

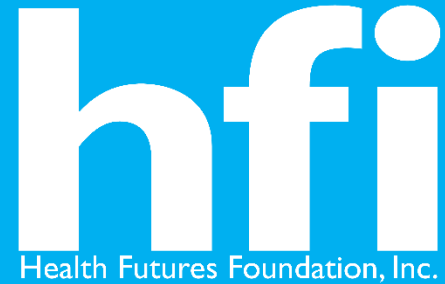
# VESTIBULAR NEURITIS

## Supportive Management

- Be assured that the symptoms should clear up on their own in several days up to three weeks with or without treatment (as most cases are caused by viral infection).
- During vertigo attacks:
  - Stay in bed, lie still with eyes closed.
  - Avoid bright lights.
  - Avoid watching television or reading.
  - Avoid driving and avoid operating machinery.
- Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.

## Herbal Medicine

- **Gingko Biloba Supplement**
  - For vertigo
  - Choose a high-quality ginkgo biloba supplement, that which contains 24% ginkgo heterosides or ginkgolisides. Take 250 mg daily until the vertigo is reduced in frequency and severity. When the vertigo is significantly reduced, take a maintenance dose of 40 – 60 mg daily.
- **Salabat**
  - For dizziness and nausea
  - In an uncovered non-aluminum saucepan, add three middle-finger-sized luya and 500 mL of water. Boil in low heat for 15-minutes. Strain. Drink throughout the day. May add calamansi and honey for flavor.
- **Dalanghita**
  - For dizziness and nausea
  - Squeeze fresh dalanghita rind/peel and inhale.
- **Dayap**
  - For nausea and vomiting
  - Squeeze fresh dayap rind/peel and inhale.
- **Calamansi Rind/Peel**
  - For nausea
  - Squeeze fresh calamansi rind/peel and inhale.



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## Herbal Medicine

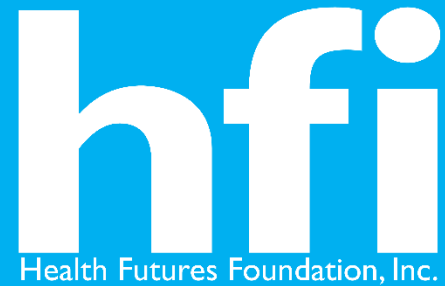
- **Suha Rind/Peel**
  - For nausea
  - Squeeze fresh suha rind/peel and inhale.
- **Coconut Water**
  - For fluid and electrolyte replacement (if vomiting)
  - For every 2 glasses of plain coconut water, add 2 glasses of clean water, 1 tablespoon of sugar, and ¼ teaspoon of salt. Stir the mixture thoroughly.

## Acupressure for Vertigo

- Acupressure is traditional healing art which uses the fingers, palms, elbows, or feet to apply pressure on the body's healing points (acupoints) in order to restore the life force energy of the body, improve blood circulation, relieve muscle tension, and ultimately, to improve health.
- Please visit the following link containing a video demonstration on alleviating and preventing vertigo using acupressure: <https://www.youtube.com/watch?v=08wC9GU5MQY>

## Consult doctor if:

- Your symptoms don't spontaneously subside after several weeks.
- Your nausea and vomiting could not be controlled, thus, leading to dehydration (symptoms include: extreme thirst, less frequent urination, dark-colored urine, fatigue, confusion).



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