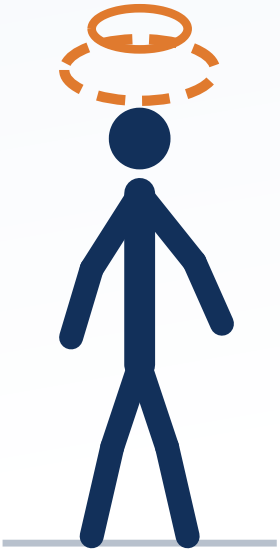
A simple guide for patients and families

Vertigo and Dizziness



Dr Anand Diwan

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Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

What is vertigo?

Vertigo is a false feeling that you or the room is **spinning**. It often comes with nausea, vomiting and unsteadiness. Vertigo is a symptom, not a disease — finding its cause is the key to treatment.

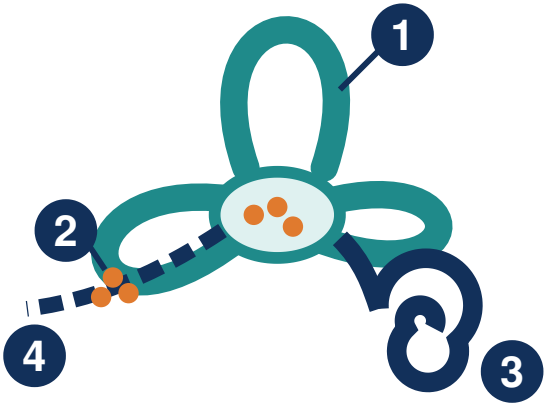
Tell your doctor which feeling you have

Spinning	Room or you seem to rotate — usually inner ear
Light-headed	Feeling faint, black-out on standing — BP, sugar, heart
Unsteady	Imbalance while walking — nerves, brain, eyes, medicines

> Also note: how long each attack lasts, what brings it on (turning in bed, standing up), and any ringing or hearing loss.

How we keep our balance

The brain combines messages from the **inner ears**, the **eyes** and the **feet and joints**. If one of them sends a wrong message, we feel giddy.



1. **Balance canals** — three fluid-filled loops that sense head turning
2. **Tiny crystals** — if they slip into a canal, brief spinning occurs (BPPV)
3. **Hearing organ** (cochlea)
4. **Balance nerve** to the brain

Common causes



BPPV — the most common

Spinning for less than a minute on turning in bed, lying down or looking up. Crystals in the ear have slipped. **Often cured in 1–2 sessions** of a simple head manoeuvre.



Vestibular neuritis

Sudden severe spinning for days with vomiting, often after a cold. Improves over days to weeks with exercises.



Ménière's disease

Attacks lasting hours with ringing, fullness in the ear and reduced hearing.



Vestibular migraine

Vertigo in people with migraine, with or without headache.



Other causes

Low BP on standing, low sugar, anaemia, heart rhythm problems, some medicines, anxiety — and rarely, stroke.

Is it my neck?

Many people are told that vertigo is due to **cervical spondylosis**. This is **rarely true**. Neck changes on X-ray are common in everyone after 40. A neck X-ray, collar or traction is usually **not needed** for vertigo.

How the cause is found

- Careful history and examination, including eye-movement and head-position tests in the clinic
- **VNG** (video test of eye movements) at Narayani Hospital
- Hearing test and **BERA** when needed
- Blood tests; MRI brain only if the doctor suspects a brain cause

Treatment

Treatment depends on the cause. BPPV is treated with head manoeuvres, Ménière's with low salt and medicines, migraine with migraine treatment.

Vertigo tablets: only for a few days

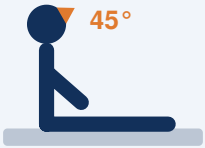
Tablets like betahistine, cinnarizine, prochlorperazine or meclizine help during an attack. Taken for months, they **slow the brain's natural recovery** and can cause sleepiness, weight gain and, in older people, shaking and stiffness. Do not continue them without asking.

Exercises help the brain adapt

Moving the head and walking, even if it makes you slightly giddy at first, trains the brain and speeds recovery. Lying in bed for days slows it.

Epley manoeuvre for BPPV

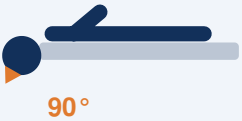
A simple sequence of head positions moves the crystals back. **Your doctor first confirms the side** and does it in the clinic; you may be taught to repeat it at home.



1
Sit; turn head 45° to the affected side



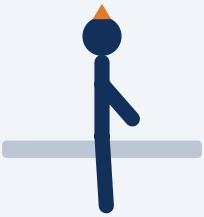
2
Lie back quickly, head slightly hanging; 30–60 sec



3
Turn head 90° to the other side; 30–60 sec



4
Roll onto that side, face to the floor; 30–60 sec



5
Sit up slowly

Giddiness during the steps is expected. Have someone with you. Not for people with severe neck or back problems unless the doctor advises.

Balance exercises at home

Do each 10 times, 2–3 times a day. Start sitting; progress to standing with support nearby.

1. Move your eyes up–down, then side to side, slowly then faster
2. Look at your thumb and turn your head side to side, keeping it in focus
3. Bend forward to pick an object from the floor and sit up
4. Sit to stand, with eyes open, then closed
5. Walk across the room turning your head left and right

Stay safe

- Sit on the bed for a minute before standing up
- Keep a night light; hold rails on stairs
- No driving, climbing or swimming during attacks

Danger signs — go to emergency

Rarely, vertigo is caused by a **stroke** in the back of the brain. Go immediately to a hospital with a CT/MRI facility if vertigo comes with:

- Double vision or loss of vision
- Slurred speech, difficulty swallowing
- Weakness or numbness of face, arm or leg
- Cannot stand or walk at all
- A new, severe headache or neck pain
- Sudden hearing loss in one ear

B  **Balance**

E  **Eyes**

F  **Face**

A  **Arm**

S  **Speech**

T  **Time — 108**

Remember

- Vertigo is a symptom; the cause decides the treatment.
- The commonest cause, BPPV, is easily cured.
- The neck is rarely the cause of vertigo.
- Vertigo tablets only for a few days.
- Keep moving — exercises speed recovery.
- Know the stroke warning signs.

My vertigo notes

Date	How long	What started it	Ear symptoms

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009
Consult 11 am – 3 pm · Tests 10 am – 5 pm
Hospital open 24 hours for emergencies

☎ **0253 2224411**

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009
Consult 6 pm – 8 pm

☎ **0253 2472111**

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WhatsApp is for booking appointments only.

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Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.