

TREATMENT OF PERIPHERAL VESTIBULAR VERTIGO

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Vertigo is one of the most frequent symptoms encountered in medical practice. Among the reasons for resorting to the doctors of different specialties dizziness is 3-4%. About a third of patients seeking to ENT doctors, mark the different types of dizziness.

Aims and objectives: To evaluate the efficacy and tolerability Arlevert use as monotherapy for the treatment of symptoms of peripheral vestibular vertigo. The main interest position - change the severity of symptoms of peripheral vestibular vertigo and autonomic disorders.

Methods. The study included 20 patients with peripheral vertigo in age from 20 to 70 years. The average age of the subjects was $53,3 \pm 13,9$ years. Inclusion criteria in the study were patients with symptoms of peripheral vertigo over 18 years, as well as obtaining informed consent. Contraindications to using Arlevert, mental disorders, affecting an objective assessment of the patient's condition, benign paroxysmal positional vertigo were exclusion criteria of the study. Patients taking the drug 1 tablet 3 times a day. Efficiency Arlevert assessed by the dynamics of indicators of severity and intensity of vertigo symptoms of autonomic VAS (visual analogue scale). The survey was conducted prior to the appointment of the drug, as well as 7 and 28 days of therapy.

Results. In the primary treatment for the severity of vertigo VAS averaged $2,2 \pm 0,9$ points. On the 7th day of therapy on the severity of vertigo VAS averaged $0,3 \pm 0,5$. On day 28 the severity of vertigo VAS averaged $0,1 \pm 0,2$ points. Thus there was a significant reduction in the severity of vertigo ($P < 0,001$).

Intensity of vegetative symptoms of VAS was the primary treatment averaged $1,3 \pm 1,2$ points. On day 7 of therapy on the severity of symptoms of autonomic VAS averaged $0,3 \pm 0,6$ points. On day 28 the severity of symptoms of autonomic VAS averaged $0,1 \pm 0,2$ points. Thus there was a significant reduction in the severity of autonomic symptoms ($P < 0,001$).

In general, the drug was well tolerated, during treatment in 3 (15%) patients reported somnolence. This effect was observed during the first week of treatment. Starting from the second week of the drug in patients was observed drowsiness. Thus, all patients completed the study. The incidence of premature discontinuation of treatment was not. Efficacy evaluated as "excellent" in 19 (95%) subjects, as "good" - in 1 (5%). Portability rated as "excellent" in 17 (85%) subjects, as "good" in 3 (15%).

Conclusions. Our experience in treatment of peripheral vestibular vertigo drug "Arlevert" showed it sufficient clinical efficacy and tolerability. Thus, the drug "Arlevert" is effective in treating symptoms of peripheral vestibular vertigo.