

Vertigo Not A Disease



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Vertigo is a sensation of spinning or illusion of movement or whirling or falling down. It can be explained as dizziness or reeling or loss of balance, unsteadiness, light headedness. Vertigo could last a few moments or hours or even days. It could be associated with heaviness in the

head, nausea, vomiting, hearing loss, sound in the ears, weakness in the legs, imbalance on moving the head, difficulty in focusing the eyes on something and in extreme cases difficulty in reading. Vertigo is not a disease but the symptom of a disease. Most common causes are inner ear problems like-BPPV- Benign Paroxysmal Positional Vertigo. (Benign which means it is not dangerous, Paroxysmal which means episodic, Positional which means symptoms are produced on movement, Vertigo). Benign Paroxysmal Positional Vertigo (BPPV) is one of the most common causes of vertigo- the sudden sensation that you're spinning or that the inside of your head is spinning. Benign Paroxysmal Positional Vertigo is characterized by brief episodes of mild to intense dizziness.

Meniere's disease is a disorder that affects the inner ear. The inner ear contains tubes filled with fluid called "labyrinths." The inner ear is responsible for your balance, as well as hearing. This disorder causes vertigo (a sensation of spinning), hearing problems, and a ringing sound in the ear. Vestibular neuritis and labyrinthitis are disorders resulting from an infection that inflames the inner ear or the nerves connecting the inner ear to the brain. This inflammation affects the transmission of sensory information from the ear to the brain. Vertigo, dizziness, and difficulties with balance, vision, or hearing may result. Other causes could be head injury, stroke, tumour, ear surgery, cervical spondylitis, decreased blood flow to some part of the brain, prolonged bed rest etc...

Treatment for vertigo is mainly with medicines, physical therapy and in extreme cases surgery. A specialized kind of therapy called vestibular rehabilitation therapy and repositioning manoeuvre is done by the physical therapist. Vestibular rehabilitation exercises are used to treat the dizzy patient. This treatment is given for 4-8 sessions depending on the intensity of the symptoms. These exercises help develop alternate compensation systems leading to decrease in symptoms. The repositioning manoeuvres are used to attempt to reposition the crystals that have been dislodged in the inner ear.

Vertigo is not a life-threatening condition. Apprehension and lack of confidence are common findings. Physical therapy helps patients suffering from vertigo in a big way. Some of the most effective treatments for peripheral vertigo include particle repositioning movements. The most well-known of these treatments is the Epley's manoeuvre or canalith repositioning procedure.

Because these movements can initially lead to worsening of the vertigo,

they should be done by an experienced health care professional or physical therapist. Cawthorne head exercises, or vestibular rehabilitation habituation exercises, Medications may provide relief. Most patients with peripheral vertigo can find substantial relief with treatment; it has been suggested that the Epley manoeuvre in cases of BPPV can benefit as many as 90% of affected patients. Less often vertigo may be associated with:

1st. Head or Neck injury, 2nd. Brain problem such as stroke or tumour & 3rd. Migraine headaches and certain medications that cause ear damage.



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