

[Meniere's disease treatment: medications & natural ways](#)

Meniere's disease is actually a disorder in the inner ear which can cause hearing inability and also problems in balance. The main symptoms of Meniere's disease are vertigo, tinnitus & loss of hearing. The vertigo is actually a dizzy whirling feeling which can cause balance problems at different degrees. Vertigo attacks can result nausea, vomiting, sweating etc. Tinnitus actually denotes an uncomfortable roaring or ringing sound in the ear and it causes a high level of disturbance. The ultimate symptom of Meniere's disease is the loss of hearing. The hearing ability degrades day by day in this disease and the patient ultimately becomes deaf. [meniere's disease treatment](#) can be done in a number of ways. But unfortunately it does not have any specific treatment for this disease and hence no absolute cure. All the treatments are done according to the symptoms. Besides medical treatments, [natural Meniere's disease treatment](#) has also become much popular in fighting this disease.



The medications in treating Meniere's disease include anti-oxidant, anti-inflammatory & calcium formulations. Common drugs like meclizine, dimenhydrinate etc are used to treat nausea & vomiting caused by vertigo. The drug acyclovir which is actually an antiherpes drug is also used effectively as [meniere's disease treatment](#). If the

medications do not work effectively in treating the disease, the surgery in the inner ear is also an option for the treatment. The natural [meniere's disease treatment](#) includes plant sterols & sterolins and also a nutritional yeast called zell-oxygen. Different physiotherapy, aromatherapy, yoga etc can also be helpful in the treatment of this disease.