

Vertigo

What is vertigo?

Vertigo is not a disease; it's a symptom/ manifestation of any disease. Vertigo is a sensation in which the person feels as though the world is spinning around them or that they are spinning around in space. Vertigo happens when the balance between the sensory systems is lost

What are the types of vertigo?

1. Rotational Vertigo - True rotational vertigo is the feeling of ones surrounding going around or the feeling of oneself rotating with respect to surroundings. In cases when you feel a wavering motion or slight imbalance it's not true rotational vertigo
2. Spontaneous/ Induced vertigo - Here the episode of vertigo starts without any external trigger. In the case of Induced (Nonspontaneous vertigo), the triggering factor could be sudden head movement or fall.

What are the causes of vertigo?

Vertigo can be due to disorders of the brain (Central vertigo) or due to Vestibular organs (Peripheral vertigo)

The causes of central vertigo are

1. Hypertension
2. Reduced Blood supply to the brain
3. Head Injury
4. Tumors of brain
5. Infection - Meningitis

Peripheral causes of vertigo are

1. BPPV (Most typical)
2. Vit D deficiency
3. Inner ear diseases like Meniere's disease
4. Inflammation - Vestibular neuronitis
5. Tumor of the vestibular nerve(Acoustic neuroma
6. Infection - Syphilis

Symptoms of BPPV



Dizziness



Sudden Spinning Sensation



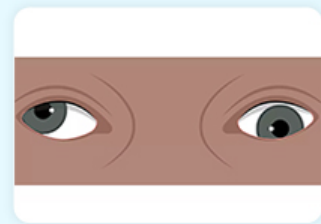
Nausea and Vomiting



Loss of Balance



Blurred Vision



Nystagmus

What is BPPV or ear balance disorders?

VerBPPV stands for Benign Paroxysmal Positional Vertigo and is commonly known as an ear balance disorder.

They typically start out as brief, recurrent episodes of vertigo that last under a minute. Specific head movements, as well as rising from or lying down in bed, can bring on the symptoms. Patients typically feel nauseated and vomit as well.

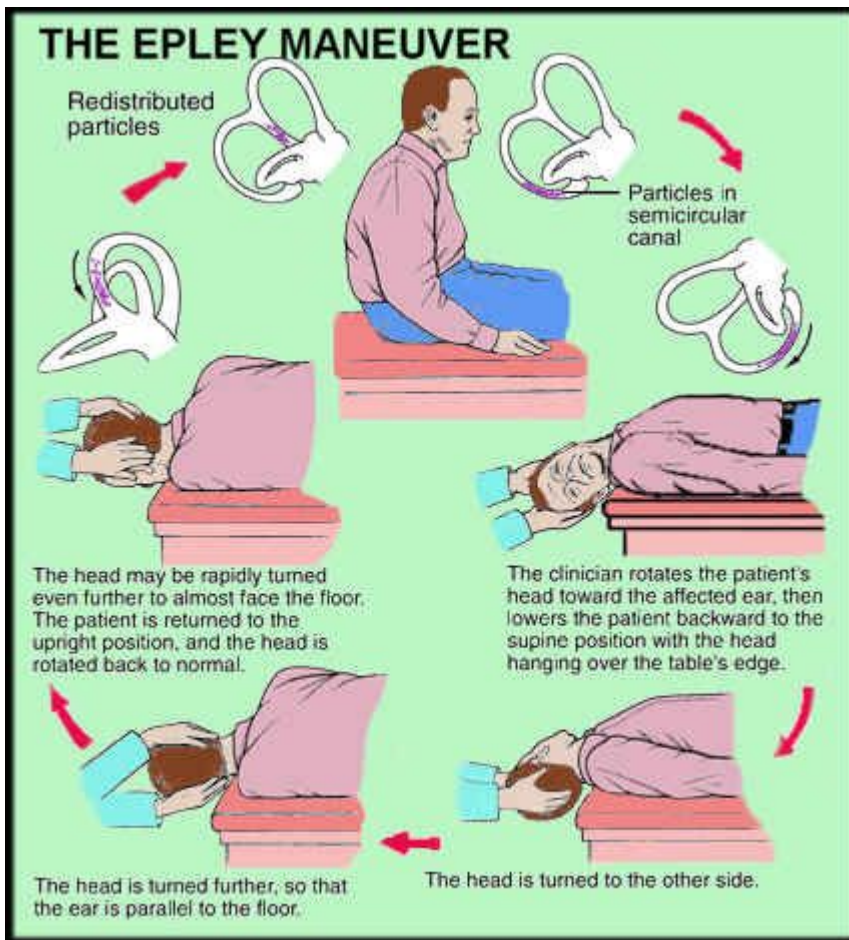
BPPV is caused when small particles called otoliths in the inner ear get displaced and float freely. Hence, the treatment aims at repositioning the otolith. This is done by the Dix-Hallpike test and Epley's maneuver.

Vitamin D deficiency and vertigo

The body maintains an adequate level of vitamin D through oral ingestion and cutaneous photosynthesis. According to some estimates, one billion people worldwide lack sufficient amounts of vitamin D. Age, obesity, the prevalence of several chronic illnesses, geographic latitude, time of day, solar radiation exposure, season, weather condition, air pollution, clothing, sunscreen use, and skin pigmentation all contribute to vitamin D deficiency. Nowadays, people spend most of their time indoors, increasing the likelihood of a deficiency. People with

diabetes taking anti-diabetic medications are at risk due to malabsorption.

Vitamin D has a significant impact on calcium metabolism, which may have an effect on the matrix and density of calcium carbonate crystals (otoconia). Studies conducted all over the world have shown that vitamin D deficiency can cause BPPV and that taking vitamin D supplements has decreased the frequency of dizziness.



What is Sinusitis vertigo ?

Allergies and dizziness are unusual symptoms. The equilibrium required to stand, walk, or run is maintained by both the brain and the ear.

The Eustachian tube, a thin tube that connects the ear to the back of the nose, aids in the maintenance of middle ear pressure. Any disruption to this system can result in an imbalance.

In the case of sinusitis/allergies, the mucosa of the nose becomes irritated, causing the eustachian tube to become clogged. Because a clogged Eustachian tube cannot equalize pressure inside the ear, fluid accumulates, and you may

suffer from dizziness, lightheadedness, or a spinning sensation (vertigo).

Remember that sinusitis and vertigo are not life-threatening; however, they will necessitate therapy that is more extensive than what OTC (over-the-counter) drugs can supply.

Precautions to be taken at home

☐ **Move slowly** - When you stand up from a lying down position, make sure you move slowly. Many people experience dizziness if they stand up too quickly.

☐ **Drink plenty of fluids** - Staying well hydrated can prevent or relieve several types of dizziness

☐ **Avoid caffeine and tobacco**, they restrict blood flow and make your symptoms worse.

☐ **Avoid alcohol** - it aggravates the imbalance.

☐ **Get adequate rest /sleep** - relieve your tension

☐ **Avoid allergens** that initiate sinusitis

☐ **Don't self-medicate**

Visit your ENT doctor if you experience any sudden, recurrent, severe, prolonged, or unexplained dizziness or vertigo.

- Dr. Prashanth R Reddy

“E.N.T. health - ENTry for better senses”.

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