

Approach to a case of vertigo

Birendra Kumar Pankaj

JMD Brain & Nerve Clinic, India

Vertigo is a relevant clinical symptom and patients with vertigo have more distress and disability. Vertigo has been classified as peripheral and central according to site of lesion and also depending on the duration. There are many clinical examination and tests to differentiate central and peripheral vertigo.

Cardiovascular examination, head, neck and ear examination and bedside examination of the vestibular and ocular motor systems are essential for diagnosis of vertigo and their management. Head impulse test, Rombergs test, Dix hall pipe maneuver, Head tilt test, Supine roll test, Hearing test and ocular tilt reaction are some of important bed side tests. Eng and Vng are some important laboratory tests.

Vestibular paroxysmia, benign postural vertigo, perilymph tic fistula and phobic postural vertigo are some important short duration differentials. Mennier's disease, Vestibular migraine, Tia and episodic ataxia type 2 are some of long duration differentials.

Vertebrobasilar stroke, vestibular neuritis, bilateral vestibulopathy, degenerative disease (cerebellar ataxia), multifactorial vertigo in the elderly, somatoform/ phobic vertigo are some more prolonged duration differentials. Treatment of vertigo varies according to the cause and vestibular rehabilitation is one of the important aspects of management along with ant vertigo drugs. Dose and duration of anti-vertigo medication varies according to cause of vertigo. Surgery is also required in few diseases causing vertigo when conservative therapy fails.

Biography

Birendra Kumar Pankaj MD (General Medicine), DM (Neurology), CAC Neurology (Queens Square, London) is a Senior Consultant Neurophysian and Director of JMD BRAIN AND NERVE CLINIC, Jharkhand, India for last 21 years. He has organized many neurological conferences .He has attended more than 100 national and international neurological conferences as delegate, chairperson and speaker. He is currently vice president of Jharkhand state IMA. He is life member of many national and international neurological associations and societies. He was organizing secretary of ANEIMIDCON 2012 and many national conferences. He has few publications also. He has organized more than 100 neurological free checkup and free drug distribution in rural and underprivileged population. He has conducted many webinars and awareness programmers for benefit of society. His key interests are Headache, Epilepsy, Electrophysiology, Vertigo and Stroke.

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