

Top 10 Travelling Homeopathics

Condition	Remedy
1. Nervousness, anxiety about travelling	<i>Aconitum</i>
2. Claustrophobia from long lineups and crowds	<i>Argentum nitricum</i>
3. A churning mind and rest is needed	<i>Coffea cruda</i>
4. Travel sickness	<i>Cocculus indicus or Zingiber</i>
5. Stiffness and aching muscles	<i>Arnica montana</i>
6. Muscle cramps upon waking	<i>Cuprum metallicum</i>
7. Stomach pains and cramps, constipation, hangover	<i>Nux vomica (Colubrina)</i>
8. Bloating, burping and flatulence after meals	<i>Carbo vegetabilis</i>
9. Nosebleeds	<i>Ferrum phosphoricum or Phosphorus</i>
10. Jet lag	<i>Gelsemium</i> or a combination of <i>Arnica</i> , <i>Bellis perennis</i> , <i>Ipecac</i> , <i>Chamomilla</i> and <i>Lycopodium</i>