

Why am I so dizzy By Dr Gautam Arora Neurologist at NPMC

Causes and treatment of Dizziness By Dr Gautam Arora Neurologist at NPMC



New Delhi, Delhi May 9, 2022 ([IssueWire.com](https://www.issuewire.com)) - NPMC has been rated as one of the Best Neurology and Pain Management Practice in North India.

Dizziness that creates the false sense that you or your surroundings are spinning or moving is called vertigo. Dizziness can occur when you're moving, standing still or lying down. When you're dizzy, you may feel:

- Faint.
- Lightheaded.
- Nauseous.
- Unsteady.
- Woozy.

Dizziness is one of the more common reasons adults visit their doctors. Frequent dizzy spells or constant dizziness can significantly affect your life. But dizziness rarely signals a life-threatening condition.

Vertigo is the false sense that your surroundings are spinning or moving. With inner ear disorders, your brain receives signals from the inner ear that aren't consistent with what your eyes and sensory nerves are receiving. Vertigo is what results as your brain works to sort out the confusion.

- **Benign paroxysmal positional vertigo (BPPV).** This condition causes an intense and brief but false sense that you're spinning or moving. BPPV is the most common cause of vertigo.
- **Infection.** A viral infection of the vestibular nerve.
- **Meniere's disease.** This disease involves the excessive buildup of fluid in your inner ear. It's characterized by sudden episodes of vertigo lasting as long as several hours.
- **Migraine.** People who experience migraines may have episodes of vertigo or other types of dizziness even when they're not having a severe headache.

Circulation problems that cause dizziness. You may feel dizzy, faint or off balance if your heart isn't pumping enough blood to your brain. Causes include:

- **Drop in blood pressure.** A dramatic drop in your systolic blood pressure — the higher number in your blood pressure reading — may result in brief lightheadedness or a feeling of faintness.
- **Poor blood circulation.** Conditions such as cardiomyopathy, heart attack, heart arrhythmia and transient ischemic attack could cause dizziness. And a decrease in blood volume may cause inadequate blood flow to your brain or inner ear.

Other causes of dizziness

- **Neurological conditions.** Some neurological disorders — such as Parkinson's disease and multiple sclerosis.
- **Medications.** Dizziness can be a side effect of certain medications — such as anti-seizure drugs, antidepressants, sedatives and tranquilizers. In particular, blood pressure lowering medications may cause faintness if they lower your blood pressure too much.
- **Anxiety disorders.** Certain anxiety disorders may cause lightheadedness, or a woozy feeling often referred to as dizziness.
- **Low iron levels (anemia).** Other signs and symptoms that may occur along with dizziness if you have anemia include fatigue, weakness.
- **Low blood sugar (hypoglycemia).** This condition generally occurs in people with diabetes

who use insulin. Dizziness (lightheadedness) may be accompanied by sweating and anxiety.

- **Carbon monoxide poisoning.** Symptoms of carbon monoxide poisoning are often described as "flu-like" and include headache, dizziness, weakness.
- **Overheating and dehydration.** If you're active in hot weather or if you don't drink enough fluids, you may feel dizzy from overheating (hyperthermia) or from dehydration.

Treatment for dizziness focuses on the underlying cause. In most cases, home remedies and medical treatments can control the cause of dizziness. For example:

- Inner-ear issues may be managed with at-home exercises and medicine that can help control balance.
- BPV can be resolved with maneuvers that can help alleviate symptoms. Surgery is an option for patients whose BPV is not otherwise controlled.
- Meniere's disease is treated with a healthful low-salt diet, occasional injections, or ear surgery.
- Migraines are treated with and lifestyle changes and medication, such as learning to identify and avoid migraine triggers.
- Medication and anxiety-reducing techniques can help with anxiety disorders.
- Drinking plenty of fluids can help when dizziness is caused by excessive exercise, heat, or dehydration.

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