

## Evaluation of Outcome of Homoeopathic Treatment in Probable Ménière's Disease – A Case Series

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### ABSTRACT

Ménière's disease is considered as an idiopathic syndrome in which patients present with symptoms like vertigo which is rotatory in nature, tinnitus and hearing impairment. Of all the symptoms, vertigo episodes are most incapacitating. Aim of the present case series study was to observe the treatment outcome of symptoms 'vertigo' and 'tinnitus' after 2 years of Homoeopathic treatment.

The present case series study was conducted at National Homeopathy Research Institute in Mental Health [NHRIMH] Kottayam, Kerala during the year 2017 to 2019. 16 cases were identified during 2017 and followed-up for 2 years. Diagnosis was based on the Diagnostic criteria jointly formulated by a committee of experts issued during 2015. Scoring was done for symptoms 'vertigo' and 'tinnitus'. The treatment outcome was reported after two years of Homoeopathic treatment, as per the reporting guideline which states that any treatment for vertigo in Ménière's disease can only be evaluated 2 years after treatment.

Out of the 16 cases, 7 cases had complete control of vertigo episodes and TFI[Tinnitus Functional Index] score became 0; 4 cases had complete control of vertigo episodes and clinically meaningful reduction in TFI score [13-point reduction between the before and after treatment score]; 3 cases had complete control of vertigo episodes but there was no clinically meaningful reduction in TFI score after 2 years of Homeopathic treatment. In 2 cases the symptoms remained and secondary treatment was initiated. The median TFI score reduced from 61.58 to 28.95. The medicines found to be useful in the management of Probable Ménière's disease were *Pulsatilla nigricans*, *Causticum* and *Calcarea carbonica*.

Patients reported clinically relevant improvement after 2 years of Homoeopathic Treatment.

**Keywords:** Homoeopathy, Probable Ménière's disease, Vertigo, Tinnitus

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