,

fall. Likewise, bovid patients are usually seen to be occupied with simple, often less productive, day-to-day tasks.

Due to the intense physical activity, an opposite polarity is also expressed in some bovid cases. They desire a sedentary life, rather than a brisk and vigorous one. Such patients tend to avoid being an extremely demanding person at work and in the family. They like taking short breaks from their work and may be regarded as lazy, sluggish and torpid. They often cherish a weekend off or a brief vacation from their work.

Such people are silent and tolerant. They are usually not fussy about things. Even though they work a lot and do much for the group or family, they are not very demanding or complaining. Instead, they are naturally quiet and sober.

Easy-going, desiring a harmonious and rhythmic life: Bovidae patients want an easy and harmonious life – quiet, simple, and without many ups and downs. Generally they do not like big challenges in life. They desire a routine and refrain from making big changes to their lifestyle. They are usually OK and

TAXONOMY OF THE BOVIDAE

The Bovidae (horned or bovine animals) are a family of ruminants, a suborder of cloven-hoofed animals. They include cattle, sheep and goats as well as various types of antelopes. Most remedies proved so far originate from domesticated animals.

The following are homeopathically prepared and classically proved remedies from the Bovidae family:

Genus Bos (cattle)

Lac defloratum / *Bos taurus* (domestic cattle)

Abbreviation: *Lac-d*

Substance: skimmed milk

Samuel Swan 1871

Rajan Sankaran 1995

Lac vaccinum / *Bos taurus* (domestic cattle)

Abbreviation: *Lac-v*

Substance: milk

H.O. Boardman 1882

Genus Capra (goats)

Lac caprinum / *Capra hircus* (domestic goat)

Abbreviation: *Lac-cpr*

Substance: milk

Kees Dam, Yvonne Lassauw 1994

Rajan Sankaran 1998

Genus Ovis (sheep)

Lac ovis / *Ovis montanus* (domestic sheep)

fully satisfied with their day-to-day work and gradually become habituated without getting tired or bored.

However, this breezy and laid-back attitude towards life does not mean that bovids are useless or incapable. On the contrary, they exhibit a lot of strength and capacity, and they actually do too much work. But they are very placid and calm and do not like big changes in their regular life.

Abused, holding grudges: since Bovidae patients are very submissive, they usually refrain from answering back or quarrelling during arguments or disputes. In such circumstances, dominant people may often try to put them down, treat them badly or abuse them. So the characteristic of being treated badly or abused, is sometimes strongly represented in bovid cases. Most bovid patients are emotionally very sensitive, which can be easily witnessed during consultations. On the one hand, they have a lot of emotions, while on the other they do not wish to express them and often suffer from emotional suppression. They have a lot of pent-up emotions and are not able to explain them well when asked.

Taken for granted: we already know that bovids are mostly doers, getting a lot of things done without any fuss. They take care and nurture beyond their capacity. On the other hand, they feel that, although they have done so much for others, people do not recognize their deeds.

Another expression of bovids is “being less competitive” – not chasing goals and not being ambitious to reach a certain level. They are fully satisfied with their life and work. They are simple, look very ordinary, and they do not have any special qualities. Therefore, people around them do not give them due respect and importance.

CASE: 37-year-old woman, mastopathy, PMS, headache

This is the case of a Dutch woman whose husband died of cancer a month before the casetaking.

From the casetaking form:

- I have a headache in the area behind the eyes – almost every day in the afternoon after 2-3 p.m. This sometimes goes away after 7 p.m. but sometimes not until I go to bed.
- I have fibrocystic breasts with pain, and a palpable lump in the right breast.
- Pain in my waist (back) around the kidneys at the time of ovulation and PMS symptoms – nervousness before menstruation every month; painful breasts, and a general feeling of discomfort. Ich vertrage keine Zitrusäfte, am wenigsten Orangen- und Zitronensaft.

able to manage a particular situation, and feel that I am not good enough.

- I am comparing myself with others and always find something that is not good enough about me or my life etc. However, I love my family, my kids, and my parents.
- I am afraid of death, cancer, and terminal diseases.
- I fear that I will not be able to fulfil all my duties and responsibilities on time.
- I am scared of handling my life on my own – of being alone.
- I do not like milk. I like tomatoes, fish, eggs, crunchy corn tortilla chips, coconut oil and milk, and anything with a vanilla flavour.

CASE TAKING

Tell me everything about you.

I am 37 years old. I am emotional and talkative. I prefer to talk with everyone I know, even with those whom I meet daily. I like family life. I have a pattern to make everybody happy. I prefer not to have complaints from anyone about my work or my duty. This is me... I think! (She laughs)

Tell me more about your pattern.

That is me all the time. I just tend not to think about myself first and what is right for me rather than what other people will think about me, or I don't know... it happens unconsciously. I cannot think what is better for me.

I know that my mom wants to come here and help me, but I want to talk to her. I want to tell her that she does not need to come here to help me because I do not need her. Actually, I cannot cry with her, and I cannot take care of her because here in Holland unfortunately she does not take care of me, rather I have to take care of her. But I dare not say this to her.

Instead of trying to do what is right for me at that moment, since I have to think about myself... I guess... I do not do that. From an early age, I have always tried to be liked by others. I have strived for my parents to approve of me and say that I am a good girl or tell me I have done a good job at school. They should say that I did the right thing. My teachers used to tell me to do certain things. My friends also used to ask me to do things, and I always got impressed by that and used to do as they said.

People ask me to do something because they like me more, or I do as they say. I don't know the exact reason, but actually I do whatever they suggest rather than doing whatever I want or need to do. At that time, I actually forget to listen to myself. I do not know what I want at that moment because I only know



Horned (Bovidae) or bovine animals are a family of ruminants that belong to the cloven-hoofed animals. They form the currently most species-rich and diverse group in the cloven-hoofed and hoofed animals. The family is found in Eurasia, Africa and North America. Horned animals can generally be divided into two major groups: firstly cattle, buffalo and kudus; secondly goats, sheep, antelopes and gazelles. We can also distinguish between non-domesticated species such as antelopes, gazelles or mountain goats and domesticated species such as cattle, sheep and goats. The shape of Bovidae horns is unbelievably diverse. The photos in this box show a mouflon (*Ovis orientalis*) plus pictures of the horns of wild and domesticated animals like reindeer, bulls, sheep, deer, elks, antelopes and buffalo.

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cancer, I realised that I do not want to suffer like him in future, so now I need to learn about myself somehow so that I may survive and do not fall ill like him.

Now I feel that I can do this because now I have confidence in myself. But my basic nature is that I need other people to approve of me.

Please ask me something now because I don't know how to go on.

Okay, talk about your need for the approval of others.

I do not know why I need approval from others for whatever I am doing. I guess I need approval because I need confirmation that I am doing the correct thing.

When I was a child, I asked for the approval of my parents, and after marriage I used to get help from my husband. I always needed someone to approve of me. But now I do not have anyone to approve of me (crying). Now I have to learn how to approve of myself without anyone's help.

Actually I have been like this since a young age. It was very easy to manipulate me. For example, while trying to do something, my father used to say to me, "You are a good girl and you can make it". I then got my confidence back and could actually do that thing.

Secondly, I trust people very easily. I think I get influenced by their words very easily. I think this is the kind of person I am.

ANALYSIS

Mammal issues in this case:

- Totally dependent on parents and husband
- Social, communicative, expressive
- Desperate need for family and parents
- Doing everything to please others
- Issues like heaviness of breast, PMS, ovulation problems
- Headache
- Dislike of milk

The patient's basic qualities:

- Low self-confidence
- Incapable
- Need support and approval from others
- Thinking more about others than herself
- Easy to manipulate (easily influenced by the words of others)
- Trusting others easily
- Poor self-recognition (child-like personality)

Matching the qualities of the patient with the themes presented in my book "Mammals in Homeopathy"

· Child - animal, sheep, goat, gazelle, human, bear

mosch, mus-m, myo-m, ory-c, oxyto, phas-c, plac, procy-l, proges, toly-t, vernx.

- Confused, doubtful – alou-s, amn-l, brady-t, cavia-p, cereb-s, chorio, colos, didel-v, equus-q, erin-eu, excr-can, foll, glis-g, lac-h, lac-mat, lac-o, lac-puma, lyss, myo-m, ory-c, oxyto, phas-c, plac, procy-l, vernx.
- Impressionable; following blindly; easily trusting – amn-l, foll, lac-mat, lac-o, vernx.
- Indecisive – amn-l, cavia-p, chorio, eri-eu, excr-can, foll, glis-g, lac-h, lac-mat, lac-o, lac-puma, lyss, ory-c, oxyto, phas-c, plac, procy-l, vernx.

The remedies *amn-l*, *foll*, *lac-h*, *lac-mat*, *oxyto*, *plac* and *vernx* cover the most themes, i.e. 4 out of 5 selected themes. But *amn-l*, *foll*, *lac-m*, *lac-h*, and *vernx* are matrional remedies. The case does not have clear indications for a matrional remedy. Therefore, we have to choose one from the remaining remedies, namely *cavia-p*, *eri-eu*, *excr-can*, *lac-o*, *ory-c*, and *phas-c*. Her basic quality is “trusting someone easily and then following blindly” (easy to manipulate), hence, if we consider this theme as the “eliminating factor”, then only the remedy *Lac ovis*, sheep, remains in the list.

Remedy Confirmation from the general characteristics of *Lac-ovis*:

- EASILY IMPRESSED AND FOLLOWS ANYONE WITHOUT THINKING MUCH
- Fear of inadequacy, lack of confidence, and TIMIDITY
- Laughter and glee, childlike innocence
- Gentle, not complaining
- Self-sacrificing

Prescription: *Lac ovis* I M, morning and evening for one day

FOLLOW-UPS

Follow-up after a month: I am very good. I feel tremendously better than the last time we met. I can say now that I am more myself. I mean that I have become more egoistic than before. Earlier I always used to think about others, but now I want to feel for myself. I want to follow and do what I wish to do. I do not think much about what others think and say.

I feel more confident, and now I prefer to take decisions on my own. This is the first time in my life that I do not need any approval from others. This is very funny, I think.

Prescription: wait and watch (no remedy)

Follow-up after two months: She was much better, more relaxed, and happier. She decided to move on from her saddest experience (the death of her husband) and do something that she had wished to do for a long time, without completing her



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