

## MOTION SICKNESS IN HOMOEOPATHIC PRACTICE

### Defintion :

“Motion Sickness is the unwellness. Which is experienced during travel on a pitching, rolling and/or yawing conveyance, often these motions interact, where the travel may be of any mode, air, land, sea or space .”

### Actiology :

Repeated angular acceleration stimulations of the three semicircular canals in each ear especially when visual contact with the actual outside horizon is lost cause conflicting sensations of orientation.

The afferent nerve signals sent to the brain centres from the body's entire motion- and position-detecting senses are involved. They are the followings-Semicircular canals for angular acceleration, sacule and utricle for linear acceleration, and the proprioceptive system for the gravity downward acceleration.

The proprioceptive system contains the sub-cutaneous pressure and kinesthetic senses. It sends signals to the brain on the body responses to the experiencing accelerations and segment position changes. When the can no longer resolve or ignore the afore mentioned varieties of afferent signals, confusion and dismay may result.

This may lead to fatigue, anxiety and adrenergic “fear” response, pallor, tachycardia and ultimately nausea and vomiting.

When frequency range of linear acceleration is in btween 0.1 to 0.7Hz, motion sickness is encountered among the air travelers. Three semicircular canals in each ear also detect angular acceleration at levels as low as 2.5 degrees per second.

At higher rotation, less time is required to defect motion, When one set of three sets of onnals is aquillheated to a constant angular velocity and the head is tilted. another set of cannals receives stimulations, The Canal endolymdh must dissopate the angular momentum when moving to or from a given plance of rotation, producing canal sensor stinulations that the brain can not resolve in regard to actual motion cues; giving the criolis effect (an uncomfortable disorientation felling of movement different from actual motion ). At 0.6 degrees per second, the Coriolis effect can be defected. At 240 times this angular velocity respiratory movement alone can cause the Corlolis symptoms.

It is marked that anxiety can lower the threshold for the onset of motion sickness. Some are prone to motion sickness from childhood, Persons with labile emotional state, rigid and compulsive personality are succceptible too. Persons with disturbed vestibular system suffer from motion sickness although there is virtual absence of motion sickness. These are noticed in following conditions.

- a) Congential absence
- b) Destroyed due to disease
- c) Removed during the process of operation .

### Clinical features :

1. Progressive onset of sleepiness.
2. Fatigue

3. Nausea
4. Vertigo
5. Frank vomiting
6. Clammy skin
7. Some degree of nystagmus few travelers develop cough, yawning, faintness, weakness and aversion to riding.

**Differential Diagnosis.**

1. Food poisoning
2. Acute alcohol ingestion toxicity
3. Gastritis
4. Shock

**Prevention and treatment.**

1. Avoidance of the types of accelerations by susceptible persons that induce the syndromes.
2. Administration of Homoeopathic drugs in the following way is recommended;

Sleepiness, while riding,

street car : Chin.s.

on horseback : Lyco.

in a carriage : Bap.t., Pall., Phys., Sulph.

Besides those drugs we think too of following drugs: Brom, Carb. ac., Op.,

Nausea,

on motion : Selenium.

On riding in a carriage : Cose., Petro., Sep., Cale. Carb., Led., Lyco., Mag.c., Nuxv., Ther.,

Bor., Naja, Selen., Sulph., Tab., Zinc.

Vertigo,

While riding : Ant.t, Dig., Grat.

In a carriage : Aco. nap., Cala.c., Hep.s., Lyco., Sel.

While on horseback : Op, Rhus.t.

Vomiting while riding in a carriage, Ars. alb., Bell., Carb. ac., Cocc., Colch., Fer.p, Sulph., Glon.,

Hyos., Nuxm., Petro., Phos., sec. Sil., Staph., Tab.

Clammy skin :

Carbo veg., Med., Sec.cor., Verat.alb.,

Nystagmus :

Bell., Agar, Sulph.

Cough :

Staph., Sulph.,

Yawning :

Nat. mur.

Faintness :

Berb., Grat., Sep., Sill.

Weakness :

Cocc., Petro., Psor., Sep., Sulph., Ter.

Travellers may develop any one symptom from above mentioned symptoms or more than one symptoms or all symptoms, for which the line of treatment is to be prescribed according to totality. Reassurance is a useful aid for many travellers. The drug which is chosen for curative purpose if given a day or few hours before. Can prevent motion sickness.

Since motion sickness is aggravated by the odours of vomitus, susceptible person should move from its proximity. The motion sick person should lie back and remain still and may find that a cool damp cloth over the fore head provides comfort.