



Banerji Clinic Protocols & Emotions

ADD/ODD/Anger

BP Aethusa Cynapium 200C one dose every 3 days. And Stramonium 6C, dosed twice daily. Continue the protocol for at least 90 days.

Second line: Hyoscyamus 6C twice daily for a period of months.

Hepar sulph 200c My 15 boy gets much nicer when taking it. He takes every 3 days. Mood much better. He is normally difficult at times.

"Mary Mary quiet contrary" we took her to a natural homeopathic Dr who gave her Tartentula.

Anger/Rage/Violent

Stramonium 200c (adults) or 6c (for kids) twice daily

Ignatia 200c or Chamomilla 200c 2D might also be considered to calm a person down.

Anxiety

Anxiety medicines (for example around medical tests, pollution, toxins, reading Mercola, eating at restaurants...):

Ignatia 200C, 2D (general anxiety, no restlessness, insomnia)

Coffea 200C, 2D (general anxiety and restlessness, insomnia, depression, hopelessness, fear and impending doom)

Kali phos 6X, 2-3D (central nervous system)

Arsenicum 200C, 2D (anxiety about health)

Argentum nitricum 200C, 2D (anxiety about health)

Gelsemium 6C, 2D (anticipatory anxiety)

when apprehension, fear and anxiety creep in, Passiflora incarnata 6c 2D to be exact. Trying to please, worry all the time and work too much

Aurum Met 200c e3D (anxiety with low motivation, world crashing down on you)

Sepia 200c e3D (anxious, overwhelmed mother)

BP Anticipatory Anxiety Gelsemium 30C – 2 pills given 2 times daily.

Kali Phos 6X cell salts (#6) – 5 pills given 2 times daily.

Continue dosing until symptoms improve.

Separation Anxiety: Arsenicum alb 200c 2D

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Apathy

Ignatia 200c 2D for indifference resulting from sadness, overwhelmed or sense of defect.
Staphysagaria 30c or 200c 2D for disappointment or embarrassment (being fired from your job).
Phosphoric Acid 30c or 200c 2D or SOS for someone overmedicated, after surgical procedure, fatigue, laziness, anesthesia wears off too slowly. Feels dead inside, breakup, death, wants to just lie around
Aurum met 200c 2D feel you can't do anything to help the situation.

Behavior/ODD/Psychological Disorders

Angry outbursts/defiance, Stramonium 6, twice a day until very much better.

Sulphur 30 twice a week can be helpful for anyone who is messy. Not just "normal" messy, but realllllllly messy. Their hair's a mess, their clothes have stains on them, they don't like to bathe, and many times have a foul body odor.

Aggressive behavior related to use of Antibiotics or chemical exposure:

Nux Vomica 200c e3D person generally also likes coffee, nicotine, overeating, insomnia

PTSD: Ignatia 200c or 30c 2D

Bi-Polar/Manic Depressive Disorder

BiPolar/Manic Depressive Disorder- Ignatia Amara 200c, 2D only if necessary; Aurum Metallicum 200c, 2D (depressive phase); Hyocianus 6c, 2D (euphoric phase); Stramonium 6c or 200c (if there is rage or violence (give in stages then evaluate)). Give appropriate remedy depending on the phase the person is in.

Depression

Anxiety, deep & depression (including seasonal affective disorder)-Aurum Metallicum 200. Man with too much responsibility. Every 2-3 days for a few weeks, w/ Coffea 200 great.

BP: Ignatia 200,2D for Emotional shock, grief, anxiety, depression

BP Overwhelmed depression—Sepia 200,2D (women) or Aurum Metallica 200c, 2D (more likely men).

Post-partum depression—Sepia 200c, e3D or Coffea 200c, 2D & Aurum Met 200c,e3D.

Potassium phosphate—Kali Phos. Soother of jangled nerves. Most important of phosphates. Safe & effective tranquilizer. Great for depression, anxiety & irritability. Helps Headaches, sleep, dementia. Irrational fears,

BP for depression is: 1st line: Aurum met 200 C e3D, Coffea Crud 200c 2D. Ignatia 200C was mentioned frequently for PTSD. Our son had a psychotic break 4 years ago. It took 2-3 weeks for the psychosis to let up and the paranoia took 7-9 months to subside.

Depression that accompanies flu: Aurum Metallica 200c eoD until very much better

PTSD (Post Traumatic Stress Disorder) Ignatia 200c,2D;

Obsessive Compulsive Disorder—Aurum Met 200c, eoD or Arsenicum Alb 200c, 2D or Hyo 6c, 2D



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Emotion

For “not being able to get over things,” read about Phosphoricum acidum 200c. Banerjis told me eod for my daughter as well as Ignatia 200 2D for her extreme emotions/crying. After a few months I noticed a real difference, so stopped it—but have, on occasion, used Phos acid 200c as an SOS and it worked wonderfully!

Argentum nitricum 200c, 2D. This helped my dog not have an irrational fear of stairs. It can address the same mental state of irrational fears in people, too.

Nat mur 200c eod as feeling as though your heart is breaking over and over and over again.

Hyoscyamus is indicated for jealousy in children

Sepia 200c every 3 days to help the mommy burn out. Cocculus 30c 2d (it also works as needed here and there) for caregiver fatigue. Together they make the BP for PMDD.

Fear

Aconite

Phosphorus 200c is really great during loud, frightening events like fireworks.

My protocol was Ign 200c, 2D and Aurum met 200c, e3D (or Wed & Sun). More recently, I supplemented with Ign 1M, e7D, and continuing with the Aur met 200c, e3D. I also added Nat mu 1M on occasion to resolve deep, historic feelings of grief/anxiety.

Grief

When Ignatia 200c, 2D wasn't cutting it. They all used it in 1M and found relief. That's not a BP, so you'd want to be careful and only dose when needed. One of my friends told me she could feel when it wore off and she needed another dose (sudden death of her 22 year old son).

Nat mur 30c is for past grief

Calcarea phosphorica 3x restlessness, anxiousness ferrum phosphoricum 3x, unable to concentrate thoughts, nervousness kali phosphoricum 3x, irritability, mind sluggish, nervousness natrum phosphoricum 3x, irritability, anxiousness and apprehensiveness magnesia phosphorica 3x, mental anxiousness, very forgetful, dullness and inability to think clearly.

Mental

Ignatia 200c 2D for psychosocial issues (angst, worry, concern, fear, grief, depression, no reserves for reacting to stress, inability to get the mind in order, fretting, etc.)

Victim mentality: staphysagria 200c EOD

It was because her own frustrations were being taken out on those she loved most! She was demanding without be loving and nurturing! staphysagria 200c



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Aggression usually is a sign of a bacterial infection. (Silliness= yeast/candida)

Developmental Delays: BP Aethusa Cynapium 200C, 2D

Ign 200c, 2D for compulsive behaviors. And PTSD behaviors of anxiety, such as Obsessive Compulsive Disorders (OCD). It will also help with hair pulling (Trichotillomania) and/or repetitive skin picking (Dermatillomania).

OCD: Arsen Alb 200c 1D or Hyoscyamus 6c 2D or Aurum met 200c eOD

Lachesis (a very loquacious remedy). It is used in the Mindful protocols for ADHD and jealousy in 200c eOD.

Mental immaturity, and she even gave an example of an older girl who still likes to play with dolls, Baryta carb 6c or 30c.

Nat Mur (cell salt #9) 6x 1D is the chronic form of ignatia, and can finish off the last layer(s) of the deep grief.

Severe depression (crying almost all day, every day), suicidal thoughts and severe anxiety, which resulted in panic attacks. I couldn't go anywhere. I trembled all the time. It came with terrible vertigo, heart racing, head pressure, neck pain - so much more. I felt hopeless. I started with Ignatia 2D and Aconite 2D, along with gelsemium 6 2D. Much improved in 2 years.

Sepia 200 2D....Sepia is for overwhelmed motherhood.

Gelsemium is noted for PTSD and shell shock - weakness/exhaustion- mental, emotional & physical ; anxiety, difficulty facing a challenge; quiet; thirstless

Staphysagria is noted for any sense of violation- physical abuse, intrusive trauma -physical or emotional; may have feelings of resentment, humiliation, shame, suppression of anger

Stramonium 200C e3D and Hyoscyamus niger 6C e3H is used for delirium.

Inappropriate romantic obsessions: Nat mur 200c e3D

Mental shock BP Ignatia 200 2D and Coffea 200 2D (till relief) If not enough relief add or go to Aconite 200 2D. She said Acon 200 can be used as an acute SOS Eh - 2D, Or as an acute 1D-2D. I would continue with Ignatia 2D for a good long while. And also add Staphysagria 200 2D, not usually long term, from slide 24, for Shame, embarrassment, having been fired, belittled, shame from abuse, feeling victimized, rejection, anger over sexual assault.

