

A comparative study of effectiveness of *Cocculus Indicus* and Homoeopathic indicated medicine in cases of Motion Sickness in 10-55 age groups in both the sex

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Abstract

Background: Motion sickness is an ill feeling, a common problem in people traveling by car, boat, train, and plane or while on amusement rides. Motion sickness can be triggered by rocking in a boat, air turbulence in an airplane, being in the back seat of a car unable to see the horizon, reading in the car. **Objectives:** To study the comparative efficacy of *cocculus indicus* and homoeopathic indicated medicine in motion sickness, in the age group between 10-55 years. To find out the most commonly Homoeopathic Indicated Medicine. **Material and Method:** A thorough case-taking process, guided by the homeopathic principle, comparative study was done. Patients recruited were assessed as per the MSAQ scale and Homoeopathic medicines were prescribed based on the law of *similia*. Regular assessments, follow-up, and statistical analysis using t-tests. (paired and unpaired). **Result:** The results show that there is difference in effectiveness of *Cocculus Indicus* & Homeopathic Indicated Medicine in cases of Motion Sickness so, our alternative hypothesis was accepted. We rejected the null hypothesis at 5% I.O.S. since calculated value of $t(4.56)$ is greater than table value of $t(2.07)$. **Conclusion:** The study found that homoeopathic indicated medicine shown more improvement in the cases of motion sickness than the *cocculus indicus* based on the MSAQ (Motion Sickness Assessment Questionnaire).

Introduction: Motion sickness is an ill feeling, a common problem in people travelling by car, boat, train, and plane or while on amusement rides. Motion sickness can be triggered by rocking in a boat, air turbulence in an 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.¹ Motion sickness can occur during exposure to physical motion, visual motion, and virtual motion, and only those without a functioning vestibular system are fully immune.¹ Motion sickness is a common and complex syndrome that occurs in response to the real or perceived motion.² its presentation can be diverse, including the gastrointestinal, central nervous system, and autonomic symptoms.² The term “motion sickness” describes a set of autonomic symptoms caused by incongruent sensory impressions under conditions of motion.⁸ Cold sweats, pallor, nausea, and vomiting are caused by a stress reaction to the motion.⁸ The symptoms are apathy, headache, stomach awareness, pallor, perspiration, salivation, nausea, vomiting, and prostration.¹⁰ Motion sickness treatment on basis of symptoms has failed to give permanent relief. So a holistic approach considering the individualistic treatment to provide an improved understanding of the patient’s situation and to make it easier and possible to avoid recurrences in the future has to be kept in mind in treating such diseases. In this context, the homoeopathy has some valid conclusions, regarding the holistic and individualistic approach to motion sickness. All these factors have encouraged the authors to take up this study on the efficacy of homoeopathic medicines in the treatment of motion sickness because it is only through Homoeopathic case taking the set of most distinct, individual symptoms are obtained

which are truly characteristic of the patient forming the basis of prescription which eventually leads to cure..

Aim & Objectives: This research is aimed to explore a comparative study of the effectiveness of cocculus indicus and homoeopathic indicated medicine in cases of motion sickness in 10-55 age groups in both the sex and to find out most commonly Homoeopathic Indicated Medicine.

Methodology:

Study setting, participants and design: The research adopts a comparative study to know the comparative efficacy of cocculus indicus and homoeopathic indicated medicine in motion sickness, over a six-month period. The selection of study subjects follows specific eligibility criteria, including an age group 10-55 years, People suffering from motion sickness at least for 2-3 months before enrollment, Cases from both the sex. Exclusion Criteria are pregnant women, Motion sickness like symptoms without history of travelling. MSAQ scale¹⁹ for screening and written consent was taken. MSAQ assessment before and after the study served as matching criteria, with the sample size of 46 using convenient sampling. The MSAQ Scale¹⁹ is employed for measurement and data management and a case record format is used for collection of data. Statistical analysis using t-test.(paired and unpaired) was performed. The study was focused on investigating the improvement in motion sickness. The MSAQ Scale questionnaire comprised of gastrointestinal, central, peripheral, sopite-related related symptoms for evaluation. The severity is measured on a scale of 1 to 9 with 1-3 being mild, 3-6 being moderate and 6-9 is severe. The overall motion sickness score is obtained by calculating the percentage of total points scored: $(\text{sum of points from all items}/144) \times 100$. Subscale scores are obtained by calculating the percent of points scored within each factor: $(\text{sum of gastrointestinal items}/36) \times 100$; $(\text{sum of central items}/45) \times 100$; $(\text{sum of peripheral items}/27) \times 100$; $(\text{sum of sopite-related items}/36) \times 100$.

MOTION SICKNESS ASSESSMENT QUESTIONNAIRE:¹⁹

1.	I felt sick to my stomach (g)	
2.	I felt faint-like (c)	
3.	I felt annoyed/irritated (s)	
4.	I felt sweaty (p)	
5.	I felt queasy (g)	
6.	I felt lightheaded (c)	
7.	I felt drowsy (s)	
8.	I felt clammy/cold sweat (p)	
9.	I felt disoriented (q)	
10.	I felt tired/fatigued (s)	
11.	I felt nauseated (g)	
12.	I felt hot/warm (p)	
13.	I felt dizzy (c)	
14.	I felt like i was spinning (c)	
15.	I felt as if i may vomit (g)	
16.	I felt uneasy (s)	

Note. g; gastrointestinal; c: central; p: peripheral; s; sopite-related.

Out of 46 patients, 23 patients were given Specific Medicine i.e., Cocculus Indicus and the

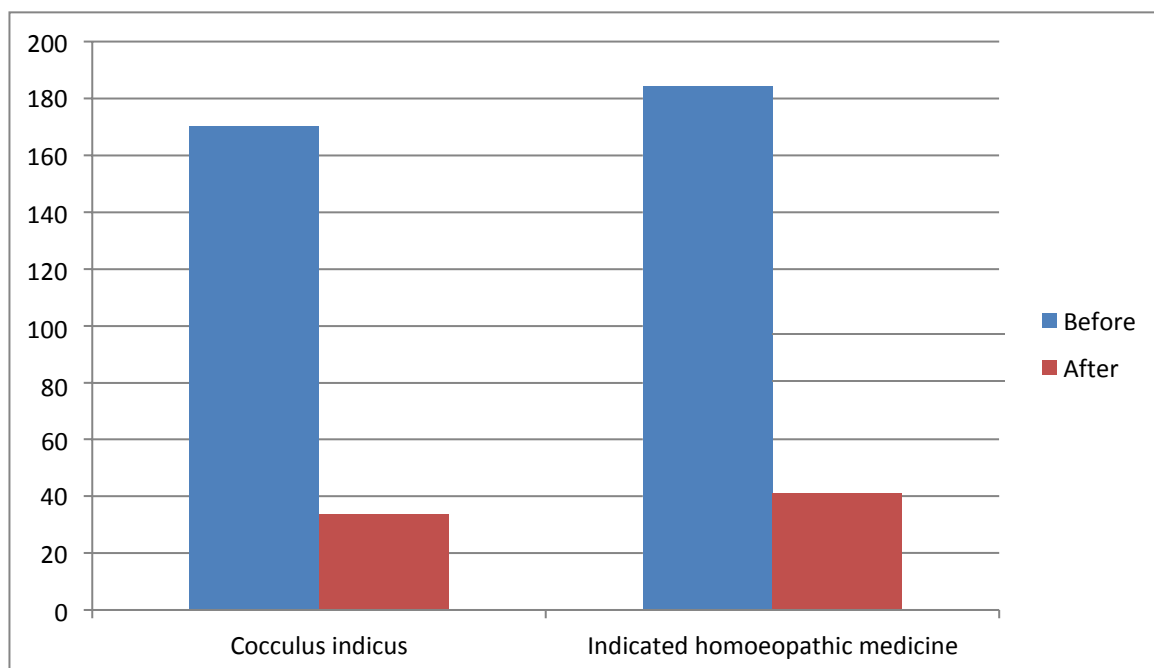
remaining 23 patients were given Homoeopathic Indicated Medicine. Patients were assessed in six subsequent follow-ups at an interval of 15 days.

After 6th follow up patients were assessed through MSAQ scale .¹⁹

Result: According to MSAQ scale at the entry out of 23 patients receiving Indicated Homoeopathic medicine, 19 were suffering from severe motion sickness symptoms whose score was between 6 and 9. 4 patients receiving Indicated Homoeopathic medicine were suffering from moderate symptoms of motion sickness whose score was between 3 to 6. After completing six follow ups 17 patients were suffering from Mild motion sickness symptoms and 2 patients were reported to be suffering from moderate motion sickness symptoms. Of the 23 patients recruited for the study receiving Cocculus indicus 20 patients were suffering from severe symptoms of motion sickness symptoms and 3 patients were suffering from mild symptoms of motion sickness symptoms. At the end of six follow ups all the 23 patients were observed to be suffering from mild symptoms of motion sickness. In patients receiving Homeopathic Indicated Medicine out of 23 patients Lycopodium was given to 4 patient ,Sepia was given to 4 patient ,Arsenic Album was given to 3 patient and Nat Mur was given to 3 patient .

Graph No.1

Intensity of symptoms before and after, both cocculus indicus and homoeopathic indicated medicine

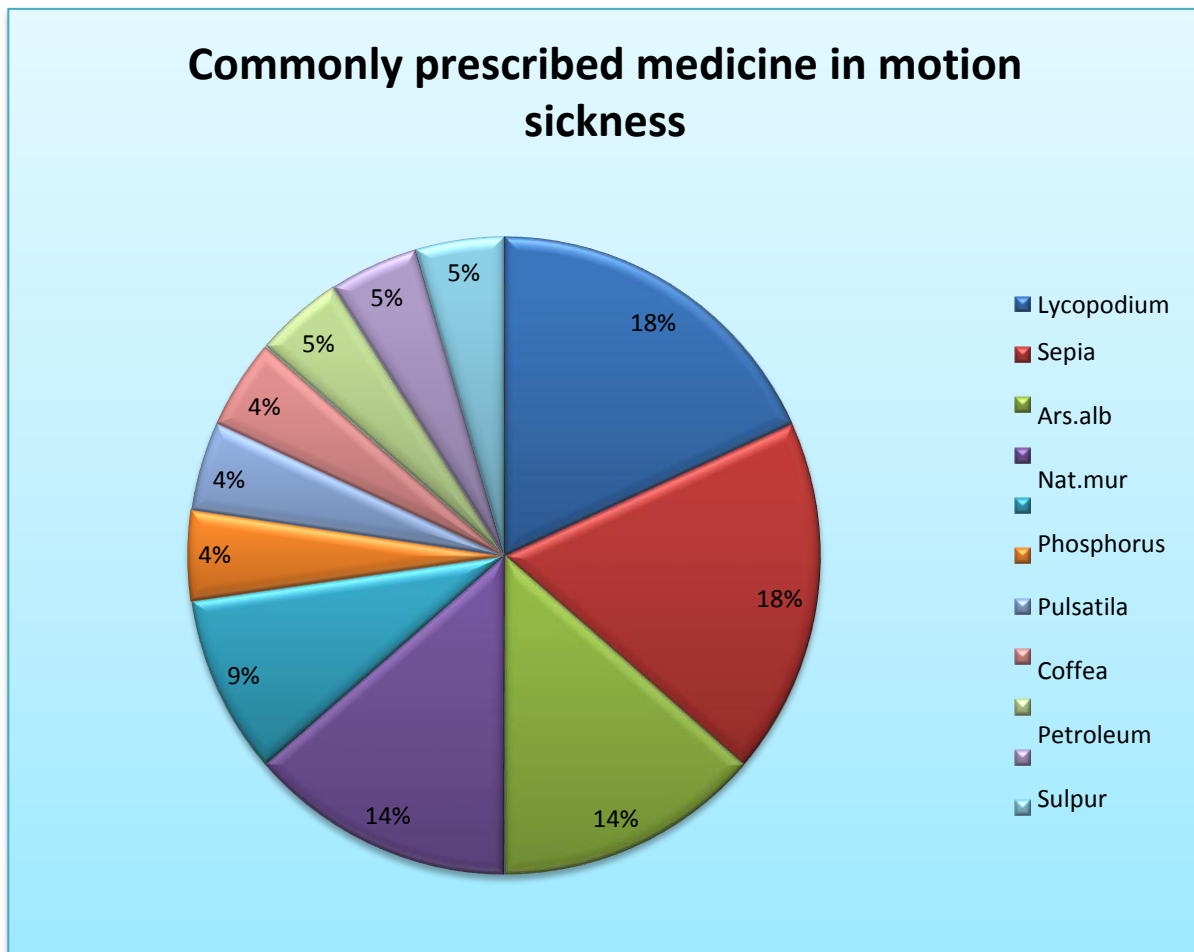


Graph No.1.Result

	Before	After
Cocculusindicus	170.22	33.57
Indicatedhomoeopathicmedicine	184.29	41.04

Graph No.2

Commonly prescribed homoeopathic indicated medicine in motion sickness



Graph No.2 Result

Lycopodium	17.39%
Sepia	17.39%
Ars.alb	13.04%
Nat.mur	13.04%
Phosphorus	8.69%
Pulsatila	4.34%
Coffea	4.34%
Petroleum	4.34%
Sulpur	4.34%
Nux.vom	4.34%

Cal.carb

4.34%

Discussion

To know the efficacy of *Cocculus indicus* as a specific medicine for Motion Sickness as compared to the individualized homoeopathic medicines this study is taken up. Out of 46 patient, 23 patients were given specific Homoeopathic medicine i.e *Cocculus Indicus* and the remaining 23 patient were given Homoeopathic Indicated Medicine. At the beginning the while recruiting cases for the study, MSAQ scale was applied to see the severity of the sickness. At the beginning of the study of the 23 patients receiving *Cocculus indicus* 20 patients were suffering from severe symptoms of motion sickness and 3 patients were suffering from moderate symptoms of motion sickness on MSAQ scale. At the end of the sixth follow up all the patients were found to suffer from mild symptoms of motion sickness. The study found that the *cocculus indicus* was able to reduce the severity of symptoms of motion sickness in all the patients. In the other group of 23 patients receiving indicated Homoeopathic medicine 19 patients were suffering from severe symptoms of Motion sickness and 4 spatients were suffering from moderate symptoms of motions sickness. After careful case taking and repertorisation indicated homoeopathic medicine was prescribed to each patient. At the end of the study it was found that all the patients suffering from moderate symptoms of motion sickness were suffering from mild symptoms of motion sickness and 17 patients out of 19 patients suffering from severe symptoms of were also suffering from mild symptoms of motion sickness. This indicates that the indicated homoeopathic medicine and the *cocculus indicus* as specific medicine for motion sickness is equally efficient in reducing the severity of symptoms of motion sickness. Probably where the *cocculus indicus* is effective in reducing the symptoms of motion sickness, it may be due to the fact that it is the simillimum for the case. In patients receiving Homeopathic Indicated Medicine out of 23 patients *Lycopodium* was given to 4 patient ,*Sepia* was given to 4 patient ,*Arsenic Album* was given to 3 patient and *Nat Mur* was given to 3 patient .

Conclusion

In this study homoeopathic indicated medicine shown more improvement in the cases of motion sickness than the *cocculus indicus* on the basis of the MSAQ (Motion Sickness Assessment Questionnaire)thus homoeopathic indicated medicine is more effective than *cocculus indicus*.

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