



“Practical Tips“ Series

SANUM Meridian Therapy

Vertigo

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When muscle sense (kinesthesia) and visual perceptions disagree, the result is loss of equilibrium, which the patient perceives as vertigo. The causes can only be determined with a thorough patient history since they can be quite multifaceted.

For example, systemic vertigo is based on a disturbance in the labyrinth or the equilibrium nerve and is usually expressed as rotatory, staggering or elevation-induced vertigo, often accompanied by ringing in the ears and impaired hearing. The victim has severe feelings of insecurity and weakness, and tends to fall down uncontrollably, since acrognosis and kinesthesia react to erroneous perceptions, which can then lead to inappropriate movements. The causes can include: labyrinthitis, injuries such as base of skull fracture or Menière's Syndrome, cerebellar damage, cerebral arteriosclerosis, epilepsy, alcohol and nicotine abuse or tumors.

Migraine is one of the most common causes of non-systemic vertigo, and is usually of an ocular nature. Symptoms are: stuporous or drunk feelings with unsteadiness while walking, standing or sitting, followed by nausea and vomiting.

A. Injections in the following SANUM acupuncture points with 1 amp. GINGKOBACHEHL + 1 amp. QUENTACHEHL + 1 amp. Vertigoheel.

Abbreviation	Designation	Localization
SI 19	Audition Palace	In the middle of the ventral (visible) side of the earlobe
TH 5	Outer Pass	2 Cun proximal to the carpal transverse fold of the back of the hand between radius and ulna
LV 3	Great Surge	Over the hollow between metatarsals I and II
GB 41	Foot Overlooking Tears	In the proximal angle between metatarsals IV and V
GV 16	Wind Mansion	Below the external occipital protuberance
HT 6	Yin Cleft	2 Cun proximal from the midpoint of the carpal transverse fold between the two tendons of the <i>M. flexor carpi radialis</i> and <i>M. longus</i>

Suggested therapy - inject 0.2-0.5 ml s.c. in each point 1-2 times weekly.

B. Autologous Blood Treatment

A couple of drops of autologous blood + 1 amp. GINGKOBACHEHL + 1 amp. MUCOKEHL i.m. 2-3 times weekly

Or: infusions twice a week with 50 ml physiological sodium chloride solution + 3 amp. GINGKOBACHEHL + 2 amp. MUCOKEHL.

C. Medicinal Adjuvant Therapy

- SANUKEHL Prot 6X: take 10-15 drops every other day
- MUCOKEHL 4X: take 1 capsule twice daily
- GINGKOBACHEHL: take 10-15 drops 3-5 times daily
- Hevertigon: take 1 tablet 3-4 times daily

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