



Home Remedies for Vertigo in Humans

Vertigo is a feeling of dizziness that occurs without any accompanying movement. It's caused by your senses telling your brain that your body is off balance, even though it isn't. Vertigo is a symptom of an underlying condition, not a diagnosis in itself. It can be a result of several different things.

Some types of vertigo will only happen once, and some types will continue to recur until the underlying condition is found. One of the most common types of vertigo is called benign positional paroxysmal vertigo (BPPV). BPPV is caused by deposits that build up in your inner ear, which navigates your sense of balance. Vestibular neuritis, stroke, head or neck injuries, and Meniere's disease are all other conditions that can cause vertigo. If you are experiencing vertigo at home, there are several home remedies that you can use to treat it..

3. Meniere's Disease

A disorder of the inner ear that can cause vertigo, tinnitus and hearing loss, per the National Institute on Deafness and Other Communication Disorders (NIDCD). Symptoms are caused by

a build-up of fluid in the inner ear. Meniere's disease is commonly treated, at least in part, with medication.

