

**EFFICACY OF HOME BASED PARTICLE REPOSITIONING MANEUVER IN
TREATMENT OF POSTERIOR CANAL BENIGN PAROXYSMAL
POSITIONAL VERTIGO**

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BACKGROUND: Benign paroxysmal positional vertigo (BPPV) is one of the most common causes of vertigo in patients visiting the outpatient department (OPD). Many patients find it difficult to visit the hospital numerous times for a standard Epley's maneuver which has to be performed only by a specialist.

OBJECTIVE: Our aim is to compare the efficacy of a home based particle repositioning procedure (HBPRP) with the standard Epley's maneuver in treating patients with posterior canal BPPV.

METHODS: This was a prospective non blinded randomized controlled study comparing two groups, where one group received the standard treatment and other received a new HBPRP. The vertigo scale, nystagmus duration during Hallpike test and frequency of vertigo, were documented on first, second and third visits. Complications if any were

also noted during second and third visit. The parameters were compared in both the groups following the treatment in all visits.

RESULTS: Thirty patients were randomized into 2 groups. There were 15 patients in each arm. Group 1 received Epley and group 2 received HBPRP. There was no significant difference in the baseline characteristics of patients like age, gender, co morbid illness in both groups. Statistical analysis showed that there was no difference in the reduction in vertigo scale, duration of nystagmus following Hallpike test, frequency of vertigo in both groups.

CONCLUSIONS: This study showed that HBPRP is a safe and effective procedure and can be taught as a home based treatment for patients diagnosed with posterior canal BPPV.

Key words: BPPV, Epley maneuver, Dix – Hallpike test, home based particle repositioning maneuver