

Treatment of Ménière's Syndrome with Traditional Chinese Medicine

美尼尔综合症的中医针灸治疗

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前言

什么是美尼尔综合症- 中医眩晕病

美尼氏综合症是一种特发性内耳疾病，曾称美尼尔病，在1861年由法国医师ProsperMénière首次提出。该病主要的病理改变为**膜迷路积水**，临床表现为**反复发作的旋转性眩晕、波动性听力下降、耳鸣和耳闷胀感**。本病多发生于30~50岁的中、青年人，儿童少见。男女发病无明显差别。本病属中医眩晕病范畴。

Ménière's syndrome is an idiopathic disease of the inner ear, previously known as Ménière's disease, firstly proposed by French doctor Prosper Ménière in 1861. The main pathological impact of this disease is **endolymphatic hydrops**, and its clinical manifestations are **recurrent attacks of vertigo, fluctuating hearing loss, tinnitus and aural fullness**. Ménière's syndrome mostly occurs in the young and middle aged (30-50 years old), but rarely in children. There is no significant difference in morbidity rates between males and females. It belongs to the category of vertigo in traditional Chinese medicine.

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- The factors and pathogenesis of Ménière's syndrome are still unclear.
- Endolymphatic hydrops (Hallpike and Cairns 1938) can hardly be clearly explained.
- DeSousa (2002) named the vestibular symptoms induced by endolymphatic hydrops with known causes as Ménière's syndrome, while Ménière's disease is idiopathic endolymphatic hydrops.

病因 ETIOLOGY



膜迷路积水
endolymphatic hydrops



各种感染因素
various infection factors



损伤
injuries



耳硬化症
otosclerosis



梅毒、遗传因素、过敏、
肿瘤、白血病自身免疫病
syphilis, genetic factors,
allergy, tumors, leukemia,
autoimmune diseases, etc.

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Clinical manifestations

Vertigo

眩晕

Hearing loss

耳聋

Tinnitus

耳鸣

Aural fullness

耳内闷胀感

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Key points of Diagnosis

诊断要点

middle aged, after fatigue, emotional changes and a lack of sleep

persistent tinnitus, which is aggravated before the attack.

Headd aural fullness

Glycerol test is positive - judge whether there is endolymphatic hydrops.

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paroxysmal vertigo, rotatory or up and down, accompanied by spontaneous nystagmus, nausea, vomiting, pale face, cold sweat, etc. last for several minutes or several hours, conscious during the attack.

sensorineural hearing loss which fluctuates before and after the attack, "hypersensitivity" to high pitch

Examination: normal tympanic membrane, Horizontal or slightly rotatory nystagmus, sensorineural hearing loss, with recruitment. Vestibular function test shows decreased function during attack

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Differential Diagnosis

鉴别诊断

确诊美尼尔病之前，应排除各种引起眩晕等疾病：

Before Ménière's syndrome is confirmed, various diseases that may cause vertigo should be excluded, such as central nervous system diseases, vestibular system diseases and diseases of other systems.

- ❖ 中枢系统疾病 Central nervous system diseases
- ❖ 前庭系统疾病 Peripheral diseases
- ❖ 其他系统疾病等 Metabolic diseases

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Western Medicine Treatment

西医治疗

The therapeutic efficacy on Ménière's syndrome is unsatisfied.

- ❖ the important part involved in this disease is **millimeter-grade in size**, which exists in temporal bone and is close to the inner ear. Around the world, no drug can penetrate to this part at present. [
- ❖ the drug is distributed across the whole body, but **little can reach the labyrinth**. The important component of vertigo is millimeter-grade in size, so even if the drug can penetrate into this part, it will have very little effect.

Surgery

Infusion

Drug

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Etiology and Pathogenesis in TCM

中医病机

Wind

"All wind with vertigo and shaking is ascribed to the liver" Yellow Emperor's Inner Classic

Phlegm

"Vertigo cannot occur without phlegm." Danxi Zhu

Fire

vertigo cannot occur without phlegm and the phlegm is activated by fire

Stasis

Vertigo can also be formed by the block of orifices made of phlegm and stasis

Deficiency

Vertigo cannot occur without deficiency

朱丹溪《金匱鉤玄》：書中認為本病是痰挾氣虛或火，應治痰為主，兼補氣藥并降火藥又說屬痰，無痰則不能作眩；屬火，痰因火動。又有痰痰郁結阻閉清竅而致者

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Diagnosis of the pattern identification

辨证论治

Ascendant hyperactivity of liver yang/ phlegm-fire combination

【Symptoms】 : Vertigo occurring with mood swings, accompanied by tinnitus with a loud noise, possible diminished hearing, irritability, easy anger, distending headache, stuffy ears, red eyes, bitter taste in the mouth and dry throat, red tongue with yellow coat, wiry and rapid pulse.

【Principle of treatment】 : Liver-pacifying and wind-extinguishing, enrich yin and subdue yang

【Formula】 : Tian Ma Gou Teng Yin

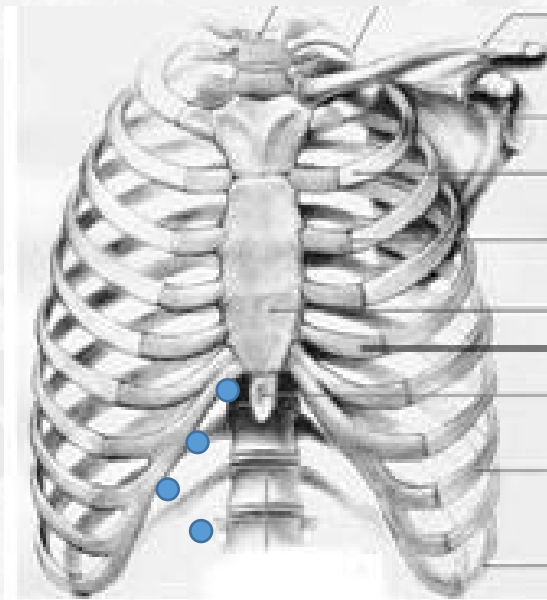
【Acupuncture】 : YangLingQuan(GB34), TaiChong(LV3), WaiGuan(SJ5),
ShuaiGu(GB8), XiaXi(GB43), GanShenXue, ZuSanLi(ST36), NeiGuan(PC6)

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肝神穴

从剑突右侧紧靠肋缘下约3-4分取第1穴。每间隔1寸，分别取第2穴，第3穴，顺序定名为“安神”、“舒肝”、“解郁”。从第2穴起往下稍向腹中线斜1.5寸处（与前3穴连线成45-60°角，主要根据人体的胖瘦而定）定名第4穴，为“胆降”，这四个穴总称为“肝神”穴。



The first acupoint locates on the site around 3-4 fen under the edge of right side subcostal. Every 1 inches from this point, respectively the second and the third acupoint, named "An Shen", "Shu Gan" and "Jie Yu" in order. Under the second point, about 1.5 cun from the belly line, there is the forth acupoint, named "Dan Jiang". All the four points represent as "Gan Shen"

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Diagnosis of the pattern identification 辨证论治

Spleen-stomach disharmony/phlegm turbidity obstructing the middle energizer

【Symptoms】 : vertigo with heavy headedness as if bound by a cloth, worsening with movement, tinnitus with a low sound, decreased hearing, sallow complexion, chest oppression, sluggish limbs, lethargy, profuse phlegm, nausea and vomiting, poor appetite, loose stool and diarrhea, white and greasy coating, wiry and slippery pulse.

【Principle of treatment】 : Strengthen the spleen and harmonize the middle energizer, transform phlegm and settle the vertigo

【Formula】 : Ban Xia Bai Zhu Tian Ma Tang

【Acupuncture】 : ZuSanLi(ST36) , FengLong(ST40), NeiGuan(PC6), YinLingQuan(SP6), TaiChong(LV3)

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Diagnosis of the pattern identification 辨证论治

Deficiency with phlegm/deficiency in spleen and stomach

【Symptoms】 : Recurrent vertigo worsened by standing and lessened by lying flat, triggered by exertion, accompanied by tinnitus with a low sound like a cicada chirp, pale complexion, lassitude, shortness of breath, slothful speech, soreness and weakness in the lower back and knees, forgetfulness and dream-disturbed sleep, frequent urination at night, pale and puffy tongue with thin white and moist coating, deep, thready and weak pulse.

【Principle of treatment】 : augment spleen Qi, raise Yang, warm the kidney, promote urination and stop vertigo

【Formula】 : Bu Zhong Yi Qi Tang

【Acupuncture】 : ZuSanLi(ST36) , QiHai(REN6), GuanYuan(REN4), NeiGuan(PC6), TaiXi(KD3) FengLong(ST40)

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Diagnosis of the pattern identification 辨证论治

Mixture of Blood stasis and phlegm accumulation block clear orifices

【Symptoms】 : Chronic recurrent vertigo, accompanied by tinnitus with earache, stabbing headache, insomnia, palpitations, dark eye lids, dusky tongue with ecchymosis and petechia, and engorged veins underneath, wiry and choppy pulse. It is due to lymphatic channel inflammation and blood congestion finally leading to blockage, resulting in labyrinth edema.

【Principle of treatment】 : invigorates Blood, removes stasis, resolves phlegm, and unblocks channels to open the orifices

【Formula】 : Tong Qiao Huo Xue Tang

【Acupuncture】 : ZuSanLi(ST36) , GeShu(UB17), XueHai(SP10), FengLong(ST40), BaiHui(DU20)

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Clinical Experience 临床体会

Maintaining the smooth flow of the large & small intestine. "The large intestine governs fluid diseases and the small intestine governs humor sickness"(Yellow Emperor's Internal Classic). Endolymphatic hydrops is closely linked to the large and small intestine meridian so that Hegu and Houxi are normally chosen. Houxi connects to governor vessel as well..

Acupoints consisting of Feng, i.e, Fengfu, Fengchi, Yifeng. These points are closely connected with the liver and gallbladder meridian

Neck blood and lymph circulation
Touch neck sternocleidomastoid muscle and feels tenderness. Untie nodules in Tianchuang and Futu.

Keeping a smooth conception vessel and governor vessel by relaxing Danzhong, Zhongwan, Guanyuan, Qihai which are located on the conception vessel and Baihui, on governor vessel, to balance the longitudinal line.

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Clinical
Experience

02

04

03

Herbs of tranquilizing and calming the heart are used in the whole course of the disease as well as Neiguan and Shenmen.

Maintaining the three transverse lines, Danzhong line, Zhongwan line and Shenque line, in the body to balance it.

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Nursing 护理

1. Patient should switch to a low salt, light diet. Sugar and milk products should be avoided. A daily intake of salt <math><1.0\text{g}</math> is recommended. The water intake should be properly controlled.
2. Patient should avoid fatigue and irregular life, keep a good mood, avoid negative emotions such as depression, and guarantee enough sleep.
3. During attack, the patient should rest in bed, and avoid light and strong sound as far as possible.
4. During intermission, it is recommended that the patient should take more exercises and strengthen physique.
5. Cigarettes, wine, strong tea and coffee should be avoided. Patient should avoid contact with allergens, control systematic allergic diseases and actively treat systematic concomitant diseases.



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Thank You Very Much!