

한방치료로 호전된 현훈 환자 1례

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A Case Study of a Vertigo Patient Treated with Korean Medical Treatment

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ABSTRACT

Objective: To evaluate the effect of Korean Medicine on a patient having vertigo disease.

Methods: The patient was treated with Korean medicine, including *Bongnyeongbanha-tang* () and acupuncture, from October 3, 2015 to October 8, 2015. The Vertigo Score Scale and Numeric Rating Scale were assessed for evaluation.

Results: After the treatment, the intensity of vertigo and nausea were decreased and the patient's walking and visual difficulties were improved.

Conclusions: Korean Medicine treatment can relieve vertigo symptoms.

Key words: Korean medicine, *Bongnyeongbanha-tang*, vertigo

1. 서론

Paroximal Positional Vertigo, BPPV),

, BPPV

. BPPV

vertigo ,

dizziness . Vertigo

vertigo

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(, ,
) , vertigo

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II. 연구대상 및 치료법

1. 연구대상

2015 10 3 2015 10 8

1

2. 치료 방법

1)

(1) (Table 1)

(Table 1 ①) 1

1.5 (table 1 ②)

(Table 1).

Table 1. Prescription of *Bongnyeongbanha-tang*

Herbal name	Scientific name	volume	
		(g) ①	(g) ②
	<i>Pinelliae Rhizoma</i>	16	12
	<i>Poria cocos(Schw.) Wolf</i>	8	6
	<i>Citri Pericarpium</i>	8	6
	<i>Atractylodis Rhizoma</i>	8	6
	<i>Magnoliae Cortex</i>	8	6
	<i>Amomi Fructus</i>	4	3
	<i>Pogostemonis Herba</i>	64	48
	<i>Mume Fructus</i>	4	3
	<i>Zingiberis Rhizoma</i>	4	3
()	Broiled root of <i>Glycyrrhiza uralensis Fisch</i>	4	3
	<i>Zingiberis Rhizoma Recens</i>	8	6
Total amount		784	588

(2)

2 3 120cc 30

2)

(1)

020x30 mm stainless steel(

) 1 2 20

(GV20) () (LI11)

(LI04) (ST36) (SP3) (LR03)

(2)

(GB20) (GB21) (GB5) (GB6)

(GB19) (BL43) 1 cc

2015 10 3

2015 10 4 04 cc

2015 10 5 2015 10 8

3 cc

P53 () 2 cc

3

Leodase Tab()

Curan Tab(H2), (

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Perental Tab(), Carnaculin Tab

(), Gasmotin Tab(

), Bonaling-A Tab()

III. 증 례

1. : ○○, 50

2. / : 160 cm/60 kg

3. :

4. : 2015 5, 2015 10 1

5. : 2015 10 3 -2015 10 8

6

, 2015 5

local

3

2015 10 1
 2015 10 2
 brain CT
 2015 10 2 local
 local
 2015
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 7.
 1) () : 2013 ○ sono
 2) : 2015 8 ○○
 3) : 2014 ○○
 4 () : 2014 6 ○○
 8 : 4
 9
 2015 10 1
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 3
 10
 1) : (12 7)
 2) : ½
 3) :

4
 (1) 1-2 100-200 cc
 (2) 1-2
 5) : 3-4 , 4
 6) :
 7) : (500 ml)
 8) :
 9) : , 10
 10) :
 11) :
 12) :
 13) :
 14) :
 15) :
 . 10
 11.
 1) : (↑ ↓)
) 2015 10 2 lab
 Glu(R) 111 ↑ T-cho 232 ↑ LDL cholesterol
 Lipid profile 2015 10 5
 LDL cholesterol, Lipid
 profile 2015 10
 6 lab T-cho 258 ↑ TG 241 ↑
 Lipilfen Cap 160 mg [Fenofibrate
 160 mg] 1C Qd(E)
 2) :
 3) : 2015 10 2
 4) : 2015 10 5

cranial nerve , 1) : vertigo score scale NRS(numeric rating scale) .
 (1) Vertigo score scale(Table 2)
 (2) NRS(Numeric rating scale) : 0
 10
 (Table 3).
 12 2) (Table 4)

Table 2. Vertigo Score Scale

Vertigo score	Symptoms
Grade 1 (0 point)	No symptom.
Grade 2 (1 point)	Mild vertigo. Not including autonomic symptom (ex. nausea and vomiting)
Grade 3 (2 point)	Severe vertigo and nausea. Self walking is possible but has balance disorders.
Grade 4 (3 point)	Severe vertigo, nausea and vomiting Standing is possible but can not walk by one self
Grade 5 (4 point)	Severe vertigo, nausea and vomiting Faint appears. Standing and walking is impossible.

Table 3. Numeric Rating Scale

Rating	Pain level
0	No pain
1-3	nagging annoying interfering little with ADLs
4-6	interferes significantly with ADLs
7-10	Severe Pain (disabling; unable to perform ADLs)

Table 4. Progress

Date	NRS	Symptom grade	Vertigo scale	Nausea	Visual field defect	Gait pattern	Peak systolic blood pressure	Herb-med	Atx
10/3	NRS10	+++	Grade 4	+++	++	Walk staggering (helped by other person)	150/90	<i>Banhabaekchulcheonma-tang</i> (powder)	1. Hominis placenta herbal acupuncture 0.4 cc. 1 time 2. Atx
10/4	NRS10	+++	Grade 4	+++	++	Walk staggering (helped by other person)	170/90	<i>Bongnyeongbanha-tang</i> (twice volume)	1. Hominis placenta herbal acupuncture 0.4 cc. 1 time 2. Atx
10/5	NRS3	++	Grade 2	+	-	Self walking	150/90	<i>Bongnyeongbanha-tang</i> (one and half volume)	1. Byedgap herbal acupuncture 2 cc 1 time 2. Atx.
10/6	NRS2	+	Grade 2	-	-	Self walking	130/90	<i>Bongnyeongbanha-tang</i> (one and half volume)	1. Byedgap herbal acupuncture 2 cc 1 time 2. Atx.
10/7	NRS1	±	Grade 2	-	-	Self walking	110/70	<i>Bongnyeongbanha-tang</i> (one and half volume)	1. Byedgap herbal acupuncture 2 cc 1 time 2. Atx.
10/8	NRS0	-	Grade 1	-	-	Self walking	120/80	<i>Bongnyeongbanha-tang</i> (one and half volume)	1. Byedgap herbal acupuncture 2 cc 1 time 2. Atx.

Symptom grade : +++ Severe, ++ Moderate, + Mild, ± trace, - Eliminate

IV. 고찰

(vertigo) () .

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7 .

(vertigo) ()

(Benign Paroximal Positional Vertigo, BPPV)

(cupulolithiasis)

(canalolithiasis)

1

30

Dix-Hallpike

, Dix-Hallpike

1-2

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(() 3 2 7 ,)

Semont Epley

Epley

(vestibule)

3

BPPV

8

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(2 3 1)

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9 《 》

3

NRS Q Grade 1

BPPV

(2015 10 3)

NRS

10 , Vertigo scale Grade 1
4

150/90

(2015 10

3) Q4 cc (GB20)

(GB21) (GB5) (GB6) (GB19)

(BL43) 1 (GV20)

() (LI11) (LI04) (ST36)

(SP3) (LR03) 20

V. 결 론

30 . 2 (2015 10
4)

170/90

(8am) (

) . 2

(2015 10 4) 2

. 3 (2015 10 5)

NRS 3 , Vertigo scale 2

. 3

150/90

2 cc . 4 (2015 10 6)

NRS 2

Vertigo scale Grade 2

130/90

. 5 (2015 10 7) NRS 1, Grade 2

110/70

. 6 (10/8)

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