

COMPLEX THERAPY OF TINNITUS

By: Dr. Christian Maaß, Naturopathic Methods
Dr. Klaus Jung, Non-medical Practitioner
Christa Funke-Leschik, Non-medical Practitioner

Summary

Tinnitus is proving to be an illness which is drastically increasing in industrialised countries. In the following, a concept for synergistic naturopathic therapy is presented with which chronic tinnitus can be successfully treated.

Treatments covered include medication against therapy blocking as well as ear candles, a combined ginkgo-hypericum-laser therapy, ear acupuncture according to Nogier, classic bloodletting, ozone therapy and neural therapy. The selection of treatment is based on the anamnesis and the constitution of each individual patient.

Key words

Tinnitus, therapy blocking, ear candles, ginkgo, hypericum, laser, ear acupuncture, ozone therapy, bloodletting, neural therapy.

Introduction

Noise has become one of the most outstanding nuisance factors in industrialised countries. Apart from the primary organic functional diseases of the ears themselves, a whole range of secondary disease forms can also develop.

In particular, the number of patients complaining of noises in the ear (tinnitus aurium) has risen considerably over the past few years. In Germany alone, the number of tinnitus patients is estimated to be about 6 million. For the patient, tinnitus is experienced as a severe to extremely severe subjective affliction and must be classified as a severe chronic illness.

Interestingly, the actual cause and the pathomechanism are unknown in most cases. Based on today's level of knowledge, a disorder of Corti's organ is suspected, in which a deficiency of ATP and oxygen plays a role. Without going more deeply into the complex, potential associations, this deficiency, coupled with a pathological influx of potassium into the auditory cells, leads to an inability of these cells to revert to the baseline rest potential. "Noises" are permanently communicated to the brain. Tinnitus has manifested itself.

This phenomenon is triggered by, for example, diseases of the ear (inflammation, tumours, trauma, etc.), but also by apoplexy, excessively elevated blood pressure and metabolic disorders such as diabetes mellitus.

In practice, however, we often find a concomitant, or even predominant, psychosomatic component. The tinnitus patient is frequently extremely ambitious, performance-oriented, resolute and dedicated, with an inclination towards perfectionism. These patients have “a lot on their plates”.

Therapy of tinnitus

As an immediate measure in the case of tinnitus, the approach of conventional medicine is to infuse substances which increase vascularisation. In most cases, however, this results in little or no improvement.

Basic therapy

In cases of tinnitus, we administer a triple combined therapy to all patients. This consists of:

- a) the removal of therapy blocking,
- b) targeted measures to improve vascularisation and to raise the spirits and
- c) the reduction of stress factors

1. Removal of therapy blocking

One finds “therapy blocking” in an alarmingly large number of patients today. This means that the patient either does not react, or reacts insufficiently to stimuli for self-regulation of the organism through, for example, homeopathy or acupuncture. At the start of, and during the further course of therapy, we prescribe medication designed to remove any therapy blocking which may exist, and to make the patient more receptive to the therapy itself.

Homeopathic treatments known for this purpose are sulphur in D6 or D12. However, one preparation which has proven particularly effective in our practice is a substance obtained from oaks which is specially grown in geopathically affected, that is “blocked” localities. In accordance with the rules of classic homeopathy, a preparation of this kind (Aura-Geo from BIOSUN) will remove or reduce therapy blocking after homeopathic potentiation.

We use this preparation with astounding success as a basic therapy for all naturopathic therapies that are based on a self-regulatory mechanism of the organism. An important “blocking breaker” is also the “probiotic of naturopathy” in the form of autologous blood injections of 1 - 3 ml of native blood.

2. Targeted measures to improve vascularisation and to raise the spirits

In our practice, we administer a mixture of ginkgo biloba (e.g. 1 ampoule of Ginkgo Hevert) and hypericum perforatum to every patient at the beginning of each therapy session. In this way we are taking advantage of the vascularisation-promoting effects of ginkgo and the mood improving and, important for the subsequent laser irradiation, the photosensitising properties of St. John’s wort.

This is followed by laser irradiation of the affected ear for a period of 15 minutes. We use a He/Ne infra-red laser with 10 watts peak pulsed power emitting at a wavelength of 632.8 and 904 nm in order to achieve the necessary depth of penetration.

3. Reduction of stress factors

For many diseases in the region of the ear and the head, but particularly in order to reduce endogenic stress factors, our practice has for many years successfully employed an alternative medical product, the original Hopi ear candles from BIOSUN.

The locally applied warmth stimulates vascularisation, invigorates the immune system and reinforces the flow of lymph. The physical variations of air pressure within the tube caused by the combustion process have a pressure compensatory effect on the eardrum and promote secretion in the frontal and paranasal sinuses. At the same time, important energy points and reflex zones are stimulated.

The treatment can be supported by accompanying music therapy in order to promote relaxation. As tinnitus patients often have “too much on their plates”, as already mentioned, ear candle therapy is predestined to send this “too much” up in smoke, in the true sense of the word.

The ear candles have a significant vascularisation-promoting effect on the ear to be treated, and also promote deep relaxation. As for all energetic therapies, e.g. acupuncture, both sides of the body are always treated. This means that ear candle therapy is performed on both ears. While the therapies described above are basic therapies, which we always administer to all patients, we select the therapies described in the following on an individual basis depending on the patient’s constitution and anamnesis.

Therapy methods depending on constitution and anamnesis

Further complex therapies of tinnitus include

1. ear acupuncture
2. infusion therapy
3. neural therapy
4. ozone therapy and
5. classic bloodletting

1. Ear acupuncture

In the case of patients with “active”, i.e. dolent points, we use ear acupuncture according to Nogier. The points treated, if suitable, are points 29a (point de Gerome), 9 (ear), 55 (gateway of the gods), 29 () and 35 (sun). Often the points 100 (heart) and 51 (vegetative system) also prove to be useful and effective.

2. Infusion therapy

Infusions are prescribed in the case of patients with marked stress symptoms. The infusion given consists of 100 ml of 0.9 % saline solution with 3 - 5 ampoules of Neutropan (Phoenix).

3. Neural therapy

Again, in the case of psychosomatic afflictions and stress symptoms, the administration of 1 ml of 1 % procaine on the mastoid of each ear is indicated.

4. Ozone therapy

If arteriosclerotic alterations and blood circulation disorders are in the foreground, a concomitant ozone therapy (2000 µg ozone for every 80 ml of blood) has proved to be very useful.

5. Bloodletting

If the tinnitus is accompanied by an overabundance of blood, and the patient complains of “blood being driven to the head”, then weekly bloodletting should be carried out (max. 150 - 200 ml, depending on the build of the patient; the haematocrit should not be below about 38 - 40 %). Here again, injections of 1 ml of 1 % procaine on the mastoid should be given.

For the methods described, at least 15 treatment sessions 3 times weekly are necessary in order to bring about a distinct improvement.

Of 27 patients, 8 reported a complete disappearance of the symptoms, 12 patients reported a significant or distinct improvement and for 3 patients, a slight improvement was established. Only 4 patients reported no improvement in the symptoms.

In the case of a complex process such as tinnitus, several therapies must be applied in parallel in order to achieve a clear therapeutic success. In addition, the use of techniques such as autogenic training and/or yoga and working within self-help groups should be recommended to the patient. (Deutsche Tinnitus Liga e.V. (DTL - German Tinnitus League), PO Box 349, 42353 Wuppertal).

Bibliography:

- G. Leibold: Natur und Heilen, 3/97, 147 ff
Ebenda, 4/97, 228 ff
Ebenda, 5/97, 300 ff
- G. Goebel: Ohrgeräusche, Psychosomatische Aspekte des komplexen chronischen Tinnitus, Quintessenz Verlag
- S. Tönnies: Leben mit Ohrgeräuschen, Selbsthilfe bei Tinnitus, Asanger Verlag
- L. Wilden/M. Fritsch: Tinnitus lindern durch Laserlicht, W. Jopp Verlag, Wiesbaden

Address for correspondence:

BIOSUN GmbH
Scientific Advisory Council
P.O. Box 100