



## Banerji Clinic Protocols & More - Take 2

### Cough

Cough that lingers for weeks or months: Hepar Sulph 200c 2D for 2 weeks

- liquid-y or even whooping coughs often call for Drosera 30 or Cuprum Met 6c
- coughs that sound like a saw grinding through wood point us to Spongia 30.
- Hepar sulph 30 for coughs that don't seem to fit any specific description or when all else fails.
- coughing and gagging, nagging, vomit feeling from cough, Ipecac 30 also lends itself to spasmodic coughs, which make it difficult to breathe between hacking

Once you've selected the remedy, stay with it for a minimum of four doses and observe. If there's improvement at any time during or shortly after the last dose, then rest assured that you're likely onto the correct remedy. Then stick with it. It can be taken twice or thrice daily for the lingering cough. Consider using it every three hours or so if very severe.

**Wyethia 30:** Plagued with a peculiar sensation of a tickle in the back of the throat or nose.

### Cell Salts

- Kali Iodatum 6x every 3 hours for a wheezing cough, useful for asthma and enterovirus.
- The remedy Kali mur 6x a cough that is loud, noisy and is hard like a barky croup cough. There is a thick whitish mucus accompanying the cough that helps distinguish it from other coughs and hence, other remedy choices.
- Kali sulph 6x is a remedy for when there is a good deal of mucus that is rattling in the chest. Often, the cough is made worse from being in a warm, stuffy room and conversely, is made more comfortable in cool open air.
- Mag phos 6x is the premiere remedy for the cough that is spasmodic and is often worse at night. This has been shown to be of particular value in whooping cough as it is characterized by spasms.
- Calc phos 6x is the choice when the cough feels suffocative. The sufferer is comforted by lying down and the mucous is stringy and tough.
- Nat sulph 6x is the remedy for those whose chest is sore from the coughing. The mucous is thick and yellow and there is a sensation of weakness or loss in the chest.

### Colds

BP: Give this at first sign of cold or flu symptoms, if you act within the first 12-24 hours. Arsenicum album 12C 2D. Give everyone else in the family Arsenicum 3c 3d if one person has the cold or flu as a preventative.

*or...*

Common cold and cough start with Oscillococcinum or Bryonia 200c mixed with Aconitum 200c (good for colds with coughs and no sinus involvement). Continue every 6 hours or so, the more severe the illness, the more frequently it can be taken.

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In particular, colds and influenza that linger. In cases like this, it's important to be familiar with these three remedies:

- Sulphur 30c, twice daily between 1-3 days, will often put a halt to the last of the illness. Just remember, we live in a world where we expect symptoms to go away immediately. Therefore, we often tend to be a bit impatient when it comes to our expectations of how quickly a recovery will commence. It's important it remains clear the typical cold lasts for about 1- 2 weeks, influenza and its after-effects can last for several weeks, and coughs can take months to completely resolve.

*\*Keep these facts in mind as I offer you this lovely Homeopathy tip on how to truly kick a lingering cold; it would be wholly inappropriate to use if the condition is not really a lasting one, or is used as a just-in-case method.*

**Use this remedy only when the cold/flu has persisted for 10 days or more.**

- Umcka is a combination remedy that can be used in a pinch for a lingering cough, cold and in some cases, influenza. It can be found on Amazon or at your local health food store.
- A dose of Aurum metallicum 200c, taken every other day, until very much better, is my go-to remedy for the oft inevitable depression that accompanies the flu. Did you know that influenza can actually cause depression? It's not uncommon for those who suffer from the flu to also experience accompanying symptoms of depression. These physiological effects can often last much longer than the initial illness, making it important to address this frequently unaddressed aspect of the flu.

Here are a few cold remedies and their corresponding symptoms:

1. The best remedy for the very first onset of a cold is Nat mur 6x. However, it must be ushered in with a number of sneezes and copious clear mucus and taken at the first onset. If these characteristics are present, then this remedy is nearly infallible. If not, it's best to consider others.
2. If chill is the outstanding feature, then Aconitum is your remedy. It is particularly valuable when the chill is as a result of standing in the cold or getting a chill from getting out of a shower, etc.
3. When a chill is very pronounced, then Camphor is more likely to be the remedy to abort a cold.
4. If the cold comes from moving from a very warm climate to a cool one, such as when the city dweller goes for a drive on a hot day to the cool mountains, then Dulcamara is the best suited remedy.
5. If the cold has caused a weakness as the most prominent complaint, then Gelsemium is best indicated. Chills up the back, beating of the arteries up the neck and hands that are hot and dry are also symptoms associated with this remedy.
6. Mercurius is the remedy to choose when the mucus is prominent from the nose and is serous. The nose is swollen and red from which there is a foul smell. A heavy head ache prevails in the face area, there is thirst and nightly sweats. The person who needs this remedy wants to be left alone, is depressed during the cold or is often low in spirits. The extremities are achy and all the symptoms are made worse from both heat and cold.
7. A closely related remedy to Mercurius is Hepar sulph. It is often a good choice when Mercurius fails and is particularly valuable when the person is over sensitive to pain.
8. Nux vomica is the remedy of choice when the body feels blocked, such as when the nose feels stuffed and would feel better if it could just release. The forehead feels heavy. The person is often irritable and impatient and they resent touch, noise and odors.



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### Diarrhea

BP Arsenicum album 200C – one time at the beginning.

Veratrum album 200C mixed with Cuprum metallicum 6C every 2 hours. Also repeat after every passing stool.

Nat mur 6X cell salts and Kali Phos 6X cell salts dose given together at the same time for one dose.

Give one dose of the cell salts every 3 hours to help to combat dehydration.

Continue dosing until symptoms improve.

2nd line Ipecac 30c mixed with Merc sol 6c

3rd line podo. 200c

Veratrum Album 200c if there is coldness and collapse/weakness.

Aloe 200c if there is mucus in the stool.

Take after every bowl movement.

### Flu

Eupatorium works when the weather is warm and mild. The common botanical name for this remedy is boneset which gives an indication of its area of action. The symptom that is most telling is the strong pain that is suffered in the bones. The sufferer can find no comfortable position, as there is much agony as though the bed is too hard. Eupatorium is sometimes confused with Bryonia. The differential is that Bryonia remains still and quiet while Eupatorium thrashes in pain.

Bryonia is a common remedy for the flu. Look for indications such as desire for long, cold drinks that are interesting only on occasion. The person is weak, lethargic, sleepy and heavy. There is much perspiration and the person does not get sick suddenly. Instead, he is not well for days in advance of an all out illness. This person wants to be left alone, particularly because his head and eyes hurt as well as his extremities. He favors being very still as any movement is painful to the eyes, or head.

Nux vomica is a favorite because it is often an easy remedy to spot. The person is irritable and has in general, or in the recent past, overindulged in either too little sleep and/or foods and drink that are artificial. He wants to be left alone because everything anyone does is an irritant to this sufferer. The need for this remedy is often after an exposure to a cold wind. There is intense cold with shivers running up the back. Every movement of the covers is resented for the cold it sends to the back. There may be gastro intestinal issues that accompany the chills, including nausea, constipation, diarrhea or both. Sounds, light and other external influences are despised and resented in a very verbal way.

A flu responding to the remedy, Pulsatilla, often comes soon after feet have gotten wet. This sets up shivers down the back. The person can crave cool air blowing on them that can bring them to resent a warm, stuffy room. The mouth is dry and thirst is often lacking. The person needing this remedy is usually a female and can be demanding of attention.



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### Indigestion

Nat Phos 6x use like tums

“Use Pulsatilla 30c, twice daily if the person is worse from fats. Using Pulsatilla on the same day as the other two remedies. Use Pulsatilla every 3 hours or every 5 hours if needed. Meet the frequency of the remedy with the intensity of the illness.” gastrointestinal distress when one overdoes it with creamy food .

Lycopodium 200c and Arsenic 6x mixed twice daily for Anxiety and gluten sensitivity  
belly is so gaseous it feels as though you're going to blow up, you'll think about Lycopodium 200c.  
Feel nauseated after taking all the stuff you thought was good for you (vitamins and supplements):  
Ipecacuanha 30c (Ipecac for short), twice a day until the nausea subsides.

### Nausea/Vomiting/Morning sickness

- Chelidonium 6x: for nausea in general. In acute cases take every three hours. Chronic twice daily.
- Tabacum 30c: For nausea of unknown cause, average “garden variety” nausea and pregnancy nausea (200c)
- Pulsatilla 30c: This is a great remedy to start with for morning sickness. Indications supporting its use include a woman who is often weepy and clingy, wanting constant comforting and reassurance. She may feel better with open air but be worse after eating rich or fatty foods. Just as the windflower from which this remedy is made blows in the breeze, her symptoms are often changeable. They may, however, be worse in the afternoon or evening.
- Nux Vomica 30c: The quintessential remedy for stomach upset also proves its usefulness in pregnancy. Vomiting may be spasmodic and sudden, often occurring right after breakfast. Constipation usually accompanies the nausea. Also look for the typical Nux emotional picture of irritability and perhaps an intense focus on work.
- Sepia 30c: Try this remedy if even nausea doesn't dampen your seemingly insatiable appetite. Vomiting may lead to extreme exhaustion and prostration. As with Nux vomica, constipation may be present as well. Emotionally, this woman may be indifferent to her other children or partner, feeling overwhelmed by all her responsibilities, and may have ambiguous feelings about having another baby. Nausea is worse in the morning. She is sensitive to odours and craves sour foods. She may be depressed and may regret the pregnancy.
- Ipecac 30c: The key marker with this remedy is excessive salivation. Nausea and vomiting are nearly constant, with bile and mucus present in the vomit. Good for stomach flu.
- Veratrum 30c: Retching and relentless variety with severe weakness.
- Veratrum 200c mixed with Cuprum 6c for loose stool and vomiting.

When over eating has caused nausea that you wish would just produce vomiting to get it over with, then your remedy is **Nux Vomica**, 30X.

**Nux vomica** is also a capitol choice for the proverbial hangover. It will end nausea and vomiting in relatively short order.



## Banerji Clinic Protocols & More - Take 2 *(continued)*

When relentless vomiting is the main symptom, try Ipecac 30c

When there is simple indigestion and over acidity, then Natrum Phos. 6x. can be taken every hour. Use in place of antacids.

For true food poisoning such that causes chills, stomach pains and anxiety then Arsenicum Album, 30c, should be taken.

### **Pneumonia**

Lachesis 200c twice daily (specific for pneumonia) and 2. Aconite 200c mixed with Bryonia 200c twice daily 3. Kali Iodatum 6x SOS for wheezing 4. Chelidonium 6c twice daily for difficulty breathing.

Pneumonia if caught early on, Aconitum napellus 200c mixed together in the mouth with Bryonia 30c (Banerji Protocol) can nip it in the bud! I would give it to my mother every 15 minutes or so for the first 3-4 doses and then back off to every 3-4 hours. As she began feeling better, the frequency slowed to every 5-6 hours (and so on).

Antimonim tartaricum 30c twice daily

The Banerji Protocol calls for one main remedy when treating pneumonia: Kali carbonicum 200c twice daily. For a gagging cough, then perhaps Ipecac 200c can be employed as well, every three hours.

### **Stomach Ache**

With anger or Irritability: Nux vomica 200c twice daily. Also consider Chamomilla 200c or Ignatia 200c as alternatives.

### **Stomach Flu**

Prophylaxis: Belladonna 200c once daily if exposed to stomach flu but before developing symptoms.  
*or...*

alternate Belladonna 30c and Arsenicum 30c/200c 2-3 times per day.

Treatment: Arsenicum album 200c SOS.

### **Whooping Cough**

Prophylaxis: Pertussinum 30c once daily for 14 days after known exposure. Or Pertussinum 200c once per month until the threat is gone. Or Pertussinum 30c once per week during the epidemic.

Cuprum met 6c (or 200c) mixed with Ipecac 30c every 3 hours when severe and twice daily when milder. Dissolve pills in a few ounces of water and water dose 1 tsp per dose.

Also consider Drosera 30c, Cuprum met 6c, Ipecac 30c and Pertussinum 30c. Take 2-3 times daily for lingering cough.

Hypericum Page 176  
Bryonia Page 152  
Ledum Page 184  
Ipecacuanha Page 178  
Arsenicum Album  
Eupatorium Page 168  
Calendula Page 155  
Cantharis Page 156

