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Management of benign paroxysmal positional vertigo: A comparative study between Epley maneuver and betahistine

Japneet Kaur and **Karthik Shamanna**

Dayanand Medical College, India

Benign paroxysmal positional vertigo (BPPV) is the most common peripheral vestibular disorder, accounting for 20% of all vertigo cases. Idiopathic BPPV is most common between the ages of 50 and 70, although the condition is found in all age groups. This study was conducted in our institute on 90 patients who were presented in the outpatient department with history of vertigo and were diagnosed with BPPV via positive Dix Hallpike test. Patients were randomly placed in three groups of 30 each. Patients in group A were treated with Epley maneuver alone, in group B were treated with Epley maneuver followed by oral betahistine and patients in group C were treated with betahistine alone. All the patients were followed up after one week and four weeks following treatment. In our study we found that patients responded better when they were treated with Epley maneuver with betahistine with less relapse and recurrence. Treatment with Epley maneuver resulted in early improvement of symptoms. It was found in our study that betahistine as a sole modality of treatment of vertigo in BPPV can be preferred in patients who are unfit to undergo canal repositioning maneuver.

Recent Publications

1. Bhattacharyya N, Baugh R F, Orvidas L, Barrs D, Bronston L, Cass S, et al. (2008) Clinical practice guideline: benign paroxysmal positional vertigo. *Otolaryngol Head Neck Surg.* 139(5):S47-81.

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3. Parnes L S, Agrawal S K and Atlas J (2013) Diagnosis and management of benign paroxysmal positional vertigo (BPPV). *CMAJ.* 169(7):681-93.
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Biography

Japneet Kaur is a Senior Resident in the Department of Otolaryngology at Dayanand Medical College, Ludhiana, India.

drjapneetkaur@gmail.com