



Mammals in Homeopathy

Volume-1

Ghanshyam Kalathia

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in
Homeopathy

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Dr. Ghanshyam Kalathia

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FOREWORD

“*Mammals in Homoeopathy*” is a revolutionary addition to the Homoeopathic Armamentarium by Dr. Ghanshyam Kalathia after his incredible work in the form of “*Invertebrates in Homoeopathy*”. The book is an extensive compilation of all the data whatsoever available in the scholastic worldly literatures pertaining to the mammals. Dr. Kalathia has beautifully incorporated valuable information about all the known as well as newer homoeopathic remedies obtained from this huge sub-kingdom called ‘*Mammalia*’. The reader will be mesmerized to visualize within the book the amazing correlations of the natural behavior of the animal and the personality of the corresponding remedy sourced from the same.

The book comprises of **27 chapters** that include *Live Materia Medica* of various *Mammalian Families* in general and the respective Homoeopathic remedies in particular. Each chapter represents the ‘General Themes’ of the Mammal Family as understood from the observations of the common natural behavior and survival patterns of all the member animals belonging to that family. Following the general themes, the author has included elaborative thematic explanations that characterize each remedy within the family.

Reading through the paragraphs, one may easily relate to the mode of presentation adopted by the author to convey his ideas. The author has scrupulously written the patients’ expressions pertaining to the various themes included to explain the essence of each remedy. Moreover, one may also learn from such a style of writing how different patient personalities exhibit or express the language of the mammal during the case taking. In addition, there are a lot of instances in each chapter where the author has illustrated how to differentiate among the various remedy personalities of the same family using the real-life examples. The author has also attempted in various places to show the close resemblances and correlations of the mammal personalities with the remedy personalities of the *Rows of the Periodic Table* and of the various *Plant Families*.

The rubric extractions from the *Complete Repertory* included alongside the *Materia Medica* of each remedy is the hallmark of this book. These additions may prompt the reader to acknowledge the author’s expertise in the subject of Repertory. Thus, each chapter is well accomplished and evidences the in-depth understanding, skill, and research by the author to frame this book. Nevertheless, Dr. Kalathia has graciously mentioned all sources of information and the reference resources explored to compile the data furnished under each chapter of the book.

The book contains a separate chapter called ‘*Quick References*’ which is the gemstone of this book. This chapter includes a ‘*Thematic Index*’ and a number of ‘*Chart Presentations*’. The thematic index is a short repertory which concisely summarizes the common family themes and the characteristic themes of each remedy explained in details under different chapters of the book. The chart presentations reflect the remedies from various families, their respective abbreviations, their corresponding probable miasms, and also their correlations with various rows of the Periodic Table. The thematic index and the charts can be invariably instrumental to a Homoeopathic Prescriber to confirm a remedy belonging to this sub-kingdom. The practitioner of healing art can compare,

differentiate, and confirm a mammal remedy in all its aspects by referring cautiously to these quick references.

Dr. Kalathia has included one last chapter about the '*DD of Mammals*' wherein he has given a detailed explanation on how to differentiate the mammal remedies from the other similar remedies belonging to a different kingdom or sub-kingdom. It also comprises a small section in which he shares his experience in the form of practical hints and a stepwise process on how to select and confirm a mammal remedy in any presenting case.

Exploring the Mammal sub-kingdom is not a novel concept in the field of Homoeopathic Medicine. It will always remain an unending quest. There is indeed a lot of information already available in the Homeopathic literature to date which are certainly the fruits of hard work and perseverance of some of the renowned Homoeopaths. Dr. Kalathia has again conscientiously striven to put forth his knowledge and prudence gained from the years of clinical experience to collate this treasure of information.

"Mammals in Homoeopathy" is complete equipment in itself in framing a successful prescription in the mammal cases. You may be a naïve prescriber or the most experienced practitioner; this book will surely become an infallible tool in assisting your clinical practice. I congratulate Dr. Kalathia for his accomplishment and wish him all success with his book.

Cheers!

Dr. Rachana Raval, MD (HOM)

Gujarat, India

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I believe it would have been impossible to write this book single handedly. This has become possible only with the help and cooperation of my friends and colleagues around the globe. I am immensely grateful to the ALMIGHTY by whose grace and blessings my journey has been fruitful so far.

I am really thankful to have a friend and colleague like Dr. Rachana Raval, a young and dynamic homeopath from India who put in her best efforts to carry out the editorial work for this book whilst managing her professional and family life. She has worked consistently throughout on my manuscript to give it a beautiful and flawless form that it should have. She has devoted considerable time from her busy schedule to accomplish this arduous assignment whilst balancing her family life. I do not have enough words to thank her. I'm also thankful to Penny Edwards for proofreading of the book and helping to give shape of the book.

Since, I have been sharing my thoughts and experiences in the form of 'Video Courses' and 'Webinars' with my homeopathic friends, colleagues, and students, they have always been the hidden spirits that have enlightened my zeal to write this book. Their belief in me incited an enthusiasm to work more consistently in this direction.

I will always be grateful to my teachers, namely Dr. Praveen Marselin, Dr. Rajan Sankaran, Dr. Massimo Mangialavori, Dr. Shachindra Joshi, Dr. Bhawisha Joshi, Dr. Mahesh Gandhi, Dr. Shekhar Algundgi, Dr. Dinesh Chauhan, Dr. Michel Yakir, Dr. Jan Scholten, and Dr. Jonathan Hardy. I am especially thankful to Dr. Shachindra and Dr. Bhawisha Joshi for their path-breaking concepts and significant work on mammalian remedies which has clarified my fundamental understanding of this sub-kingdom and ignited a spark in me to initiate a more substantial work along the same lines.

I am also grateful to my colleagues for entrusting me and sharing their cases in order to be incorporated in my book to support and enhance the description of varied mammalian themes and remedy personalities included in the book. A very special thanks to these homoeopaths, namely Sigrid Lindemann, Douglas Brown, Shekhar Algundgi, Ganeswara Rao, Atul Patwardhan, Zdravka Hristova, Angelika Maria Koch, Savitha, Sridhar, and many more.

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Last but not the least; I wholeheartedly thank my wife Dr. Falguni Kalathia and my son Vidvat Kalathia for their consistent support and encouragement.

INTRODUCTION

Exploring mammal remedies is not new to the Homeopathic world. Many homeopaths namely Massimo Mangialavori, Rajan Sankaran, Sachindra and Bhawisha Joshi, Mahesh Gandhi, Shekhar Algundgi, Dinesh Chauhan, Divya Chhabra, Jonathan Hardy, Patricia Hatherly, Philip Bailey, Farokh Master, Harry Van der Zee, Kees Dam, Aisling Murray, Jeremy Sherr, Nancy Herrick, and Chetna Shulka have written and shared about many mammal remedies in their books, articles, and seminars. Hence, the ideas and thoughts presented by me in this book are not a new discovery; it is rather better to say that this book is a compilation of what I have learnt and understood from my teachers and my own clinical experiences. I have collated the information available from various resources and tried to shape it into a book. The book contains all the information arranged in a systematic and analytical order for an easy and better comprehension of the sub-kingdom 'Mammalia' and the Homoeopathic remedies therefrom.

Actually, we have known mammal medicines for more than a century. Nevertheless, we have been using only 20 remedies that are well-known among the mammal group. The reason is being lack of systematic understanding of the remaining remedies belonging to the group. In the homeopathic literature, we have nearly 80 proven mammal remedies; but because of lack of collective study of all these remedies, we often miss to prescribe them in our cases. This book is aimed to perfect the understanding through a comparative study of all such remedies together.

Let me start with sharing my journey of understanding of the sub-kingdom 'Mammalia'. I was also not an exception like other homeopaths. I have read and known about mammal remedies since I was a college student, but often I used to have cases that appeared differently to my understanding of mammal remedies and I could not able to select a perfect match for such patients. The reason was lack of knowledge about other remedies except for the few well-known 20-30 remedies belonging to this sub-kingdom. This is the main reason to start this collective and elaborative work on the mammal remedies. I started to collect the cured cases from the Materia Medica and the proving data of mammal remedies. I was not surprised to find nearly 5000 pages of data to work on because I knew that the mammal group is well explored in the homeopathic literature. I referred to several books, journals, articles, and cured cases published to date to collate and arrange the information about mammal remedies in this book.

After scanning all the collected material, I developed a deeper understanding about the 'General Themes' of different mammals as well as several mammal families and orders. Subsequently, I started correlating the information about the natural behavioral patterns and survival strategies of each mammalian species with the Materia medica information and other available data about the corresponding remedy. Thus, I tried to synergize my understanding holistically. With this comprehension about the mammal remedies, I started prescribing such remedies to my patients with ease and confidence. Eventually, I started sharing my understanding with my homoeopathic friends, colleagues, and students. I started publishing my knowledge about these remedies in the form of articles in various homeopathic journals. I launched a video course on mammal remedies and had a fabulous response. Once I gathered a good number of cured cases, I started sharing my

clinical experience by conducting seminars and webinars. Thus, a large number of homeopaths benefitted from this inclusive study of mammal remedies. I gradually gathered more and more cases cured with mammal remedies from my clinical practice. In addition, the cases shared with me by my friends, colleagues, and students also added to confirm my understanding of the concepts furthermore.

There is one more story related to this journey which I wish to share through this book. Three years ago, I got my hands on a beautiful book about mammal remedies which presented such concepts that very much resonated with my understanding of the mammal remedies. The book was 'Homoeopathy & Patterns in Mammals' written by Bhavisha and Sachindra Joshi. The book contains descriptions about certain concepts and understanding about mammal remedies which were newer to me. It also has beautiful explanations about some mammal remedies which have not been even proven in Homeopathy. The authors have extrapolated their study of the natural behavior and survival instincts of the animal and have developed the respective thematic understanding of these unproven remedies. The second most impressive attribute of the book is the authors' endeavor in correlating the mammalian themes with the corresponding themes of Rows of the Periodic table. I imbibed this idea of correspondence and became enlightened to harmonize this newer concept with my understanding of mammal remedies, and the result can be seen in the form of themes and concepts explained in my book. This is my journey of understanding mammal remedies.

Now, let me explain about the structure of this book. The book contains 26 mammal families or orders arranged in the form of an individual chapter. Each chapter contains a general introduction or natural history of each family, list of remedies belonging to each family, and general themes of each family. In the final part of each chapter, Materia medica of remedies belonging to the respective family has been included. In the Materia medica section, the remedy personality, mental and physical general characteristics or key features as well as physical particulars have been discussed; and lastly important rubrics have been included for the reportorial understanding.

The description about 'remedy personality' is out of my understanding about the remedy. In this section, I have explained how the patients who may need a mammal remedy represents himself/herself to the homeopath with some specific attributes. It is an explanation about a particular mammal personality will appear in a compensated or uncompensated state of his/her being. It has been described how a particular mammal personality will react to, defend, or compensate with his/her life situations; and what are their group specific as well as respective vital sensations.

The general characteristics are important since they have been extracted from various Materia Medica and the proving data as it is, without any personal additions. For this, I have referred to the original proving data and Materia Medica such as 'The Encyclopedia of Pure Materia Medica - T. F. Allen', 'The Guiding Symptoms of Our Materia Medica - C. Hering', 'Dictionary of Practical Materia Medica - J. H. Clarke', 'Homeopathic Materia Medica - W. Boericke', 'Materia Medica of Homoeopathic Medicines - S. R. Phatak', 'Homeopathic Mind Maps - Remedies of the Animal Kingdom by Alicia Lee', 'The Lacs - A Materia Medica and Repertory by Patricia Hatherly', 'Milk Remedies - Materia Medica Clinica-Volume-1 by Massimo Mangialavori' 'Matridonal Remedies of Human family by Melissa Assilem', 'Matridonal Remedies in Daily Practice by Heinz

Wittwer', and many more of the kind. I followed the remedy characteristics included in these resources to construct the personality of the corresponding remedy that has been presented in my book. Such a description about the personality characteristics can be matched with a patient's expressions or general attributes, and this may ease the choice of a mammal remedy in the presenting case.

The next section of Materia medica in this book includes symptoms which are nothing but a few selectively important physical and mental symptoms reference from the well-known Materia Medica and the proving data. Lastly, some important rubrics have been included which have been extracted from the reportorial software named 'Complete Dynamics - version 2020'. These 2 Materia medica sections have been included to help with the confirmation of the selected remedy and make a confident prescription.

The book has been written in such a way that it can give the reader an overview of the mammal remedy from the kingdom, sub-kingdom, and source point of view. Basically during the case-taking, we aim to understand by analyzing every presenting case from the patient's macro-perception to micro-perception about his/her life situations as well as sicknesses. We actually follow a deductive pathway that is from a larger and broader perspective to specific details, to deepen our understanding about the patient. Let me give the example that I love the most by my teacher Dr. Sankaran, usually given while he talks about the 'case-taking and finding a Similimum'. It is about the 'satellite picture of the earth'; first we fix our focus on the earth's satellite picture and then start narrowing down to specific locations. The zooming down in such a way that first we look at the overview of earth, then the continents, then different countries, then to a specific country - Its state - a particular city, and finally look into one specific area. Likewise, we have designed this book to help every homoeopath to zoom into a broader view of general understanding of all mammals by studying their natural behavior and evolution history; then knowing the general characteristics of the family or order to which a mammal belongs; and finally extrapolating this knowledge to develop a conceptual understanding of the remedy personality, its important specific characteristics, and physical symptoms, all-inclusive with some rubrics to repertorize.

The book has many illustrative cases from my clinical practice as well as from my friends and other colleagues. The cases are written in such a way that every case can give you a clear understanding about how to match the patient's language with the language of the requisite mammal remedy. In addition, the elaborate descriptions about the themes of different mammal families and orders, remedy general characteristics, physical symptoms, and rubrics given in the illustrated cases give a more clear idea about approaching mammal cases in the clinical practice. Along with the case-notes, I have included my explanation in the (brackets). In each case I have written my analysis to describe how I arrived at the specific remedy. The cases are just to illustrate how to utilize the concepts and ideas presented in the book. Thus, the aim of this book is to enable the fellow homoeopaths to use different mammal remedies in their clinical practice; and thus, collectively strive to heal the sick mankind.

The final chapter is "Quick Reference" which is a clinically useful chapter, where you can find 'Thematic Index' and 'Charts'. This chapter is much helpful to us in our daily clinical practice. However, I urge all the readers to refer to this chapter only after gaining a thorough understanding of each mammal family and the remedies included in the earlier chapters so that they can make the

most of this chapter. 'Thematic Index' is a collection of themes presented in the book under various chapters, and arranged in an alphabetic order and remedies belonging to the respective themes are listed. Once you go through the entire book, you will realize that many themes and qualities can be found in various remedies in common. Hence, I have listed all the remedies that share some specific themes in common. This will help a practitioner at the time of witnessing a particular theme in a patient and differentiate without getting biased with other similar family themes. It also helps when a homoeopath is not clear about a particular family theme but is very sure about a few themes and attributes in the patient. Moreover, the 'thematic index' is certainly helpful in confirming a case's remedy if it exhibits the presented specific theme.

Now, let us understand the 'charts'. The first chart from the 'Quick Reference' chapter is helpful to have a collective look at the 'Rows of the Periodic Table that closely resemble the themes' and 'Miasms of each family as well as of the remedies' discussed in the book. The most prominent 'Row' is placed first in the chart followed by the second prominent 'Row' in the (brackets). The clinically confirmed and verified miasms are written in UPPERCASE and **Bold letters**, whereas normal case letters with a question mark (?) suggest less verified or unconfirmed miasms.

Secondly, we have 'charts' of all the remedies discussed in the book which are helpful in differentiating the basic themes and associated themes. These charts are also useful to have an overview of how a particular mammal personality will defend, react, or compensate in different life situations. As per my understanding, this is a vital part in terms of clinical practice. Basically, any mammal remedy may exhibit many themes or characteristics; but it is imperative to understand which group of themes are basic and the most important ones, whereas which ones are secondary and confirmatory themes. It is also indispensable to know about every reaction, defense, and compensation pattern in a remedy because a similar theme in a different remedy may manifest different reaction or compensation patterns.

Lastly, there are 'charts' with a collective listing of remedies with 'Rows' as well as those with 'Miasms'. 'Mammals and Row' charts represent a list of remedies that resemble a specific 'Row of the periodic table'; and 'Mammals and Miasm' charts include a list of remedies belonging to a specific miasm.

Thus, this is my trivial and an honest effort to create a systematic and inclusive resource about the 'Mammals' and 'Homoeopathic Remedies' from this particular sub-kingdom. I have put in my best efforts to include as much information as I can with utmost purity and integrity as possible. Nevertheless, there is always room for corrections, inclusions as well as improvisations. I believe that being inquisitive human beings, our quest to know more never ends; and hence, every one of us will look forward to further enhancements in future.

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1

Mammals General Themes and Concepts

Mammal group and especially lac remedies have been used in homeopathy for more than a century now. Many mammal group remedies are well-known in homeopathy. However, there is still a need to carry out a systematic study of this class to have a better understanding of the individual characteristics of each remedy as well as their general features as a group. Besides this, in the past 15-20 years nearly 40 to 60 newer remedies belonging to this group have been added in the Homoeopathic Materia Medica which gives one more reason to undertake a systematic study of mammal group remedies. This book is an attempt to understand Class Mammalia by exploring the natural behavior of the animals of the group, general themes and concepts of the homeopathic remedies belonging to this group as well as in-depth study of specific features of each remedy in particular. The book contains case illustrations to deepen this understanding and make the learning experience lively and more interesting.

GENERAL INFORMATION

Mammals are a group of vertebrates that possess mammary glands to produce milk to nourish their young ones. They are the most evolved and intelligent creatures amongst the animal kingdom.

Most mammals are intelligent, with some possessing a well-developed brain, self-awareness, and ability to use tools. Mammals can communicate and vocalize in several different ways, including the production of ultrasound, scent-marking, alarm signals, singing, and echolocation. Mammals can organize themselves into fission-fusion societies, harems, and hierarchies, but can also be solitary and territorial. Most mammals are polygamous; however, some can be monogamous or polyandrous.

The unique adaptation of mammals is the production of milk. Milk is produced from the mammary glands from which the mammals have derived their name. Thus, suckling (young ones feeding on milk from the mammary gland) is a unique mammalian activity. Suckling gives a wonderful combination of both physical and emotional nourishment and a sense of satiety. It involves feeding the young one, but more than this it involves a physical contact between the mother and the young one with warmth and intimacy. Thus, the combination of physical togetherness, nourishment, and emotional intimacy are all combined in the process of breast-feeding. This is what bonds mother and child together.

Most mammals live in a pack/herd/pride or group with few exceptions. Hierarchy and pecking order is seen in most of the mammals with some exceptions. Either solitary or social, they all try to

guard their territory. In mammals, 'play' has to do with competition and training one's skill of survival, which is actually an enjoyable way of establishing hierarchy without killing. They communicate especially through sounds and physical touch with members of their own species. They try to replicate what their elders do, so training, learning, and education is an essential part of development during their young age.

Domestication of some mammals into animal husbandry has replaced hunting animals primarily as the source of food by man. Domesticated mammals have facilitated transport and agriculture, as well as have been a source of food (meat and dairy products), fur, and leather. Mammals have also been hunted and raced for sport, and used as test models in laboratory, pharmaceutical and scientific research and procedures.

MAMMALS GENERAL THEMES

Studying the mammals in nature, we can observe some primary or basic and secondary behavioral themes they adapt as a necessity for their survival. A primary or basic theme is a general behavior observed in all mammals in nature, whereas secondary theme is the specific instinctive behavior observed in the face of danger to their survival. Let us understand these themes in a little more detail in order to comprehend these while interviewing our patients. Primary themes are present in a maximum number of cases so we can witness them very easily while secondary themes are there in fewer cases so we do not witness them every time. We decide the mammal on the base of primary themes while secondary themes we can use as confirmation.

PRIMARY THEMES

Need to Belong to Group

Mammals are generally group or herd animals, and in human context also we observe a need to be in group. Therefore, in all mammals, 'the need to be in group' is an essential theme. This is expressed in the patients in different ways. For example, a patient may say, "Without my family or group of friends or without society, I cannot think of my life." Here we can presume that the patient definitely needs a group of people and without them he/she feels unsafe, unsecure, unprotected, alone, or forsaken.

Thus, the patients who may need mammal group remedies will express a strong desire of belonging to a group, and this aspect can be seen as an intense need for and dependency on family, friends, community, etc. On the other hand, such patients may have a strong fear of being expelled from the group. They feel safe and secure within the group. Besides, they want stability of the group which provides them a sense of security. Within the group, they have to follow certain group norms and regulations, and this issue is expressed in mammal cases as an intense sense of morality. However, in many cases we can witness a conflict between following their own desire and the norms or regulations of the group they belong to.

The 'need to be in a group' is a general theme of mammals. Therefore, I have split up this theme into 3 sub-themes.

***Expression words:** Herd, Community, Society, Family, Friends, Group, Group-oriented, Family-oriented, Sociable, Belong to a group, Included, Excluded, Expelled, Thrown away, Safe in a group, Unsafe-Insecure-Unprotected-Alone-Forsaken without the group, Society norms, Rules and regulations, Follow rules, Break the rules, Follow the norms of the group at all costs, Conflict between following your own desire and the norms or rules of the group I belong to, etc.*

1. Mammals General Themes And Concepts

General Characteristics	<p style="text-align: center;">Highly evolved vertebrates Social - Pack/Herd/Pride Polygamous, Mammals (Memory gland) Suckling - Physical and Emotional nourishment Breast-feeding - Nourishment and Emotional intimacy Training, Learning</p>
Basic Features	<p style="text-align: center;">NEED TO BELONG TO GROUP Group - Friends, Family, Society Dependency - Strong desire to belong to others Dependency - SACRIFICE Independence - Intolerance of others Conflict between one's own desire and group's norms Included, Excluded, Expelled, Thrown away Safe - Unsafe/ Protected - Unprotected Sociable - Sharing, Gathering, Communicating, Merging Sociable - Conflict of receiving and giving Complex Relationships HIERARCHY - Social status Mother - Child bondage/ MATERNAL INSTINCT Mother - Love, Care, Nurturing, Emotional Warmth</p>
Associated Features	<p style="text-align: center;">Vulnerable, Unsafe, Abused childhood Childhood trauma No nourishment in Childhood History of Caesarean Section and Incubation</p>
Defense and Reaction Pattern	<p style="text-align: center;">Sociability, Easy Communication Seeking warmth and care, Seeking motherly love Attention seeking, Clinging to reliant Possession of belongings Sharing love and care to others</p>
Personality	<p style="text-align: center;">Sociable, Communicative - Expressive Kind hearted, Helpful Sympathetic, Lovable</p>

2

Bovidae

GENERAL INFORMATION

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 leather, meat, and wool or for sport.

The family Bovidae is classified in the order Artiodactyla, and includes 143 known species. The family evolved 20 million years ago, and began diverging from the Cervids (deer) and Giraffids.

The body weight in bovids ranges from about 3 kg to 1200 kg, and their height extends from 25 cm to 2 m. Some are small and slender, while some are hefty and huge in size. Most of them are equipped with a single pair of horns emerging from the forehead. Bovids have no canine teeth, or have adapted some as additional incisors. All of them have a two-toed hoof.

Most bovids are herbivorous. They are mainly grazers that feed primarily on grass, leaves, and herbs. Cattle are known to eat large amounts at a 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 again for the action of salivary enzymes.

Most bovids are diurnal. Social activity and feeding usually peak during dawn and dusk. Bovids typically rest before dawn, during midday, and after dark. Bovids use different forms of vocal, olfactory, and tangible communication. Most bovids exhibit sexual dimorphism, with males usually larger as well as heavier than females.

Cattle being social creatures generally move in large groups from one place to another. They are non-territorial, but have a distinct pecking order within their setup. The dominant males which enjoy ~~have~~ access to the females within their herd, have constant conflicts with other males. Dominant males are protective of the females in the group. Bovids are also seen to protect others in their herd which are unwell, injured or weaker by gathering around to ensure their safety.

Adults have few enemies while the young ones frequently fall prey to wild animals like lions, tigers, leopards, and wild dogs. Bovids tend to remain together in groups as a means of protection against predators.

Symptoms

- Fear of losing vision
- FLEETING, streaking pain
- **Pain, sudden**, like a gunshot
- Locked hip and unable to go forward
- A sensation of heat which is subjective as well as objective

Rubrics

- Mind; anger; mistakes, about his / throws things away (irritability; trifles, about), (offended easily)
- Mind; anxiety; nausea; from / constriction, with; throat, in
- Mind; dreams; hiding; danger, from
- Mind; dreams; accidents, of / injuries
- Mind; dreams; wounded, of being; wounds raw and burrowing
- Mind; handle things anymore, cannot, overwhelmed by stress
- Mind; homesickness, nostalgia
- Mind; intolerance; hindrance, of
- Mind; optimism
- Mind; quick to act
- Mind; sensitive, oversensitive; colors, to; orange
- Mind; shrieking, screaming, shouting; pain, during; neck, in

Lac Ovinum - Sheep

General Information

This remedy is well documented in the homeopathic literature. We have collated data about this remedy after referring various homeopathic Materia Medica, cases, and 2 provings (Eric Sommermann - Northwestern Academy of Homeopathy -2002; Olaf Posdzechs - 2007) (<https://www.engon.de>)

Personality

Lac Ovinum individual is very innocent, childish, submissive, helpless, and defenseless. They generally show inability to take responsibilities. They are timid, bashful, meek, and unable to express their feelings. The individual usually appears to have a feminine quality. They closely resemble a lac-def personality; they may sometimes express a few lac-cpr-like expressions too such as *'being forceful, courageous, and stubborn'*. Thus, a lac-ovi individual is a combination of a cow personality and a goat personality.

Other themes are *'easily impressionable, and following others without thinking much'*. This theme is the hallmark of this remedy. They are very easily influenced; and this is often expressed during the castaking as - *'My neighbor bought this kind of sari. Hence, I thought about going to the market or a shopping mall and buying a sari too'*. They generally do not think much, just do whatever others are doing. It can be often deduced from their narration that the person is putting trust in someone very easily. If

someone says something to them, they accept it readily. They are not very thoughtful or rational. A lac-ovi individual does not apply his/her mind rationally, and blindly trusts the other. They often accept the idea or opinion of others as it is, without thinking much about that. Owing to this '*easily trusting*' nature, others believe that the lac-ovi individual is very stupid or foolish. Moreover, they are also timid and modest. Therefore, people around them often take them for granted; the theme likewise expressed in the lac-def cases. They often feel that people do not give them much importance.

However unlike lac-def individuals, their ego is very small. Therefore, themes of extreme sensitivity, being of low value, and feeling of injustice - '*I have done so much for you, and you have done nothing for me*' or '*I have no value*' are not expressed prominently in the lac-ovi cases.

A sheep is also smaller in size like a goat; therefore, is also vulnerable and fearful. Hence, in the face of danger or a crisis situation, a lac-ovi individual becomes extremely anxious. At times, they become overwhelmed by the situation and do not know what to do. They become overtly panicky out of beclouded self-realization and cannot analyze the circumstances.

The lac-ovi individual is basically very shy and docile. They are not as expressive as a lac-cpr individual. They actually like to express their emotions, but they do not have the capacity or quality to share their feelings openly with others. They are introverted and do not open up easily.

Another theme is '*being the part of a group versus avoiding being the center of attraction*'. Thus, Lac Ovinum persons want a huge group. Without company, they become very anxious. Even in the wild, if a sheep gets isolated from the rest of the herd, it becomes extremely frightened. Therefore, a strong need for a group is present in the lac-ovi individuals. However at the same time, they do not want to take the forefront in their group. They want to mingle with the group and have a sense of belonging, rather than taking a stand and becoming a center of attraction. Therefore, in a situation of taking a stand or in a need of expressing oneself, it becomes impossible for a lac-ovi person to react. They cannot do it. Their main reaction is withdrawal or avoidance. This is the state of extreme shyness and timidity. They are extremely submissive, even more than a lac-def individual and any other mammal personality.

The issue of 'withdrawal' is expressed a little differently. They do not want others to know about their inadequacy. Therefore, they withdraw themselves and hide. They feel very embarrassed, anxious, or restless at that moment.

Other Lac Ovinum qualities are '*gentleness, uncomplaining, accommodating*'. These are similar to those of Lac Defloratum. They are trustworthy. They can be trusted blindly, because they hardly break one's trust. They do not complain like a lac-def individual that '*I have done so much for my family or group, but I have not received anything in return*'. Overdoing for others, over-caring, over-nurturing - are not present in the Lac Ovinum cases. In this way, a lac-ovi individual differs from a lac-def personality.

Another theme is a feeling of '*intense inadequacy*'. They feel as if the task is too big owing to their low self-confidence. However, it is not a matter of '*incapability*'; but, they lack the self-assurance that '*I am*

able to do'. Therefore, if someone gives them assurance, they can accomplish anything. This is the 'dependence' often expressed in a sheep personality.

General Characteristics

EASILY IMPRESSED AND FOLLOW ANYBODY WITHOUT THINKING MUCH

State of **extreme shyness** (**Withdrawn**, Not center of attention, and AVOIDANCE – Sycotic)

Don't want to be watched, Avoidance, Embarrassed

Feeling Inadequate – Task is too big

Fear of inadequacy, lack of confidence, and TIMIDITY

Inadequate – Cannot face problems / **Cannot accept responsibility**

Desire to be like others – no need to be different (Massimo)

Resembles others (Lac-cpr like to be different)

Laughter, and glee, **childlike innocence**

Helplessness and defenselessness

Gentle, **not complaining**

Remaining Calm and Relaxed

Self-sacrificing, desiring to be helpful, leads to depletion, and exhaustion

Equality, Irritable about Unfairness

Hurried, not enough time, **Impatient**

Slow moving, MONOTONOUS, doing same thing everyday

Low energy, Moving **slower**, Exhaustion

Timelessness – as if half awake, half dreaming

Drugged – lack of boundaries

Aversion; meat

Aggravation smell of food

< **Draughts, cold weather** (Cold hands and feet)

Touch and contact aggravation

Hungry often, and have difficulty becoming full

Dryness (Mouth, skin, thirsty)

< 9 pm to 12 am

Dyslexia – problems in reading and writing

Slow mentally and physically

Symptoms

- **Wandering pain** (Difficult to locate the pain)
- Vertigo with sense of being lost
- Vertigo - **losing orientation**
- Painful lymph nodes
- Eyes, lachrymation, blurred vision
- Headache **right side**
- Rumbling in abdomen, gas, eructation, and nausea
- **Coryza, running nose**
- Often desire to stretch to relieve **tightness or stiffness**

Rubrics

- Mind; Eating, amel
- Mind; Noise, noises, agg
- Mind; Anxiety; anticipating
- Mind; Concentration, difficult
- Mind; Delusion; Attacked, is going to be
- Mind; Delusion; Kicked out, of group, he will be
- Mind; Delusion; Work, easier than expected
- Mind; Fear, abuse of / pursued, of being / ridiculed, of being
- Mind; Irresolution, indecision
- Mind; Irritability, hunger, aggr
- Mind; Irritability; Quiet, but remains
- Mind; Irritability; Responsibility, too much on him
- Mind; Irritability, Watched, when
- Mind; Sensitive, oversensitive, noise to
- Mind; Sensitive, oversensitive; moral impressions, to
- Mind; Timidity
- Mind; Thoughts, sexual
- Mind; Violence, aversion to
- Dreams; Angels, guardian
- Dreams; Betrayal
- Dreams; Body parts, arm falling off
- Dreams; Confidence increased an ability to get things done
- Dreams; Crowds, parties

This new book on Mammals by Dr Ghanshyam Kalathia has conducted a painstaking and extensive search and systematic study of this sub-kingdom in order to have a better understanding of the general features of each unit, as well of the singular characteristics of each remedy within, and how to distinguish between them. Building on the knowledge of all of those who have come before, he provides extra insights, additions and comparisons, generously sharing what he has learned and understood from his own teachers, and from his personal clinical experience.

In compiling this comprehensive collection, Dr Kalathia has searched assiduously to bring together the science of provings and the art of observation of many animals in their natural habitats, in order to provide more healing for the world and its human inhabitants. He is to be congratulated for this sterling effort, which will be a valuable addition to our homeopathic repertoire.

– Penny Edwards MSc RSHom (UK)