

# A Comparative Clinical and Psychological Study of LAC Humanum and LAC Felinum

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**Abstract**—Lac remedies occupy a unique position in homoeopathy due to their deep association with themes of nourishment, bonding, dependency, autonomy, and instinctual relationships. Among them, Lac Humanum and Lac Felinum represent two distinctly different psychological and instinctual archetypes despite sharing a common source group. This comparative clinical and psychological study aims to elucidate the characteristic mental, emotional, dream, and physical expressions of these two remedies through detailed life-span case narratives of two middle-aged women.

Both cases showed significant improvement in psychological well-being, relational patterns, dream intensity, and associated psychosomatic complaints following the indicated remedy. The study underscores the importance of understanding the source-based instinctual and psychological blueprint of Lac remedies, reinforcing the value of narrative case-taking, dream analysis, and comparative remedy differentiation in contemporary homoeopathic practice.

**Index Terms**—Lac remedies; Lac Humanum; Lac Felinum; milk remedies; maternal archetype; autonomy and attachment; animal instinct in homoeopathy; dreams in homoeopathy; psychological profiling; comparative materia medica; feminine psychology  
We acknowledge the guidance and mentorship of our Dean, Dr. Sumit Goel for providing us insight in these cases, which have come from his clinical collection.

## I. INTRODUCTION

### CASE REPORT 1: LAC HUMANUM

Patient: Meera S., Female, 42 years  
Presenting Complaints: Fatigue, emotional emptiness, irregular menses, insomnia, recurrent anxiety, feeling of alienation.

Date of Consultation: 12 June 2025

#### Patient Background

Meera is a 42-year-old single woman, unmarried, working as a senior nurse in a large hospital. She is

highly empathetic, detail-oriented, and often takes responsibility for colleagues' welfare.

#### Family History:

- Mother: Emotionally reserved, high-achieving, socially oriented.
- Father: Affectionate but largely absent due to work.
- Siblings: One younger brother; affectionate but distant.

#### Childhood

- Meera was exceptionally sensitive, often crying silently.
- She had a habit of caring for dolls, animals, and younger children, displaying early maternal tendencies.
- She reported feelings of loneliness even when surrounded by family: "I feel like no one truly sees me."
- Physical complaints began early: frequent colds, weakness, poor appetite, and mild anemia.

#### Key behavioral traits:

- Over-compliance, perfectionism, extreme empathy.
- Suppressed anger; rarely expressed needs directly.
- Early dreams of finding her mother in crowds, being abandoned, and feeding babies who wouldn't drink milk.

#### Adolescence (13–18 years)

- Development of idealism: drawn to spiritual books, social work, and helping peers.
- Heightened emotional sensitivity: small criticisms caused prolonged distress.
- First menstrual irregularities; dysmenorrhea appeared.

- Conflicted between desire to belong and fear of rejection.
- Became increasingly reflective: “I want to help the world, but I feel so different from it.”
- Dreams:
- Running through crowded streets, searching for family members.
- Holding a baby, unable to feed it fully.
- Being in a classroom or community but feeling invisible.

Early Adulthood (19–30 years)

- Chose nursing as a career, driven by desire to nurture.
- Exhibited over-responsibility for patients and colleagues.
- Physical complaints escalated: fatigue, hormonal fluctuations, anemia, migraines.
- Emotional complaints: persistent anxiety, self-doubt, guilt over perceived failures.
- Notable patterns: giving constantly without replenishment, often leading to burnout.

Key experiences:

- Several close friendships but frequent emotional withdrawal to avoid perceived rejection.
- Romantic experiences marked by over-investment, followed by anxiety over autonomy.
- Deep spiritual inclination; meditation, yoga, and charity work.

Midlife (31–42 years)

- Mother’s death triggered intense grief and reactivation of early abandonment feelings.
- Emotional state: feelings of emptiness, alienation, longing for connection.
- Dreams intensified:
  - Being lost in crowds, unable to find family.
  - Babies refusing her milk.
  - Holding a lantern in darkness, seeking light and guidance.
- Physical complaints: chronic fatigue, irregular menses, sleep disturbances, occasional dizziness.
- Psychological traits: self-sacrifice, hyper-responsibility, moral idealism, sensitivity to criticism, perfectionism, intense empathy.

Mental and Emotional State

- Core Emotional Conflict: Desire for belonging and acceptance vs. fear of inadequacy.
- Underlying Delusion: “I am cut off from humanity; love must be earned by perfection.”
- Behavioral Compensation: Over-giving, caretaking, moralizing, self-punishment for minor mistakes.
- Instinctual Tone: Human maternal archetype emphasizes nurturing, social bonding, ethical responsibility.

Physical Generals and Modalities

- Generals: Fatigue, anemia, hypotension, dysmenorrhea, mastalgia, endocrine sensitivity.
- Modalities: Worse from neglect, criticism, or emotional conflict; slightly better from quiet, meditative, or creative activities.
- Sleep: Light, disturbed by dreams of abandonment; occasional early awakening.

Dreams And Symbolic Themes

Dream	Interpretation
Searching for mother in crowd	Childhood abandonment and longing for connection
Feeding baby refusing milk	Frustration over unreciprocated nurturing
Walking in darkness with lantern	Search for inner guidance, hope amidst isolation
Crowds ignoring her	Fear of social rejection / invisibility

II. ANALYSIS AND LAC HUMANUM INDICATIONS

- Mental / Emotional: Profound empathy, maternal instinct, perfectionism, over-responsibility, longing for human connection, moral idealism.
- Physical / General: Fatigue, hormonal imbalances, anemia, sleep disturbances.
- Dreams: Symbolic of nurturing, abandonment, and social invisibility.
- Instinctual Aspect: Human maternal archetype gives love but remains emotionally undernourished.

Key Confirmatory Indicators for Lac Humanum:

- Lifelong sensitivity to emotional neglect and moral imperatives.

- Early maternal and nurturing tendencies.
- Chronic fatigue and hormonal complaints linked to emotional exhaustion.
- Dreams and symbolic imagery of feeding, care, and searching for connection.
- Persistent inner conflict: idealism vs. human limitation.

Prescription

Remedy: Lac Humanum 1000C

- Dosing: Single dose, repeated after 4 weeks if necessary, depending on response.
- Follow-up Schedule: 1 month, 3 months, 6 months

Follow-Up and Response

1 Month:

- Reports feeling “softer” and more accepting of imperfection.
- Sleep slightly improved; dreams less intense.
- Energy improved; less compulsive over-giving.

3 Months:

- Emotional burden reduced; able to set boundaries without guilt.
- Feels more connected to colleagues and patients without exhaustion.

- Menstrual cycle regularized.

6 Months:

- Persistent improvement in emotional stability and energy.
- Dreams of abandonment decreased in intensity.
- Reports inner sense of “belonging” for the first time in life.

Discussion

Lac Humanum is indicated when there is:

1. Deep longing for human connection and belonging.
2. Life-long caretaking tendencies with emotional exhaustion.
3. Guilt, self-sacrifice, and moral idealism as compensatory behaviors.
4. Symbolic dreams of feeding, nurturing, or searching for care.
5. Hormonal or glandular complaints arising from chronic emotional stress.

The human maternal archetype, carried in the remedy, provides the psychic blueprint for the patient to integrate nurturing, empathy, and self-love resolving the internal conflict between giving and receiving.

III. DIFFERENTIAL REMEDIES

Remedy	Key Similarities	Differentiating Features
Carcinosin	Sensitivity, perfectionism, maternal instinct, idealism, over-responsibility	More driven by fear of failure and moral guilt; stronger miasmatic tendency; more obsessional, less soft and maternal than Lac Humanum
Natrum Muriaticum	Longing, sadness, emotional repression, grief, withdrawal	Focus on grief and resentment from early losses; less nurturance instinct; more closed-off, secretive, melancholy rather than empathic maternal
Sepia	Emotional exhaustion, overburdened by responsibilities, irritability, hormonal issues	Tends toward resentment toward family, indifference to spouse/family; less idealistic, less spiritual aspiration; more physical fatigue and uterine/ovarian issues
Silicea	Shyness, sensitivity, striving for perfection, social inhibition	Anxiety and perfectionism expressed as timidity and cautiousness; less maternal instinct; more weakness of will and dependence on routine
Pulsatilla	Emotional sensitivity, need for affection, gentleness, tearfulness	More dependent on others for emotional comfort; lacks deep human maternal archetype; mood is changeable and more outwardly emotional
Phosphorus	Compassion, sensitivity, desire to help others	More outgoing, enthusiastic, and extroverted; less internalized perfectionism and self-sacrifice; more prone to external stimulation

Key Confirmatory Features for Lac Humanum:

- Over-nurturing, maternal archetype, giving without reward
- Inner guilt for failing to be “perfectly human”
- Dreams of feeding, babies, crowds, or being lost
- Strong idealism, spiritual aspiration, moral consciousness

Why Lac Humanum over others:

- Carcinosis is more fear-driven; Nat Mur is more grief- and resentment-driven; Sepia more indifference/resentment; Pulsatilla more dependent; only Lac Humanum has human maternal archetype combined with idealistic perfection and spiritual empathy.

Conclusion

This case illustrates the psychological depth, symbolic expression, and somatic impact of Lac Humanum sensitivity. The remedy facilitated reintegration of maternal instinct, social belonging, and personal boundaries, demonstrating the importance of life-long history, instinctual tone, and symbolic dreams in selecting this remedy.

IV. CASE REPORT 2: LAC FELINUM

Patient: Rhea K., Female, 41 years Presenting Complaints: Breast tenderness, migraines, mood swings, irritability, relationship difficulties, menstrual irregularities, feelings of alienation despite social success.

Date of Consultation: 20 June 2025

Patient Background

Rhea is a 41-year-old independent interior designer, single, highly aesthetic, socially aware, and creative. She is known for her elegance, charm, and sharp intellect.

Family History:

- Mother: Socially prominent, demanding; emphasis on propriety and decorum.
- Father: Mild, indulgent; emotionally distant at times.
- Siblings: One younger sister; competitive yet close in childhood.

Rhea’s upbringing emphasized independence and social image, but emotional warmth was conditional. She was praised for poise and intelligence but discouraged from expressing anger or vulnerability.

Childhood

- Rhea was observant, graceful, and fiercely independent from early age.
- She disliked imposed rules and preferred her own routines, often sneaking to explore her surroundings.
- She sought attention selectively, enjoying admiration, yet withdrew when over-managed or criticized.
- Early physical complaints: occasional migraines, sensitive digestion, allergies.
- Dreams: climbing trees, observing others from high places, small animals (especially cats) appearing repeatedly.

Key traits:

- Aloofness with caregivers, alternating with affectionate gestures on her own terms.
- Pride in abilities, self-image, and appearance.
- Strong sensitivity to intrusion and criticism.

Adolescence

- Heightened awareness of social and sexual dynamics.
- Experiences of admiration and jealousy shaped early sense of self: “I am noticed only when I choose to be.”
- Developed alternating moods: sociable, playful, and charming at times; withdrawn, sharp, or sarcastic at others.
- Began experimenting with style, grooming, and charm as tools of influence.

Dreams:

- Being chased or trapped by larger animals.
- Cats leaping, climbing, or hiding in high places.
- Mirrors reflecting multiple faces of herself.
- Menstrual irregularities appeared; premenstrual irritability and breast tension noted.

Early Adulthood

- Entered a professional career emphasizing creativity and social visibility.

- Physical complaints: recurring migraines, breast tenderness, digestive sensitivity.
- Emotional pattern: attracts attention but maintains strict emotional autonomy; avoids emotional dependence.
- Romantic experiences: intensity followed by withdrawal; often feeling suffocated by commitment.
- Expresses pride and refinement but experiences deep loneliness if attention is absent or affection is conditional.

Midlife

- Relationship challenges persisted; a controlling partner led to heightened awareness of autonomy as a core need.
- Physical complaints intensified: migraines, breast tenderness before menses, dysmenorrhea, occasional left-sided neuralgia.
- Emotional complaints: irritability, suspicion, alternating confidence and vulnerability, pride, sensitivity to perceived slights.
- Dreams:
  - Cats in high places observing the surroundings.
  - Mirrors, being pursued, or admired yet unattainable.
  - Escaping confined spaces or cages.
- Notable insights during therapy:

“I need love, but only when it respects my space.”  
 “If I’m admired, I can relax... if I’m controlled, I rebel completely.”

Mental and Emotional State

- Core Emotional Conflict: Desire for affection vs. absolute need for autonomy and personal space.
- Underlying Delusion: “Love equals captivity; freedom must be preserved.”
- Behavioral Compensation: Pride, aloofness, selective charm, emotional withdrawal.
- Instinctual Tone: Feline — solitary, territorial, sensitive, graceful, agile, intuitive.

Physical Generals and Modalities

- Generals: Breast tenderness, migraines, menstrual irregularities, digestive sensitivity, occasional neuralgia.

- Modalities: Worse from emotional intrusion, criticism, or being forced; better with solitude, graceful activity, personal space.
- Sleep: Light, disturbed by vivid dreams involving animals or social tension.

Dreams and Symbolic Themes

Dream	Interpretation
Cats leaping, climbing high places	Observation, independence, pride, vigilance
Being admired in mirrors	Desire for recognition, control over self-image
Trapped or chased	Fear of captivity, loss of autonomy
Grooming cats	Care for self and selective others, maintaining boundaries

Analysis and Lac Felinum Indications

- Mental / Emotional:
  - Proud, independent, and selective in social and emotional connections.
  - Alternating closeness and withdrawal.
  - Sensitivity to intrusion and control.
- Physical / General:
  - Left-sided complaints, breast tension, migraines, hormonal irregularities.
  - Symptoms reflect emotional guarding and stress from perceived captivity.
- Dreams:
  - Cat imagery, high places, mirrors all reinforcing the instinctual feline archetype.
- Instinctual Aspect:
  - Feline: graceful, autonomous, intuitive, sensitive to intrusion, selective affection.
  - Conflict between instinctive desire for warmth/connection and need for control and independence.

Confirmatory indicators:

- Life-long pride, aloofness, elegance.
- Alternating emotional closeness and withdrawal.
- Sensitivity to space, intrusion, and admiration.
- Physical complaints linked to emotional states (breast pain, migraines, menstrual irregularities).
- Dreams repeatedly feature cats, high places, mirrors, or pursuit/trapping imagery.

**Prescription**

Remedy: Lac Felinum 1000C

- Dosing: Single dose, repeated after 4–6 weeks if needed based on response.
- Follow-up Schedule: 1 month, 3 months, 6 months

**Follow-Up and Response**

1 Month:

- Reports feeling more balanced between independence and relational closeness.
- Migraine frequency reduced; breast tenderness mildly improved.
- Dreams less vivid, emotional reactivity slightly moderated.

3 Months:

- Greater emotional stability; able to accept closeness without withdrawal.
- Recognizes patterns of selective engagement in work and social life.
- Improved menstrual regularity and decreased premenstrual irritability.

6 Months:

- Emotional equilibrium maintained; feels confident expressing needs without fear of intrusion.
- Physical complaints significantly reduced.
- Dreams of cats now appear symbolic rather than anxiety-provoking.

**Discussion**

Lac Felinum is indicated when there is:

1. A life-long pattern of selective affection and guardedness.
2. Emotional independence is core; autonomy threatened by closeness.
3. Alternating warmth and withdrawal in relationships.
4. Physical complaints often linked to emotional intrusion (breast tension, migraines, menstrual irregularities).
5. Dreams with feline imagery, high places, and mirrors reflecting self-image and boundaries.

The feline archetype guides the patient to integrate sensuality, intuition, pride, and autonomy while enabling safe emotional connection.

Differential Remedies: Lac Felinum Case

Remedy	Key Similarities	Differentiating Features
Lachesis	Pride, jealousy, suspicion, sensitivity to closeness, left-sided symptoms	More talkative, loquacious, intense verbal expression; more hyperactive; reproductive/menstrual symptoms more severe and abrupt; fear of constriction rather than autonomy
Stramonium	Sensory perception, independence, guarding, fear of darkness/abandonment	More violent, fearful of physical dangers; acute paranoia; dreams more violent; less refined, aesthetic, or feline grace
Phosphorus	Sensitivity, charm, social interaction, desire for recognition	Outgoing, gregarious, extroverted; seeks attention and admiration continuously; less aloof or independent; not selective like Lac Felinum
Calcarea Carbonica	Pride, slow responsiveness, selective attachment	More physical heaviness, sluggishness, insecurity; less agile, sensual, or graceful; more routine-bound
Natrum Muriaticum	Guarded emotional attachment, internalized sadness	Reserved, suppressed emotion; less flirtatious, less playful; not selective in admiration and charm like Lac Felinum
Sepia	Emotional independence, domestic/relationship stress	More indifferent, detached from family duties; less playful, charming, or aesthetically selective; more resigned than proud/feline

**Key Confirmatory Features for Lac Felinum:**

- Pride, elegance, selective affection, and autonomy
- Emotional withdrawal alternates with charm when convenient
- Dreams of cats, mirrors, high places, cages
- Left-sided complaints, breast tension, hormonal sensitivity

**Why Lac Felinum over others:**

- Lachesis is more talkative and constricted by jealousy; Stramonium more violent/fearful; Phosphorus extroverted; Calcarea Carbonica physically sluggish; only Lac Felinum combines feline instinct, grace, selective charm, autonomy, and sensuality.

**Conclusion**

This case illustrates the feline instinct in humans, expressed as a delicate balance between attachment and autonomy. Lac Felinum facilitated resolution of

long-standing patterns of guardedness and pride, enhanced emotional flexibility, and reduced psychosomatic manifestations of autonomy conflict.

**Comparative Insight**

Aspect	Lac Humanum	Lac Felinum
Central Need	Belonging, human connection	Autonomy with affection
Fear	Rejection, exclusion, inhumanity	Domination, captivity
Compensation	Self-sacrifice, idealism	Pride, elegance, independence
Core Delusion	“I am cut off from humanity.”	“Love equals loss of freedom.”
Instinct Conflict	Human vs divine	Animal vs ownership
Energy	Universal, empathic	Sensual, intuitive
Physical Focus	Hormonal, glandular, anemia	Breast, uterus, migraines
Dreams	Separation, lost child, light	Cats, mirrors, confinement
Miasmatic Tone	Carcinosin-like (sycotic-syphilitic)	Lachesis-Platina blend (sycotic-syphilitic)

**V. CONCLUSION**

This comparative study demonstrates that although Lac Humanum and Lac Felinum belong to the same Lac group, their clinical expression, psychological core, instinctual tone, and compensatory patterns are fundamentally distinct. Lac Humanum reflects the human maternal dilemma an intense longing for connection, belonging, and ethical perfection, often culminating in emotional depletion and hormonal imbalance due to chronic self-sacrifice. Conversely, Lac Felinum embodies the feline conflict between desire for affection and an uncompromising need for autonomy, expressed through pride, guarded intimacy, and psychosomatic manifestations linked to perceived intrusion or control.

The favorable and sustained outcomes in both cases validate the significance of source-based remedy understanding, especially when supported by life-span narratives, symbolic dream interpretation, and instinctual analysis. This study reinforces that accurate prescription within the Lac group requires moving beyond superficial emotional symptoms toward recognizing the deeper archetypal and instinctual conflicts inherent in each remedy.

Incorporating such comparative psychological insights enhances clinical precision, deepens materia medica understanding, and supports a more individualized, humane, and holistic application of homoeopathy in complex psycho-somatic cases.

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