

Why do you get motion sickness and how to get rid of motion sickness with medicine, raw ginger, and mint

Since ancient times, the ancient Greeks and Romans have known about motion sickness, and even the US Aeronautics and Space Administration (NASA) also recorded this problem. So, if you have this condition, you are not alone. There are several ways to prevent or eliminate motion sickness from your trips.

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You get drunk when there is a conflict between your senses. Suppose you go on a Ferris wheel and are spinning upside down. Your eyes see one thing, your muscles feel another, and your inner ears feel something else.

Your brain can't absorb all that confusing information. That's why you feel drunk and dizzy.

Role of the ear:

Your inner ear helps your body balance. It is located in a system called the vestibule. This system includes 3 pairs of semicircular canals and 2 sacs Saccule and Utricle. They send information about your surroundings to the brain.

The semicircular ducts store fluid that moves every time you move. Saccule and Utricle are sensitive to gravity. They tell your body when you are standing and when you are lying down.

Role of the brain

Your brain takes in all the information, and it usually weaves it together in a logical way. However, your brain may receive some misleading information.

When you fly, for example, you feel like you're moving but your eyes tell your brain that you're standing still. The opposite can also happen. After a long trip to the beach, you can stand still on land but still feel dizzy.

Who can get motion sickness?

Anyone can get motion sickness, but it's most common in children and pregnant women. Unlike the flu, it cannot be spread.

Motion sickness can come on quickly, making you sweaty and nauseous. Other symptoms include:

Dizzy.

Increase saliva secretion.

Loss of taste.

Pale skin.

Some people may also experience headaches, fatigue or shortness of breath.

Ways to relieve motion sickness

For most, symptoms do not last long. They will disappear as you gradually get used to the situation, whether on a boat or a train.

However, there are times when the hangover does not go away on its own. You can then:

Relax. Find something to focus on like breathing evenly or counting to 100. Closing your eyes can also help.

Look at a stable object. If you're on a train, look at the horizon; if you're in a car, look out the windshield.

Limit exposure to alcohol. Eat a snack before going and don't hold back.

Breathe fresh air and don't smoke.

Limit reading.

If possible, sit in the wing seat when flying, the upper deck seat when traveling by boat, and the seat next to the driver when traveling by car.

Natural ways to reduce motion sickness:

Some people feel better after taking the following herbs:

Raw ginger: There is some scientific evidence that this root has been effective in combating dizziness since ancient times. However, it can also reduce blood clotting. Talk to your doctor before use.

Mint: Eating mint often helps the body calm down. At least its scent can help you feel lighter.

Acupuncture or acupressure : Some people believe that stimulating the point below the wrist will make nausea better.

Anti-motion sickness medicine

If you still feel affected by motion sickness, you can ask your doctor for advice about the following medications:

Dimenhydrinate (Dramamine) : This widely available antihistamine is used to relieve allergy symptoms, but it can also be used to combat motion sickness. The first dose should be taken 1 hour before travel. Additional doses may be taken every 4-6 hours.

Scopolamine (Maldemar) : This is a prescription medication. You can use it by sticking it behind your ear. This

medicine should be taken 4 hours before travel. One dose will last for 3 days.

Other medications include:

Cyclizine (Marezine, Marzine, Emoquil)

Meclizine (Antivert, Bonine)

Promethazine (Phenadoz, Phenergan, Promethegan)

All have side effects, including drowsiness and dry mouth.

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