

## Review Article

# Taking Homoeopathic Approach to Vacationing

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### ABSTRACT

Natural and free of side effects, homeopathic remedies act quickly in mild emergencies such as the pre-flight jitters, jet lag, or sunburn and will not conflict with conventional treatments for more serious emergencies such as sunstroke. These remedies are inexpensive and small enough to conveniently take anywhere.

**Keywords:** Homoeopathy, Vacationing, treatment

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**Conflict of Interest:** None Declared!

*(Received 10 October 2018; Accepted 20 October 2018; Published 21 November 2018) ISSN: 2347-8136 ©2018 JMPI*

### INTRODUCTION:

A vacation getaway may be the fun-filled stress reliever. But for those who don't travel well, anxiety may override the holiday excitement. No matter how thrilling or exotic the destination, some traveller's regularly experience motion sickness and jet lag. Others find themselves spending more time in the bathroom than out in the sun. With homeopathic remedies as the perfect travel companions, there's effective help at hand.

#### Common complaints during travelling

Common traveller's illness such as fatigue, jet lag, indigestion, diarrhea, nausea and vomiting, fevers, colds, flu and sore throats, strains, sprains and other injuries, sore muscles, allergic reactions, sunburn and other burns, back pain and sciatica, and headaches respond readily to homeopathic treatment when the correct medicine is taken.

Here's a look at the best homeopathic travel remedies with complaints:

#### Motion sickness

Motion sickness is an ill feeling, a common problem in people travelling by car, boat, train, plane or while on amusement rides. Motion sickness can be triggered by rocking (boat), air turbulence (airplane), being in the back seat of a car unable to see the horizon, reading in the car, air circulation while riding in the car.

**Symptoms**—Classic symptoms include nausea and vomiting. Other symptoms might include pale skin, headache, a cold sweat, dizziness and

irritability.

**Cocculus Indicus 30**—Cocculus is another best remedy for motion sickness with vertigo. Nausea and vertigo from riding in a car or boat.

**Tabacum 30**—Tabacum is prescribed where the complaints worse from least motion and better on deck in fresh cold air. The person suffers from symptoms like pallor, cold sweat, and coldness, especially of the hands.

#### Traveller's diarrhea

Traveller's diarrhea is a digestive tract disorder that commonly causes loose stools and abdominal cramps. It's caused by eating contaminated food or drinking contaminated water.

The most common signs and symptoms of traveler's diarrhea are: Abrupt onset of passage of three or more loose stools a day. An urgent need to defecate, Abdominal cramps, Nausea, Vomiting, Fever.

**Arsenicum Album 30**—The person is anxious, restless and has thirst for cold water, taken frequently in small quantities. Great anxiety and fear of death. Great prostration, with rapid sinking of vital forces. There may vomiting also occur along with diarrhea. The stool may be offensive, watery, burning contains undigested food. Diarrhea and vomiting after eating or drinking.

**Colocynthis 30**—There is agonizing, cutting pain in abdomen causing patient to bend over double and pressing on the abdomen for relief. Stools

frothy, watery, shreddy, yellow, sour or gelatinous with flatulence and pain.

**Veratrum Album 30**-vomiting along with colic and cramps. Cold perspiration on forehead is a guiding symptom of this remedy. Diarrhea frequent, greenish, watery, gushing, mixed with flakes. Diarrhea worse at least movement.

### **Jet lag**

Jet lag also called jet lag disorder, is a temporary sleep problem that can affect anyone who quickly travels across multiple time zones. The more time zones crossed, the more likely you are to experience jet lag.

Jet lag symptoms may include:

Disturbed sleep such as insomnia, early waking or excessive sleepiness, Daytime fatigue, Difficulty concentrating or functioning at your usual level, Stomach problems, constipation or diarrhea, A general feeling of not being well, Mood changes.

**Cocculus Indicus 30**- Cocculus is another effective remedy for jet lag with disturbed sleep. The person feels that he is still in motion and find it difficult to sleep. Sleeplessness due to mental and physical exhaustion. Fatigue due to loss of sleep. Vertigo and dizziness with nausea and vomiting.

**Gelsemium 30**-Dullness, dizziness, drowsiness, trembling are the marked features of Gelsemium. There is aching, weakness and soreness, especially in muscles of limbs. Great prostration. Heaviness of eyelids. Flu like sensation. Chills up and down the spine. Starts on falling to sleep. No thirst.

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