



From Practice - For Practice

Tinnitus

by Dr. Konrad Werthmann



Tinnitus is mostly referred to by its other name: „noises in the ear“. What we are talking about here, are noises, which occur either constantly, intermittently and/or episodically, or maybe gradually intensify. They are subjective, being perceived only by the patient, but may also be picked up objectively as noises in the ear on auscultation.

We may distinguish between the types, which are synchronous with the pulse and those, which occur independently of the pulse:

- 1) non-pulsating type
 - a) as buzzing, droning, roaring, ringing; these are only perceived by the patient
 - b) as hissing or whistling (e.g. after an acute trauma, in illness of the middle ear, acute otitis, hearing loss, Menière's disease, auditory neurinoma, arsenic poisoning, or after being given ototoxic medication (Streptomycin))
- 2) pulsochronous type
 - a) in circulatory disturbances (e.g. stenoses of supra-aortal vessels, aneurysms, angioma or arterio-venous fistulae of intracranial vessels)
 - b) in hypertension

These noises in the ears must always be differentiated from sensory illusions, or from an epileptic aura.

Tinnitus may be associated with vertigo, in which case we must think of vascular congestion of the inner ear and prodromal signs of a threatened coronary infarct.

Cure is always fraught with difficulty and the patient should receive advice on how to live with this burden of noise.

Isotherapy:

1. Begin with CITROKEHL drops, 5-10 drops twice daily and SANUVIS drops, 20 drops twice daily, and give MAPURIT, 1-2 capsules daily for the whole duration of the treatment.
At the same time, 1 injection twice weekly of GINKGOBAKEHL 4X and, on days when there is no injection, GINKGOBAKEHL 4X, 5 drops twice daily.
Also prescribe from the outset
2. NOTAKEHL 5X drops, 10 drops twice daily for a week, then switch to
3. MUCEDOKEHL 5X drops, 10 drops in the mornings, MUCEDOKEHL drops, 5 drops in the afternoons, and MUCEDO-

KEHL 5X drops, 10 drops in the evenings, along with one tablet of NIGERSAN 5X.

This is always carried out following the sequence: 5-2-5-2 (5 days on MUCEDOKEHL/MUCEDOKEHL/MUCEDOKEHL+NIGERSAN, then 2 days on NOTAKEHL, then 5 days on MUCEDOKEHL/NIGERSAN, and so on).

4. At the same time as MUCEDOKEHL is given, start giving LEPTUCIN 6X capsules, 1-3 capsules per week.

This treatment is administered over months, along with detoxification measures and dietary adjustment following Dr. Werthmann's model. Sometimes, it makes sense to prescribe UTILIN „S“ 6X capsules. They can be used in weekly alternation with LEPTUCIN. In the relevant weeks, the patient then takes 1 capsule of UTILIN „S“ 6X orally.

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