

Poster presentation

New Area of Cranial Acupuncture in the Treatment of Dizziness and Vertigo.

Paula Sousa^{1*} , Madalena Deus² , Mariana Pedrosa² , Raquel Parreira³ , Jorge Machado¹ 
and António Moreira⁴ .

¹ ICBAS – School of Medicine and Biomedical Sciences of the University of Porto, Portugal;

² Tian Di Ren Clinic, Rio Maior, Portugal;

³ Polytechnic Institute of Setubal - Setubal Health School, Portugal;

⁴ Polytechnic Institute of Santarem – Rio Maior Sports School, Portugal.

* Correspondence: pasousa32@gmail.com; Tel.: +351918197696

Abstract: Between 20% and 30% of adults experience dizziness at some point in their lives, with various causes including changes in the central nervous system, benign paroxysmal positional vertigo, hyperventilation syndrome, ear diseases (such as Meniere's disease and vestibular neuritis), cardiovascular diseases, cerebrovascular diseases, Whiplash syndrome (with 80 to 90% of patients experiencing dizziness), adverse effects of medications, and aging, among others. These vertigo syndromes can be disabling, impacting patients' ability to lead a normal life. To address this condition, tests were conducted on a new area of cranioacupuncture that showed effectiveness in treating dizziness. Based on neuroanatomical foundations and the Zhu Scalp Acupuncture (ZSA) methodology, this new treatment area targets the projection region of the auditory association cortex, aiming to reverse sensory changes. Three clinical cases of adult patients with dizziness were presented, where the intervention involved bilateral puncture in the specified area with a needle retention time of 60 minutes. The evaluation of dizziness sensation was assessed using a visual analog scale (EVA), where patients were asked to rate their dizziness from total absence (zero) to extreme sensation (ten) before and after treatment. After four treatments with this specific area (twice a week for two weeks), all patients reported no longer experiencing dizziness. Additionally, one patient with accompanying tinnitus showed a decrease in its intensity. The proposed name for this new treatment area, suggested by Traditional Chinese Medicine specialist Paula Sousa, is the "Epley Area," as it has a similar effect to the Epley maneuver. The application of this area has demonstrated significant efficacy in relieving the sensation of dizziness.

Citation: Sousa P, Deus M, Pedrosa M, Parreira R, Machado J, Moreira A. New Area of Cranial Acupuncture in the Treatment of Dizziness and Vertigo. *Journal of Complementary Therapies in Health*. 2023;1(1). doi:10.5281/zenodo.8137068

Academic Editor: Jorge Rodrigues

Received: 10 May 2023

Revised: 31 May 2023

Accepted: 2 June 2023

Published: 24 July 2023

Keywords: Dizziness, Vertigo, Craniopuncture, Epley area.

Publisher's Note: IPTC stays neutral with regard to jurisdictional claims in published maps and institutional affiliations.



Copyright: ©2023 by the authors. Submitted for open access publication under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).