

CONTINUING OUR MAJOR PARTWORK

Homoeopathic remedies are particularly suited to the needs of the global traveller. Basic prescribing is easy to learn. Correctly prescribed, the remedies are safe and they are suitable for young and old alike.

They are also highly effective, easy to administer, have a long shelf-life, are compact and light and they are relatively easy to obtain as well as inexpensive.

They are legally transportable across international borders and their nomenclature is standardised worldwide.

The other good news about homoeopathy is the fact that a travelling wallet measuring just 15 x 10.5 x 1.5 cm and weighing a mere 200g can hold 24 different remedies in 1g vials. Each 1g vial may contain up to 300 doses of the remedy.

Traveller's nerves

Many trips are spoilt by nervous disorders associated with travelling, such as anxiety, fear and insomnia. Even before the journey has begun, such psychological problems may become manifest. Homoeopathic remedies can do much to alleviate these disorders of the mind, without the drugging effect associated with orthodox tranquillisers and antidepressants.

Anxiety: concerning journey or destination may be either rational or irrational. A satisfactory prescription may be based upon the way in which the nervous state manifests itself:

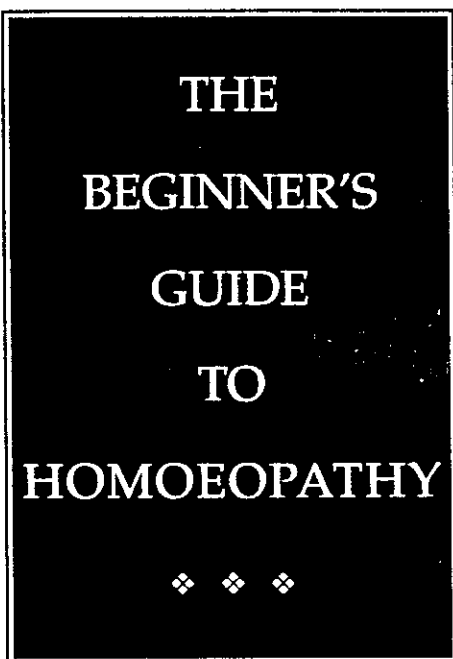
1 Overtalkative, cannot rest, busy with many tasks (a picture of overactivity):

Arg Nit 30, one tablet every four hours

2 Lethargic, motionless, silent, (a picture of underactivity):

Gelsemium 30, one tablet every four hours

Whichever remedy is selected as more appropriate, persons of generally nervous disposition may find the 30th potency too strong for them, in that it may produce a transient aggravation of their symptoms. Such persons should consider commencing treatment with a lower potency (eg 6). Conversely, generally non-anxious individuals, who suffer extreme apprehension of travel, may require higher potencies (eg 200), in order to allay their anxieties. In either case, the



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This special series of pull-outs builds up over the months to provide an invaluable self-help guide to this important area of medicine

Part 10:

Going on holiday

by Dr Colin B Lessell



THE BUST OF THE WARRIOR KING
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initial dosage interval is as stated – four hourly.

Fear: The above remedies will be ineffective where the dominant mental state is one of fear. Great fear, dread, fears death may be at hand, terror, panic:

1 *Aconite 30*, one every two hours

2 *Bach Rescue Remedy*, one hourly

Overexcitement: Some people become so overexcited about a trip that they cannot rest. They present a picture which resembles that given above for *Argentum nitricum* (see apprehension). They are, however, not dreading the trip, but are, indeed, looking forward to it. In this situation a different remedy is indicated:

Coffea cruda 30, one every 12 hours

Homesickness:

1 *Capsicum 30*, one every 12 hours

2 *Bach Honeysuckle*, one every six hours

Inadaptability:

Bach Walnut, one every six hours

Sensitivity to noise and smells: Especially in irritable and precise people:

Nux vomica 30, one every six hours

Sensitivity to noise:

1 Intolerance of the slightest noise:

Theridion 30, one every six hours

2 Intolerance of loud noise:

Borax 30, one every six hours

Sensitivity to tobacco smoke: Especially useful in bars and cafés:

Ignatia 30, one every two hours

Aversion to crowded places: also known as agoraphobia. Consider:

Argentum nitricum 30, one every six hours

Persons of a generally nervous disposition may find that potencies lower than 30 may suit them better (eg 6), in

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that a transient aggravation of the symptoms may occur with higher potencies.

Impatience: Excessive impatience and anger when being kept waiting, or when subjected to the shortcomings of others:

1 *Bach Impatiens*, one every six hours

2 *Nux vomica 30*, one every six hours

Nervous exhaustion: From generally overdoing things, or too many late nights:

1 *Kali phosphoricum 6*, one every six hours

2 *Panax ginseng 6*, one every 12 hours

Fractious children: Many small children, much to the distress of their parents, become extremely difficult as the result of travelling. Usually this results from disturbance of their usual routine. Consider:

1 Restless, spiteful, cross, irritable, whining, uncooperative, but with a desire to be carried or petted, which improves the mood:

Chamomilla 30, one every two hours

2 Similar to the former, but does not wish to be touched, carried or even looked at:

Cina 30, one every two hours

Travellers' insomnia: I have left consideration of sleeplessness to the last, since its homoeopathic treatment will depend upon the cause, and the main causes have been discussed above. Insomnia from overexcitement will thus be different from that due to noise sensitivity. The treatment cited for the cause will treat the associated sleep problem. Additionally, however, you might like to consider the following:

1 Sleeplessness due to mind being full of thoughts (especially pleasant ones):

Coffea cruda 200, a single dose at bedtime

2 Early waking due to alcoholic or gastronomic overindulgence:

Nux vomica 200, a single dose at bedtime

3 Mild sleep inducing herbal tablets are available commercially (from pharmacies and healthfood stores), which may be taken irrespective of cause.

Coping with the flight

Flying gives rise to many problems for the traveller, against which homoeopathic remedies may be taken with good effect. These problems may be either psychological or physical.



"I couldn't sleep a wink for the infernal racket of the waves lapping on the beach."

Fear of descent: Dread of the descent for landing, or the sudden descent associated with air pockets:

Borax 30, one every four hours

Claustrophobia: Fears of restriction to a confined space. Consider:

Argentum nitricum 30, one every four hours

Jetlag: Crossing the time zones of the world generates this phenomenon. The biological clock mechanism is unable to adapt with sufficient rapidity to the new time of the destination. This results in disturbance of sleep pattern, excessive fatigue, difficulty in concentration and disturbance of appetite and bowel movement patterns. Left untreated, it takes approximately one day for each time zone traversed for recovery to occur, although it is true to say that westward travel is often better tolerated than eastward. Fortunately, however, adaptation

of the biological clock can be accelerated by the homoeopathic method. The following remedy should be taken regularly for a period from two days before to three days after the flight:

Cocculus indicus 30, one every 12 hours

The same prescription will be found of use for any prolonged journey, with disturbance of normal sleeping pattern. If, however, the administration of the above remedy is delayed until after the flight or journey, it may induce some degree of oversleeping.

Swollen feet (Postural oedema):

This is promoted by immobility, and is more common in women, especially the elderly. It may be reduced by frequent walks along the gangway of the plane, but this is not always an easy matter, especially in smaller aircraft. The same problem may be associated with coach and railway journeys. A useful homoeopathic prescription to prevent foot swelling, which should be commenced 24 hours before travelling, is as follows:

Urtica urens f5 drops, one every six hours

Earache and sinus pain

(Barotrauma): Earache upon descent, known as otic barotrauma or aerootitis, is an extremely common phenomenon. As a plane descends, the pressure within increases, leading to contraction of the air contained in the middle ear. Should the eustachian tube, which connects the middle ear chamber to the throat, be blocked, the eardrums will become indrawn, and severe pain will be experienced. Such obstruction is common in catarrhal patients. A similar phenomenon, termed sinus barotrauma, may occur with blocked sinuses, leading to intense pain in the cheeks, or above the eyes. A useful physical treatment for both types is the so-called Valsalva manoeuvre, the objective of which is to force air into the middle ear cavities or sinuses:

→ Pinch your nostrils tightly shut with finger and thumb

→ Take a deep breath and hold it

→ Seal your lips tightly together

→ Forcefully breath out, so as to blow out your cheeks

→ Repeat several times

→ Popping sounds signify success

Other physical methods recommended for inflating the eustachian tubes (but not the sinuses) include:

→ Wiggling the jaw from side to side

→ Opening the jaw wide

→ Swallowing, assisted by sucking a boiled sweet

→ Swallowing whilst pinching the nostrils tightly

Obviously, any treatment instituted to improve the catarrh before departure will reduce the likelihood of barotrauma, and for this you should enlist the services of a homoeopathic practitioner or acupuncturist. However, this point aside the homoeopathic method now given may be regarded as useful in a large number of cases as a short-term preventative against barotrauma in those predisposed to it:

→ On the day before departure, in the morning, take a single dose of Medorrhinum 200 (or 30)

→ 12 hours later take one dose of Medorrhinum 200 (or 30)

→ From the morning of the day of departure take Borax 30 one every six hours, until landing.

The remedy Medorrhinum should not be given in pregnancy and lactation, without taking proper advice. In such circumstances, or when the remedy has not been obtained commence Borax 30.



one every six hours, from the morning of the day before departure.

If your trip is less than 14 days, do not repeat the Medorrhinum before the return flight. Merely take the Borax as described in the previous paragraph.

Flatulence (Wind): As a modern pressurised aircraft ascends, so the pressure with it drops from approximately 760mmHg to 600mmHg. This reduction of pressure causes gases within the gut of the passenger to expand, which may lead to a feeling of abdominal distention and discomfort. Such a sensation will be exacerbated by tight clothing and belts. Homoeopathic remedies may be taken to improve the state of comfort:

1 For upper abdominal distention:

Carbo veg 30, one every two hours

2 For lower abdominal distention:

Lycopodium 6, one every two hours

3 For generalised abdominal distention:

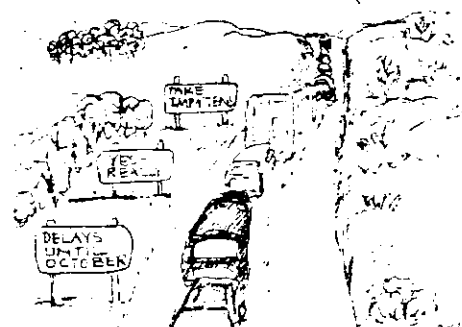
Cinchona officinalis 30, one every two hours

Further hazards of reduced cabin pressure

There are certain surgical conditions which may be adversely affected by the reduced cabin pressure discussed above. These include: recent abdominal, chest, cranial or ear operations; recent bleeding from the gut, collapsed lung, skull fractures, and plaster casts. Any traveller for whom these matters are relevant should consult his doctor before flying.

Hypoxia (Lack of oxygen): Associated with the reduced pressure on ascent, even in modern pressurised aircraft, is reduction in oxygen pressure. This leads to a small reduction of oxygen in the blood. For most travellers, this effect goes unnoticed. However, symptoms of hypoxia may develop in heavy smokers, those who have overindulged in alcohol, fatigued passengers, and those with heavy colds. These symptoms, which are subtle in onset, resemble alcoholic intoxication, with the development of confusion, unsteadiness, and personality change, and are accompanied by a blueness of lips, nailbeds and ear lobes. Oxygen should be administered in such circumstances.

Dehydration: The air within the modern aircraft is extremely dry. As has been stated above, the worst thing is to fill yourself with alcoholic and carbonated drinks. Stick to fruit juices, uncarbonated spring water and tea. If you wear contact lenses, beware! Contact lenses dry out whilst flying with great rapidity. An addi-



tional hazard is the insecticide aerosol. Shut your eyes whilst cabin staff are spraying, to avoid the deposition of aerosol droplets on your contact lenses, with consequent eye irritation.

Travel sickness: The following prescription is best used preventatively, although it may also be used for treatment of established travel sickness. For maximum efficacy, in the case of a prolonged trip, treatment should begin two days before travelling. In the case of a short journey, such as a day's outing, the first dose should be given not less than one hour prior to departure. This prescription is a mixture of three homoeopathic remedies:

Cocculus indicus 30 +

Petroleum 6 +

Tabacum 6 one every six hours

If the remedy is supplied, as it usually is, in the form of tablets, pilules or coarse granules, and is being used to treat established travel sickness, then it is best for the sufferer to crunch the remedy between his teeth in order to promote rapid oral absorption. Alternatively, crush the remedy to a fine powder before administration.

Where the above mixture is unavailable, this single remedy will be of use in many cases, and should be administered similarly:

Cocculus indicus 30, one every six hours

As an alternative, the following remedy may be used for both prevention

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and treatment. It is safe, highly effective, and remarkably rapid in action. Whatever the length or nature of the proposed journey, a dose given even minutes before departure can be highly effective in the prevention of travel sickness. The disadvantages are its unpleasant taste (to some), it feels hot as it is swallowed and it requires the availability of clean water to dilute it. It is still to be recommended:

Zingiber f5-10. one dose every two hours

For maximum effect, it is important not to overdilute the drops. About one teaspoonful (5ml) of water will suffice for this dose.

Having satisfactorily controlled a bout of travel sickness, the sufferer must rehydrate slowly. Sips of water only – not large glassfuls!

Problems with sun and heat

Heat cramps: These are painful spasms of the muscles of the abdomen or limbs, occurring as a result of exertion in hot climates. Involuntary muscular twitching may also occur. The following combined treatment is indicated:

- 1 Give one level teaspoon of salt in ½ litre of water every hour for six hours or more. This is the most important aspect of therapy
- 2 Gently massage the affected muscles
- 3 Give either of these two homoeopathic remedies:

Ciprum metallicum 30. one every hour

Magnesia phosphorica 30. one every hour

Sun headache: This is a throbbing headache associated with excesses of sun or heat; usually severe. Treat as follows:

- 1 Give salt and water, as described above under heat cramps
- 2 Give either of these two homoeopathic remedies

Belladonna 30. one every two hours

Glonoinum 30. one every two hours

Heat exhaustion: The symptoms include: confusion, weakness, dizziness, faintness, incoordination, headache,



Before embarking upon any journey abroad it is wise to equip yourself with at least a basic homoeopathic remedy pack.

For normal purposes, most remedies should be ordered as pilules in 7g vials. Where size or weight are important considerations, 1g vials of coarse granules (globules) are preferable. With regard to liquid preparations, including mother tinctures (f), the minimum quantity to order is 10ml.

For creams, the minimum quantity should be 30g (1oz). Glass vials or bottles are desirable, but, where damage is likely to occur, plastic is a better material. For protection against sunlight, such containers should be amber or opaque.

In addition to your selected homoeopathic remedies, you should take with you a good supply of plasters, gauze dressings, ordinary bandages and crepe bandages.

Internal remedies

- Aconite 30
- Arnica 30
- Ars alb 6
- Belladonna 30
- Bryonia 30
- Cantharis 30
- Carbo veg 30
- Cinchona officinalis 30
- Cocculus indicus 30
- Crataegus f
- Cuprum met 30
- Gunpowder 6
- Hepar sulph 6
- Hypericum 30
- Ipecacuanha 6
- Ledum 30
- Mercurius corrosivus 30
- Nux vom 30
- Pulsatilla 6
- Rhus tox 30
- Ruta grav 30

External remedies

- Silicea 6
- Sulphur 6
- Symphytum 6
- Urtica urens f
- Zingiber f
- Cremor Calendulea 5% (Calendula cream)
- Euphrasia f
- Insect bite application
- *Oleum Citronellae (Citronella oil)
- *Aqua Rosae Triplex (Triple Rose Water)
- Sunburn cream
- *Aromatic substances such as these should be packed separately from those bearing a potency number

A spare 10ml amber glass dropper-bottle is useful, if you wish to prepare eye-drops (glass is easier to clean for reuse).

Those going to exotic places, who may require orthodox treatment, will protect themselves against blood-borne disease by taking a quantity of presterilized disposable plastic syringes and needles.

muscle cramps, overbreathing, disordered or dim vision, nausea and vomiting and rapid, weak pulse. A bout of 'food poisoning', with diarrhoea and/or vomiting may precede and precipitate the disorder, as indeed can any disease accompanied by nausea, vomiting, diarrhoea or sweating. The oral temperature is usually normal or slightly subnormal.

The combined treatment of heat exhaustion is as follows, measures 1 and 2 being of the utmost importance!:

- 1 Place the patient in a horizontal position, with legs elevated, in a shaded place.
- 2 Give salt and water, as described above under heat cramps
- 3 Gently massage legs from ankle to knee
- 4 Give either of the following homoeopathic remedies:

Carbo vegetabilis 30, (crushed/liquid form) every ¼ hour

Bach Rescue Remedy, every ¼ hour

5 If cramps are severe, add either of the homoeopathic remedies given above, under heat cramps, in the same dosage

6 Expert medical assistance should be sought if the patient fails to respond rapidly to the above measures.

Taken from Dr Lessell's excellent new book: *The World Travellers' Manual of Homoeopathy.*

As well as the basic advice offered here the book also features tips for travellers going on journeys to tropical, remote or impoverished areas of the globe.

With its plastic cover the book makes a perfect travelling companion. Published by C W Daniel it costs £16.95.

Illustrations by Sarah Guthrie