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Understanding
Vertigo



Vertigo

Vertigo is a type of dizziness that can last for a short period of time (minutes) or for hours or even days. People who have dizziness and Vertigo have a false sense of their surroundings and perceive it as moving or spinning which is actually caused by a fullness in the inner part of the ear. This is usually accompanied by nausea, vomiting and balance problems, which can interfere with daily activities.

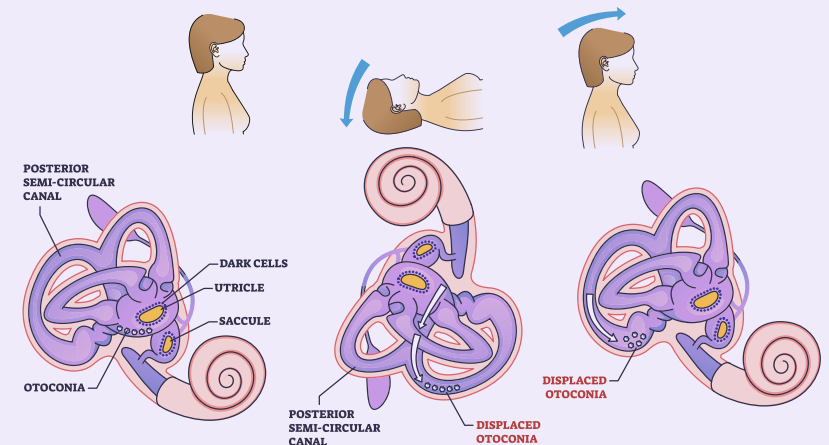
Vertigo is a symptom and not a condition in itself. In most cases, there is a medical condition that causes Vertigo such as a head injury and ear problems. However, sometimes the cause is unknown.

Types of Vertigo

There are three different types of Vertigo -

- Peripheral Vertigo: Typically arises from problems in the inner ear, affecting balance and spatial orientation
- Central Vertigo: Originates in the central nervous system, often involving the brain stem or cerebellum
- Positional Vertigo: Triggered by specific head movements or changes in the body position

Benign Paroxysmal Positional Vertigo (BPPV)



Who does Vertigo affect?

Vertigo can affect people of any age, and gender.

What causes Vertigo?

The most common cause of Vertigo is a problem with the inner part of the ear, it could be an infection or inflammation. The inner part of the ear is a balance organ which monitors the head movements. If there are problems with the inner part of the ear, it causes nausea, vomiting and dizziness. Other conditions that can affect the inner part of the ear and cause an episode of Vertigo include:

- Ménière's Disease
- Motion Sickness
- Toxicity of the ear caused by medications

A common cause of Vertigo in older people is Benign Paroxysmal Positional Vertigo (BPPV). This causes intense dizziness (short episodes of Vertigo) during head movements in certain directions. It is believed to be caused by tiny particles in the inner part of the ear which have got 'stuck' and cannot move as they normally do.



Less commonly, Vertigo may be caused by conditions that make changes to certain parts of the brain:

- Stroke
- Migraine
- Multiple Sclerosis
- Acoustic Neuroma (a growth in the brain)
- Diplopia (Double Vision)
- Alcoholism

Vertigo Treatment

The treatment for Vertigo depends on the cause. The treatment could include rest, medications or special exercises to be done by the patient.

Antihistamines can be prescribed to help with the symptoms of Vertigo. Antihistamines block the chemical histamine in the brain. These medicines are used to treat nausea, vomiting and severe motion sickness.

Most of these medicines are available in the form of tablets, capsules, liquids and injections. Some are available as sublingual tablets that dissolve between the upper gum and lip.



Exercises can be started with short session and the intensity can be increased gradually after consulting with the doctor. A healthcare professional can recommend several exercises to alleviate the symptoms of Vertigo, providing a safe and effective therapy to manage the condition. One can start by moving the head and the eyes. There are eye movement, head movement, toe touching exercises, shoulder shrugs and sit to stand exercises to be performed by the patient.

What is the duration of Vertigo treatment?

Medicines to treat Vertigo are usually prescribed for a short time - from 3 to 14 days. If the patient has frequent and long term Vertigo, the doctor may prescribe a short supply of these medicines to keep at home and to use when they have another episode of Vertigo.

In Conclusion

Vertigo can significantly impact daily life, but with proper diagnosis and management, many individuals can find relief. If one experiences vertigo, they can seek medical attention to determine the underlying cause and develop an appropriate treatment plan. The healthcare provider will advise a treatment plan and prescribe medications to improve symptoms and enhance the overall quality of life.