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The condition of the inner ear that causes hearing and balance problems is known as Meniereâ€™s disease. In this certain conditions may be experienced such as vertigo (dizziness or a spinning sensation), tinnitus (loud ring or roaring sound in the ears), feeling of pressure in the ears and temporary or permanent hearing loss. . Initially this condition occurs with the person either experiencing sudden attacks of vertigo or loss of hearing. It affects both men and women and tends to develop between the ages of 40 and 60 years.

The exact cause of Meniereâ€™s disease is not known until date but according to researchers in this field suggests that this might occur due to imbalance of fluid in the inner ear. The inner ear is responsible for hearing and balance and is made up of a complex collection of chambers within the base of the skull. These chambers are filled with fluid and then divided by a thin membrane. When some extra fluid enters the inner ear, swelling occurs which can rupture the membranes and cause an imbalance in the fluid pressures between the different chambers which results in Meniereâ€™s symptoms.

Natural treatment including herbal and homeopathic remedies can provide an effective alternative for relieving the symptoms of Meniereâ€™s disease. These remedies are safe to use without the harsh side effects of allopathic medications. Herbs such as Ginkgo biloba and Rosmarinus officinale which helps to support the circulatory system also increases energy levels and promote mood balance. Homeopathic ingredients such as Cocculus indicus, Lobelia inflata, Gelsemium and Bryonia Alba can be helpful in supporting inner ear balance, relieving dizziness, nausea, and disorientation.

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