

Vertigoheel® as effective as betahistine in the treatment of vertigo³



Full title

Homeopathic vs. conventional treatment of vertigo: a randomized double-blind controlled clinical equivalence trial



Objective

To compare the efficacy and safety of Vertigoheel® vs. conventional treatment with betahistine in the treatment of vertigo



Participants

119 patients with acute or chronic vertigo who had suffered at least three attacks of dizziness in the week prior to treatment were recruited from 15 study centers



Design

Double-blind, randomized, active comparator

INTERVENTIONS

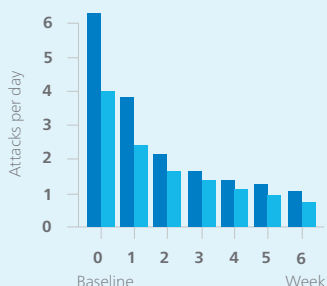


Vertigoheel®

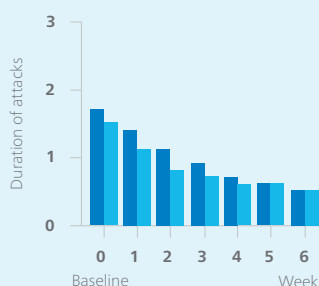


Betahistine

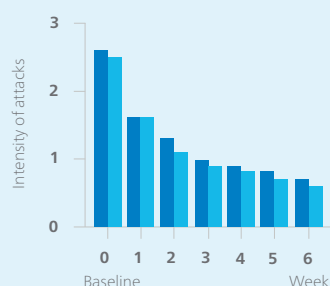
Average frequency, duration and intensity of vertigo episodes as rated over 6 weeks of treatment with Vertigoheel® or betahistine



■ Vertigoheel® (n = 53)
■ Betahistine (n = 52)



0 = between 0 and 2 minutes
1 = between 2 and 10 minutes
2 = between 11 and 60 minutes
3 = between 1 and 6 hours
4 = more than 6 hours



0 = no discomfort
1 = slight discomfort
2 = moderate discomfort
3 = severe discomfort
4 = very severe discomfort

- During the 6-week treatment, the frequency, duration, and intensity of the vertigo attacks decreased in both treatment groups.
- Both medications were equally effective: the number of daily vertigo attacks decreased from an average of 6.3 to 1 under Vertigoheel®, and from 4 to 0.7 under betahistine.
- The quality of life also improved continuously in over 70 percent of patients in both groups over the 6-week treatment period.
- Over 90 percent of treated patients rated the tolerability of both medications as “good” to “excellent”.