

Homoeopathic Approach to Meniere's Disease: Review Article

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ABSTRACT

Meniere's disease that affects the inner ear is characterised by episodes of vertigo, varying degrees of hearing loss, and tinnitus. It manifests as a result of the inner ear's endolymph (fluid) not being properly regulated. As a result, it is also known as endolymphatic hydrops in pathological terms. Meniere's disease can be effectively treated using homoeopathic drugs, even in its most severe forms. Depending on the disease's severity, a carefully chosen homoeopathic remedy can regulate or even drastically lessen the severity and frequency of the symptoms.

Keywords: Hearing, Inner Ear, Vertigo, Tinnitus, Homoeopathy

INTRODUCTION

An illness that affects the inner ear is called Meniere's disease. Hearing and balance are functions of the inner ear. Vertigo, or the dizziness sensation, is brought on by the disorder. Additionally, it causes ringing in the ears and issues with hearing. Although Meniere's disease is a chronic condition, therapies and a change in lifestyle can help with symptoms. Within a few years of initial diagnosis, many Meniere's disease patients will experience remission.

Mechanism

There are numerous possible inflammatory explanations for the beginning stages of Ménière's illness, which result in endolymphatic hydrops, a distension of the endolymphatic spaces in the inner ear. Even while endolymphatic hydrops is

significantly linked to the development of Meniere's disease, not all people with endolymphatic hydrops go on to have Meniere's disease. There is no direct, straightforward link between endolymphatic hydrops and Meniere's disease.

The vestibular system and the cochlea of the inner ear are also affected in fully established Meniere's disease, however occasionally endolymphatic hydrops only affects one of the two systems sufficiently to result in symptoms. The comparable subtypes of Meniere's disease include cochlear Meniere's disease and vestibular Meniere's disease, which both exhibit hearing loss and tinnitus as well as vertigo symptoms.

The mechanism of Meniere's disease is not entirely explained by endolymphatic hydrops, but fully developed endolymphatic hydrops may mechanically and chemically interfere with the sensory cells for balance and hearing, which can result in temporary dysfunction and even death of the sensory cells. This can then lead to the typical symptoms of Meniere's disease, such as vertigo, hearing loss, and tinnitus.

Epidemiology

In the United States, 615,000 people are thought to have Meniere's disease, according to the National Institute on Deafness and Other Communication Disorders (NIDCD). Each year, 45,500 people are diagnosed with this condition. Most often, it affects persons in their 40s and 50s.

Aetiology

Although the exact aetiology of Meniere's illness is unknown, researchers think that changes in the fluid in the inner ear tubes are to blame. Allergies, genetics, and autoimmune disorders are some more hypothesised causes.

Symptoms

The symptoms of Meniere's illness sometimes manifest as "episodes" or "attacks." These consist of:

- Aural fullness, or the sensation that the ear is full or plugged,
- Vertigo, with bouts lasting anywhere from a few minutes to 24 hours,
- Hearing loss in the afflicted ear,
- Tinnitus, or the sensation of ringing, in the affected ear,
- loss of balance
- Headaches
- Severe vertigo-related symptoms such as nausea, vomiting, and sweating

Meniere's disease patients typically experience two to three of the following signs and symptoms concurrently:

- hearing loss
- vertigo
- auditory fullness
- tinnitus

The majority of Meniere's disease sufferers do not have symptoms in between episodes. So, if they manifest during a time between attacks, many of these symptoms may be due to other ear issues. Another inner ear condition that resembles Meniere's disease is labyrinthitis.

Diagnosis

An otolaryngologist is most frequently the one who diagnoses and treats Ménière's illness. The diagnosis cannot be made by a clinician with a single test or symptom, though. The presence of medical history is used to make the diagnosis.

- Vertigo attacks lasting at least 20 minutes apart in two or more instances
- Tinnitus
- Temporary loss of hearing

- Ear feeling overstuffed

To determine the degree of hearing loss brought on by Ménière's illness, some clinicians will do hearing test. Magnetic resonance imaging (MRI) or computed tomography (CT) scans of the brain are also performed to rule out other disorders.

Complications

The following are the most challenging complications of Meniere's disease:

unexpected spells of vertigo.

Possibly permanent hearing loss.

Any period is a possibility for sickness. Stress and worry may increase the suffering. An individual who is affected can become unbalanced as a result of vertigo. They may experience more slips, trips, and falls as a result.

Homoeopathic Management

Meniere's disease can be effectively treated using homoeopathy. The length and severity of the complaint affect how well this ailment is treated. Meniere's disease acute symptoms are treated with homoeopathy for endolymphatic hydrops, which also slows the disease's progression.

1. CHININUM SULPH

Tinnitus is typically the primary symptom that prompts the prescription of this medication. Vertigo is almost often accompanied by an extraordinary ringing or roaring feeling in the ears. People with postural vertigo and ear heaviness are typically those in whom Chininum sulph is suggested. The start of vertigo may be extremely abrupt, and in severe situations, the person may lose their balance and fall. In general, they could experience discomfort while standing. When there is a significant degree of hearing loss (particularly that affects the left ear),

2. CONIUM MAC

Conium is typically appropriate for those with severe vertigo brought on by Meniere's disease. The issue seems to get worse as the head moves sideways. Vertigo may be

present, and any movement in bed may make it worse. There may also be a sensation of spinning in a circle.

3. GELSEMIUM

Severe dizziness is present. Dizziness may cause difficulty walking and a lack of balance. Along with these symptoms, poor vision and heavy eyelids are also present.

4. CHENOPODIUM

When a person experiences an ear buzzing, they may have Meniere's disease. The signs of using Chenopodium include sudden episodes of vertigo, which are better for high pitched sounds than low pitched ones, and tinnitus that beats in time with the heartbeat.

5. SALICYLIC ACID

When tinnitus, vertigo, and bothersome nausea accompany Meniere's illness, salicylic acid is effective. The sounds that are heard in the ear may be roaring, ringing, or buzzing (like a swarm of flies or bees). A person may occasionally hear musical sounds. Along with severe nausea, there is severe vertigo and impaired hearing.

6. THERIDION

People with a tendency to be sensitive to noises may experience a momentary discomfort when exposed to loud or unpleasant sounds. Theridion is to be prescribed if the patient has vertigo when they close their eyes. People who dread travelling because it causes vertigo symptoms may need theridion. Ear discomfort with a feeling of fullness or heaviness in one or both ears is possible.

7. KALI MUR

It is effective in situations of deafness brought on by eustachian tube and internal ear enlargement. The fluid output is diminished, and the swelling is gradually diminished as a result. It can help with ear noises as well. When swallowing, there is a crackling sound in the ears. There are also head congestion and vertigo. Along with the

forementioned symptoms, there may also be a feeling that something is in the ears. The middle ear may have previously experienced persistent catarrhal disorders.

8. NATRUM SALICYLICUM

Low tone tinnitus. Deafness and giddiness are present in addition to noises. There is a vertigo that grows worse when you raise your head and goes away when you lie down.

9. SILICEA

Pronounced hissing noises in the ear. The sounds may occasionally be loud and pistol-like. The ears get a feeling of obstruction. Additionally prevalent are ear itching and vertigo attacks after closing one's eyes. The person in need of Silicea may have previously experienced obnoxious, foetid ear secretions.

10. COCCULUS INDICUS

Nausea, vomiting, and vertigo are all symptoms of vertigo. The ear experiences sounds that imitate the sound of water rushing. This is accompanied by dizziness, difficulty hearing, a sense of obstruction in the ear, and fear of loud noises.

CONCLUSION

The person is treated holistically in homoeopathy. This implies that in addition to treating the patient's pathological condition, homoeopathy treats the patient as a whole person. The homoeopathic remedies are chosen following a thorough individualising examination and case analysis, which takes into account the patient's medical history, physical and mental makeup, family history, current symptoms, underlying disease, potential contributing variables, etc. When treating chronic diseases, a miasmatic propensity (predisposition/susceptibility) is sometimes taken into consideration. Depending on the severity of the disease, a well selected homoeopathic medicine can moderate or even significantly reduce the severity and frequency of the symptoms.

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