

Homoeopathic Management of Motion Sickness: A Kentian Repertorial Approach

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Abstract- Motion sickness is a common disorder caused by conflicting sensory inputs during movement, leading to symptoms such as nausea, vomiting, dizziness, and malaise. Conventional management is often symptomatic, whereas homoeopathy offers an individualized and holistic approach. This article highlights the application of Kent's Repertory in evaluating and managing motion sickness through systematic repertorial analysis. The Kentian method aids in selecting the similimum based on totality of symptoms, ensuring effective and long-lasting relief.

Keywords: Motion Sickness, Homoeopathy, Kent's Repertory, Repertorial Totality, Individualization

I. INTRODUCTION

Motion sickness, also known as kinetosis, occurs when there is a mismatch between visual, vestibular, and proprioceptive inputs. It commonly affects individuals traveling by car, sea, or air. Symptoms range from mild discomfort to severe nausea and vomiting.

Homoeopathy, founded by Samuel Hahnemann, emphasizes individualized treatment. James Tyler Kent developed Kent's Repertory, which provides a structured method for analyzing symptoms and selecting remedies.

II. ETIOLOGY AND PATHOPHYSIOLOGY

Motion sickness results from:

- Sensory conflict between vestibular and visual systems
- Overstimulation of the inner ear
- Psychological factors such as anxiety
- Hormonal and genetic predisposition

The vestibular apparatus sends conflicting signals to the brain, activating the vomiting center and autonomic responses.

Clinical Features

- Nausea and vomiting
- Dizziness and vertigo
- Sweating and pallor
- Headache
- Increased salivation
- Fatigue and malaise

Homoeopathic Approach

Homoeopathy focuses on:

- Individualization of the patient
- Totality of symptoms
- Mental and physical generals
- Modalities (aggravation and amelioration)

The aim is to stimulate the vital force and restore balance rather than suppress symptoms.

III. UTILITY OF KENT'S REPERTORY IN MOTION SICKNESS

Kent's Repertory provides a systematic framework for case analysis by dividing symptoms into Mind, Vertigo, Stomach, and Generalities.

1. Selection of Rubrics

Mind:

- Mind – Anxiety – travel, during
- Mind – Fear – motion, of

Vertigo:

- Vertigo – Motion – agg.
- Vertigo – Looking at moving objects – agg.

Stomach:

- Stomach – Nausea – motion, during
- Stomach – Vomiting – motion, during
- Stomach – Nausea – sight of food, from

Generalities:

- Generalities – Motion – agg.
- Generalities – Riding – agg.
- Generalities – Open air – amel.

2. Repertorial Analysis

- Rubrics are selected based on characteristic symptoms
- Remedies appearing in multiple rubrics are evaluated
- Grades of remedies are considered
- A repertorial totality is formed

3. Formation of Totality

Example totality:

- Nausea and vomiting during travel
- Vertigo aggravated by motion
- Anxiety during journey
- Better in open air

4. Remedy Selection

Commonly indicated remedies include:

- *Cocculus indicus* – Marked nausea, dizziness, worse from motion, loss of sleep
- *Tabacum* – Severe nausea with cold sweat, deathly pallor, better in open air
- *Petroleum* – Motion sickness with irritability, worse in vehicles
- *Nux vomica* – Nausea with irritability, sedentary lifestyle
- *Sepia* – Nausea with hormonal influence, better by exercise

Final selection is confirmed with *Materia Medica* comparison.

Advantages of Kent's Repertory

- Provides systematic case analysis
- Facilitates individualization
- Helps convert symptoms into rubrics
- Enhances accuracy of prescription
- Useful in acute conditions like motion sickness

IV.LIMITATIONS

- Requires skill in rubric selection
- Time-consuming for beginners
- Dependent on physician's interpretation

V.DISCUSSION

Kent's Repertory plays a vital role in managing motion sickness by organizing symptoms into a structured format. It allows the physician to focus on peculiar and characteristic symptoms, ensuring precise remedy selection. The repertorial method bridges the gap between subjective symptomatology and objective prescription.

VI.CONCLUSION

Motion sickness can be effectively managed through homoeopathy using Kent's Repertory. Proper case-taking, accurate rubric selection, and repertorial analysis lead to the selection of the *similimum*. The Kentian approach not only provides symptomatic relief but also improves the patient's overall susceptibility to motion.

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