

Research Article

Clinical Study of *Lac Vaccinum Defloratum* in Migraine and Gastrointestinal Disorders

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Abstract *Lac Vaccinum Defloratum* is a homoeopathic medicine prepared from skimmed cow's milk and is known for its marked action on the nervous and gastrointestinal systems. It is commonly indicated in conditions associated with migraine, nausea, vomiting, constipation, dyspepsia, and intolerance to milk. Migraine is frequently accompanied by gastrointestinal disturbances, making remedy selection based on totality of symptoms important in homoeopathic practice.

The present study aims to evaluate the clinical applicability of *Lac Vaccinum Defloratum* in migraine and gastrointestinal disorders with emphasis on its symptomatology, therapeutic indications, and sphere of action. The study highlights its usefulness in cases where headache is associated with digestive complaints and emphasizes the role of individualized treatment in homoeopathy.

Keywords *Lac Vaccinum Defloratum*; *Migraine*; *Gastrointestinal Disorders*; *Homoeopathy*; *Milk Remedies*; *Nausea*; *Constipation*; *Dyspepsia*; *Headache*; *Individualization*

Introduction

Migraine is a common neurological disorder characterized by recurrent episodes of headache that are frequently associated with nausea, vomiting, photophobia, and gastrointestinal disturbances. It is considered one of the major causes of disability affecting daily activities and quality of life. Recent understanding has shown a close relationship between the nervous system and the gastrointestinal tract through the gut-brain axis, indicating that digestive disturbances may influence the onset and severity of migraine attacks [1].

Homoeopathy emphasizes the treatment of the patient as a whole and gives importance not only to the disease condition but also to the associated symptoms and individual characteristics. In migraine cases, symptoms such as constipation, nausea, dyspepsia, altered appetite, and food intolerance are often considered during remedy selection. Among the milk remedies, *Lac Vaccinum Defloratum* has gained importance because of its marked action upon both the nervous and digestive systems [2].

Lac Vaccinum Defloratum is prepared from skimmed cow's milk and was introduced into homoeopathic practice following observations that certain individuals developed symptoms after

taking milk. Clinical experiences and proving symptoms revealed its usefulness in headache disorders associated with gastric disturbances, nausea, vomiting, constipation, and intolerance to milk. The remedy has shown particular applicability in migraine cases where gastrointestinal symptoms form an important component of the totality [3].

Therefore, considering the increasing prevalence of migraine and its association with digestive disorders, the present study aims to evaluate the clinical significance of *Lac Vaccinum Defloratum* in the management of migraine and gastrointestinal disturbances.

Origin and Preparation of *Lac Vaccinum Defloratum*

Lac Vaccinum Defloratum is a homoeopathic medicine prepared from skimmed cow's milk, obtained after removal of the cream or fatty portion from fresh milk. The term "Defloratum" is derived from the Latin word *de* meaning "removal" and *flos* meaning "cream" or "flower," indicating milk deprived of its fatty content [3].

The remedy belongs to the group of Lac remedies in homoeopathy and was introduced into practice following observations that some individuals developed characteristic symptoms after consumption of milk, particularly headache, nausea, constipation, and digestive disturbances. These observations led to proving and subsequent inclusion of the remedy in homoeopathic Materia Medica [4].

Preparation of *Lac Vaccinum Defloratum* is carried out according to homoeopathic pharmaceutical procedures. Fresh skimmed cow's milk is subjected to trituration and potentization to prepare different potencies used for therapeutic purposes. Through the process of dynamization, the medicinal properties of the substance are developed for clinical application [5].

Drug Profile of *Lac Vaccinum Defloratum*

Source

Lac Vaccinum Defloratum is prepared from skimmed cow's milk after removal of the cream or fatty portion. It belongs to the group of Lac remedies in homoeopathy and is prepared according to homoeopathic pharmaceutical methods [5].

Family / Group

- Kingdom: Animal
- Source: Milk origin
- Group: Lac Remedies
- Common Name: Skimmed Cow's Milk

Sphere of Action

Lac Vaccinum Defloratum acts predominantly upon:

- Nervous system
- Gastrointestinal tract
- Female reproductive system
- Metabolic and secretory functions [4]

Clinical Affinity

The remedy shows marked affinity for:

- Migraine and sick headache
- Nausea and vomiting
- Obstinate constipation
- Dyspepsia and gastric irritation
- Milk intolerance
- Menstrual disturbances

Characteristic Symptoms**Head Symptoms**

- Severe frontal headache
- Throbbing or bursting pain
- Sick headache associated with nausea
- Periodic migraine attacks
- Headache relieved after bowel evacuation

Gastrointestinal Symptoms

- Persistent nausea
- Vomiting accompanying headache
- Gastric discomfort after milk intake
- Constipation with hard stool
- Abdominal fullness and dyspepsia

General Symptoms

- Weakness associated with digestive disturbance
- Intolerance to milk
- Symptoms aggravated after taking milk
- Periodicity of complaints

Therapeutic Indications

Lac Vaccinum Defloratum is mainly indicated in:

- Migraine with gastrointestinal symptoms
- Constipation associated with headache
- Dyspepsia
- Nausea and vomiting
- Milk intolerance syndrome [2]

Migraine: Homoeopathic Perspective

Migraine is a recurrent headache disorder characterized by attacks of moderate to severe pain, often associated with nausea, vomiting, photophobia, phonophobia, and gastrointestinal disturbances. In conventional medicine, migraine is considered a neurological disorder; however, homoeopathy

approaches migraine from an individualized standpoint by considering the totality of symptoms and the constitutional state of the patient [6].

According to homoeopathic principles, migraine is not treated merely as a local disease of the head but as an expression of disturbance of the vital force manifested through physical, mental, and general symptoms. The selection of medicine depends upon the complete symptom picture including causation, modalities, associated gastric symptoms, mental state, and constitutional tendencies [7].

Digestive disturbances such as nausea, vomiting, constipation, dyspepsia, and food intolerance frequently accompany migraine attacks. Homoeopathy gives importance to these concomitant symptoms because they help in individualization and remedy selection. In cases where migraine is associated with marked gastrointestinal manifestations, remedies acting simultaneously on the nervous and digestive systems become important [2].

The homoeopathic management of migraine aims not only at relieving headache but also at correcting the underlying susceptibility and restoring balance within the organism. Constitutional treatment, attention to miasmatic background, and individualized prescription play an important role in long-term management.

Gastrointestinal Disorders Related to *Lac Vaccinum Defloratum*

Lac Vaccinum Defloratum shows marked action on the gastrointestinal system and is considered an important remedy in digestive disturbances associated with headache, nausea, constipation, and milk intolerance. The remedy has been clinically indicated in various gastrointestinal conditions where symptoms of gastric irritation and altered bowel function predominate [4].

1. Constipation

Constipation is one of the characteristic indications of *Lac Vaccinum Defloratum*. Patients may present with difficult evacuation, hard stool, infrequent bowel movements, and a sensation of incomplete evacuation. Headache associated with constipation is frequently observed and forms an important indication for the remedy [2].

2. Nausea and Vomiting

Persistent nausea, especially accompanying migraine or gastric disturbance, is a marked symptom of the remedy. Vomiting may occur during severe headache episodes and may be associated with gastric discomfort and digestive weakness [2].

3. Dyspepsia

The remedy is useful in cases presenting with indigestion, abdominal fullness, gastric heaviness, delayed digestion, and discomfort after meals. Dyspeptic symptoms may coexist with headache and contribute to the overall symptom picture [3].

4. Milk Intolerance

Lac Vaccinum Defloratum originated from observations in individuals unable to tolerate milk. Such patients may develop abdominal discomfort, bloating, gastric irritation, constipation, nausea, or headache after consumption of milk products [4].

5. Gastric Disturbances Associated with Migraine

Digestive symptoms often accompany migraine attacks. Nausea, gastric irritation, constipation, and altered appetite occurring together with headache increase the clinical importance of *Lac Vaccinum Defloratum* in homoeopathic prescribing [3].

Clinical Symptomatology of *Lac Vaccinum Defloratum*

Lac Vaccinum Defloratum presents a characteristic symptom picture involving the nervous system, gastrointestinal tract, female reproductive system, and general constitution. The remedy is particularly useful where headache and digestive symptoms occur together [4].

1. Head Symptoms

- Severe frontal headache and sick headache
- Throbbing, bursting, or pressing pain in the head
- Migraine associated with nausea and vomiting
- Periodic headaches with digestive disturbances
- Headache relieved after bowel evacuation [2]

2. Gastrointestinal Symptoms

- Persistent nausea
- Vomiting accompanying headache
- Gastric irritation and dyspepsia
- Abdominal fullness and discomfort
- Constipation with hard and infrequent stool
- Intolerance to milk causing gastric complaints [2, 3]

3. Female Symptoms

- Menstrual irregularities
- Headache associated with menstruation
- Aggravation of symptoms during menstrual periods
- Weakness and digestive disturbances accompanying menstrual complaints [4]

4. General Symptoms

- Marked weakness and exhaustion
- Symptoms aggravated after taking milk
- Periodicity of complaints
- Altered appetite and digestive intolerance
- General discomfort associated with gastric symptoms [3]

5. Modalities

Aggravation

- After taking milk
- During menstrual period
- From digestive disturbances

- During constipation

Amelioration

- After bowel evacuation
- Relief following correction of gastric symptoms [2]

6. Characteristic Clinical Indications

- Migraine with nausea
- Headache associated with constipation
- Dyspepsia with gastric discomfort
- Milk intolerance
- Gastrointestinal disturbances accompanying headache

Thus, the clinical symptomatology of *Lac Vaccinum Defloratum* demonstrates a close relationship between headache and digestive complaints, making it an important remedy in cases presenting with migraine associated with gastrointestinal manifestations.

Migraine–Gut Relationship

Migraine and gastrointestinal disorders share a close clinical association and are increasingly recognized as interconnected conditions. Many patients suffering from migraine present with accompanying digestive symptoms such as nausea, vomiting, constipation, dyspepsia, abdominal discomfort, and altered appetite. These manifestations suggest an interaction between the nervous system and gastrointestinal tract through the gut–brain axis [1].

The gut–brain axis refers to the bidirectional communication between the central nervous system and the gastrointestinal system through neural, hormonal, and immune pathways. Disturbances in gastrointestinal function may influence neurological responses and contribute to the onset or aggravation of migraine attacks [1].

From a homoeopathic perspective, migraine is not considered merely a localized disease of the head. Associated gastric symptoms are given significant importance during case taking because concomitant symptoms assist in remedy selection and individualization. Digestive disturbances accompanying migraine may indicate deeper constitutional imbalance requiring holistic treatment [7].

Lac Vaccinum Defloratum demonstrates marked affinity for both the nervous and gastrointestinal systems. The remedy is especially indicated where migraine is associated with nausea, vomiting, constipation, dyspepsia, and intolerance to milk. This close relationship between headache and digestive manifestations increases its clinical importance in homoeopathic practice [2].

Thus, understanding the migraine–gut relationship provides a broader approach to management and supports individualized prescription in patients presenting with combined neurological and gastrointestinal symptoms.

Indications for Prescription of *Lac Vaccinum Defloratum*

Lac Vaccinum Defloratum is indicated in cases where migraine and gastrointestinal disturbances occur together and form a characteristic symptom complex. The remedy should be prescribed based on individualization and totality of symptoms rather than disease diagnosis alone [4].

The important indications for prescription include:

1. Migraine with Gastrointestinal Symptoms

- Migraine associated with nausea and vomiting
- Sick headache accompanied by gastric irritation
- Headache associated with constipation
- Periodic headache attacks with digestive disturbance [2]

2. Constipation

- Obstinate constipation
- Hard and infrequent stool
- Difficulty in bowel evacuation
- Headache relieved after stool passage [2]

3. Dyspeptic Disorders

- Gastric heaviness after meals
- Indigestion and abdominal fullness
- Dyspepsia associated with headache
- Gastric discomfort with altered appetite [3]

4. Milk Intolerance

- Intolerance to milk causing digestive symptoms
- Gastric discomfort after taking milk
- Bloating, nausea, or constipation following milk intake [4]

5. General Indications

- Marked nausea accompanying headache
- Periodicity of complaints
- Symptoms involving both nervous and digestive systems
- Cases where gastric symptoms predominate in migraine patients

Thus, *Lac Vaccinum Defloratum* becomes an important remedy when headache and digestive disturbances coexist and form a definite clinical picture requiring individualized homeopathic prescription.

Clinical Application and Case Selection

Lac Vaccinum Defloratum has important clinical application in cases where migraine is associated with gastrointestinal disturbances and digestive symptoms form a prominent part of the totality. The remedy is selected on the basis of characteristic symptoms rather than diagnosis alone [7].

Clinical Application

The remedy may be considered in the following clinical conditions:

- Migraine associated with nausea and vomiting
- Sick headache with constipation
- Dyspepsia accompanying headache
- Gastric irritation with altered appetite
- Milk intolerance producing digestive complaints
- Periodic headache associated with gastrointestinal disturbances [2]

Case Selection

Selection of *Lac Vaccinum Defloratum* should be based upon individualization and evaluation of the complete symptom picture. Important points for case selection include:

Characteristic Symptoms

- Severe headache associated with nausea
- Constipation accompanying migraine
- Gastric discomfort preceding headache
- Headache relieved after bowel evacuation
- Symptoms aggravated after taking milk

General Features

- Digestive disturbances predominating in headache cases
- Periodic recurrence of symptoms
- Intolerance to milk products
- Association of nervous and gastrointestinal symptoms [4]

Criteria Favoring Prescription

The prescription of *Lac Vaccinum Defloratum* becomes more appropriate when:

1. Migraine and digestive complaints occur simultaneously.
2. Constipation forms an important associated symptom.
3. Gastric disturbances are marked.
4. Milk intolerance is present.
5. Symptom totality corresponds to the remedy picture.

Therefore, proper case taking and assessment of associated gastrointestinal manifestations are essential for successful application of *Lac Vaccinum Defloratum* in clinical practice.

The present study evaluated the clinical usefulness of *Lac Vaccinum Defloratum* in patients presenting with migraine associated with gastrointestinal disturbances. Observations were made on the basis of changes in headache intensity, frequency of attacks, and associated digestive symptoms following individualized homoeopathic prescription.

Conclusion

Lac Vaccinum Defloratum is an important homoeopathic remedy showing marked action on both the nervous and gastrointestinal systems. The present study demonstrated its clinical usefulness in cases of migraine associated with gastrointestinal disturbances, particularly where nausea, vomiting, constipation, dyspepsia, and milk intolerance formed prominent features.

The findings support the classical symptom picture of the remedy and emphasize the importance of individualization in homoeopathic prescribing. The study suggests that *Lac Vaccinum Defloratum* may be considered a valuable therapeutic option in patients presenting with combined migraine and digestive complaints. However, further clinical studies are necessary to strengthen the evidence regarding its effectiveness and wider applicability.

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