

Herbal composition for treatment of Tinnitus

Tinnitus is a hearing condition that affects a significant portion of the population. Tinnitus, or ringing in the ears, is the sensation of hearing



ringing, buzzing, hissing, chirping, whistling or other sounds. The noise can be intermittent or continuous, and can vary in loudness. It is often worse when the sufferer hears an unpleasant ringing sensation. There are numerous sources available that describe tinnitus, its causes and known treatments. Background noise is low, so you may be most aware of it at night when you're trying to fall asleep in a quiet room. In rare cases, the sound beats in sync with your heart. Tinnitus is very common, affecting an estimated 50 million adults in India. For most people the condition is merely an annoyance. In severe cases, however, tinnitus can cause people to have difficulty concentrating and sleeping. It may eventually interfere with work and personal relationships, resulting in psychological distress. About 12 million people seek medical help for severe tinnitus every year.

A wide variety of conditions and illnesses can lead to tinnitus. Blockages of the ear due to a buildup of wax, an infection, or rarely, a tumor of the auditory nerve can cause the unwanted sounds, as can a perforated eardrum. But perhaps the most common source of chronic tinnitus is prolonged exposure to loud sounds. The noise causes permanent damage to the sound-sensitive cells of cochlea, a spiral-shaped organ in the inner ear. Carpenters, pilots, rock musicians and street repair workers are among those whose jobs put them at risk, as are people who work with chain

saws, guns or other loud devices or who repeatedly listen to loud music. A single exposure to a sudden extremely loud noise can also cause tinnitus.

Certain drugs - most notably aspirin, several types of antibiotics and quinine medications - can contribute to the condition as well. In fact, Tinnitus is cited as a potential side effect for about 200 prescription and nonprescription drugs. The natural process of aging can result in a deterioration of the cochlea or other parts of the ear and lead to tinnitus.

Tinnitus is also associated with Meniere's disease, a disorder of the inner ear, and otosclerosis, a degenerative disease of the small bones in the middle ear. Other medical conditions that can cause ringing in the ears include high blood pressure, allergies, anemia and an underactive thyroid.

Tinnitus can also be a symptom of a disorder of the neck or jaw, such as temporomandibular joint (TMJ) syndrome. For reasons not yet entirely clear to researchers, stress seems to worsen tinnitus.

Known methods of treating Tinnitus include: 1) cleaning the ear with a cotton-tipped probe, 2) utilising ear drops containing hydrocortisone, 3) surgery if otosclerosis or a tumor is diagnosed, 4) dental work, 5) drug treatment utilising the drug LIDOCAINE (LIDOCAINE is a medication for the treatment of certain types of abnormal heart rhythms), 6) utilising a hearing aid, 7) utilising a tinnitus masker (a tinnitus masker is a device that resembles a hearing aid and it plays a sound that is more pleasant than the noise produced by the tinnitus), 8) utilising a tinnitus instrument (a tinnitus instrument is a device that is a combination of a hearing aid and a tinnitus masker), and 9) utilising an auditory habituation (an auditory habituation is where the tinnitus sufferer wears a device that emits a white noise that is quieter than the tinnitus sound; the brain learns to ignore, or habituate to the tinnitus sound).

Herbal remedies

It is known in the prior art that it is possible to utilise various herbs and herbal compositions to treat tinnitus. A listing of some of the herbs can be found in Chinese Herbal Medicine: Materia Medica, a summary of some known herbs and their therapeutic properties is listed below in Table 1:

Table 1

Herb Pharmaceutical Name	Some known uses of the herb
Radix Puerarie	Treats symptoms of hypertension: this herb has recently been used to treat headache, dizziness, tinnitus, or paresthesias that can accompany hypertension.
Radix Platycodi Grandiflori	Directs the effect of other herbs to the upper regions of the body.
Radix Angelicae Dahuricae	Alleviates pain and opens up nasal passages for sinus congestion.
Semen Coicis Lachryma jobi	Removes excess moisture, promotes sinus drainage; strengthens the spleen.
Rhizoma Zingiberis Officinalis Recens	Reduces the toxicity of other herbs.
Radix Ligustici Chuanxiong	Alleviates pain, during headaches it moves the qi upward and alleviates pain.
Radix Paeoniae Lactiflorae	Nourishes the blood and preserves the yin.
Folium Perillae Frutescentis	Promotes the movement of qi
Flos Magnoliae	It can be used for any nasal or sinus condition, depending on the other herbs in the prescription.
Herba cum Radice Asari	Alleviates pain, disperses and unblocks the qi of the nasal orifices.
Radix Scutellariae	For symptoms such as headache and irritability.
Ramulus Cinnamomi Cassiae	Unblocks the yang and transforms the qi
Radix Glycyrrhizae Uralensis	Moderates and harmonises the characteristics of other herbs. Also used as an antidote for a variety of toxic substances, both internally and topically.

Although it is known to treat tinnitus with certain herbs or with a combination of certain herbs, there are problems with known herbal and herbal combination treatments of tinnitus. The known herbal treatments tend to have only limited effectiveness and they tend to cause unpleasant side effects in for a significant

amount of patients. These side effects include diarrhea, sleeplessness, irritability, and nausea.

What is needed is a better method for treating tinnitus?

The present invention provides a method for treating tinnitus comprising the step of administering to a subject requiring such treatment a therapeutically effective amount of an herbal composition comprising Radix Puerariae, Radix Platycodi Grandiflori, Radix Angelicae Dahuricae, Semen Coicis Lachryma-jobi, Rhizoma Zingiberis Officinalis Recens, Radix Ligustici Chuanxiong, Radix Paeoniae Lactiflorae, Folium Perillae Fritescentis, Flos Magnoliae, Herba cum Radice Asari, Ramulus Cinnamomi Cassiae, Radix Scutellariae Baicalensis and Radix Glycyrrhizae Uralensis.

Description of the method

In a first preferred embodiment, the composition of the present invention includes the herbs Radix Puerariae, Radix Platycodi Grandiflori, Radix Angelicae Dahuricae, Semen Coicis Lachryma-jobi, Rhizoma Zingiberis Officinalis Recens, Radix Ligustici Chuanxiong, Radix Paeoniae Lactiflorae, Folium Perillae Fritescentis, Flos Magnoliae, Herba cum Radice Asari, Ramulus Cinnamomi Cassiae, Radix Scutellariae Baicalensis and Radix Glycyrrhizae Uralensis. The herbs may each be included in concentration of from approximately 1% to 30% of the total weight of the herbal composition.

In a second preferred embodiment, the composition of the present invention includes each herb combined within the proportions given in Table 2.

Table 2

Chinese name	Pharmaceutical name	Percentage of herb
Ge Gen	Radix Puerariae	10-20%
Jie Geng	Radix Platycodi Grandiflori	8-18%
Bai Zhi	Radix Angelicae Dahuricae	3-12%
YI YI Ren	Semen Coicis Lachryma-jobi	3-12%
Sheng Jiang	Rhizoma Zingiberis Officinalis Recens	3-12%

Chuan Xiong	Radix Ligustici Chuanxiong	3-12%
Bai Shao	Radix Paeoniae Lactiflorae	3-12%
Zi Su Ye	Folium Perillae Fritescentis	2-10%
Xin Yi Hua	Flos Magnoliae	2-10%
Xi Xin	Herba cum Radice Asari	2-10%
Gui Zhi	Ramulus Cinnamomi Cassiae	2-10%
Huang Qin	Radix Scutellariae Baicalensis	2-10%
Gan Cao	Radix Glycyrrhizae Uralensis	2-10%

Although the administration of the compositions described in the first preferred embodiment and the second preferred embodiment would be successful in the treatment of tinnitus, exemplary results were obtained utilising the third preferred embodiment, described below in Table 3.

Table 3

Chinese name	Pharmaceutical name	Percentage of herb
Ge Gen	Radix Puerariae	15%
Jie Geng	Radix Platycodi Grandflori	13%
Bai Zhi	Radix Angelicae Dahuricae	8%
YI YI Ren	Semen Coicis Lachryma-jobi	8%
Sheng Jiang	Rhizoma Zingiberis Officinalis Recens	8%
Chuan Xiong	Radix Ligustici Chuanxiong	8%
Bai Shao	Radix Paeoniae Lactiflorae	8%
Zi Su Ye	Folium Perillae Fritescentis	6%
Xin Yi Hua	Flos Magnoliae	6%
Xi Xin	Herba cum Radice Asari	5%
Gui Zhi	Ramulus Cinnamomi Cassiae	5%
Huang Qin	Radix Scutellariae Baicalensis	5%
Gan Cao	Radix Glycyrrhizae Uralensis	5%

Herbs and preparation of formulations

The components of the standard herbal formulation used in this study are listed in Table 3. All herbs were first dried and then ground so that they were in powdered form, and then encapsulated before being administered to patients. If

sufficiently dry, the herbs were powdered using a grinder or similar device. If the moisture content of the herbs was high, the herbs were baked before being powdered. The powder is then weighed and amounts of 500 mg are encapsulated in digestible capsules.

The herbs may also be formulated by one of the following methods:

- a) Concentrating either a water or an organic solvent (eg. Alcohol) extract of each herb and then combining the extracts;
- b) All the raw herbs can be boiled together and then concentrated by spray drying or other known methods into a dry granulated formulation.

In both cases the extracts are then concentrated before or after combining and may be processed into tablets or capsules.

Patient selection

Five patients with Tinnitus volunteered to participate in a study to evaluate the effectiveness of the present invention. Each of the patients was an adult and was in otherwise good health. Each patient was free to withdraw from the study at any time. Each patient was a tinnitus sufferer who had previously been unable to achieve relief from the tinnitus.

Herbal preparation and dosage

All patients took the same dose of one capsule twice per day. Each capsule was approximately 500 mg.

Results of study

Each of the patients participating in the study reported that their ear ringing was drastically reduced to a level that caused them no discomfort, irritation or anxiety. The amount of time it took for the present invention to provide relief is also the patients reported that so long as they continued to take the recommended

dosage of one capsule twice per day, the ear ringing continued to remain at the reduced manageable level.

Effect of discontinuing usage of the present usage

As stated above, all patients each enjoyed remarkable success in alleviating symptoms of tinnitus by usage of the present invention. All patients discontinued taking the present invention in order to ascertain whether the ear ringing would return. All patients reported that soon after discontinuation of the present invention, the unpleasant ear ringing returned to the same level it was at prior to starting the study.

However, after the patients once again started taking the recommended dosage of the present invention the symptoms were again drastically reduced.

Conclusion

Based on the study outlined above, the conclusion is that by utilisation of the present invention a tinnitus sufferer is likely to enjoy remarkable success in alleviating symptoms of tinnitus. It is preferable that in order to continue to enjoy drastically reduced ear ringing, a tinnitus sufferer should take the present invention on a regular basis.

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