



TCM for Cervicogenic dizziness

“Do you experience dizziness with head turn? Have you had spontaneous episodic headaches or dizziness that lasts for days? What about vertigo, nausea, vomiting, or blurred vision that is accompanied by neck pain and tight muscles? If the answer is yes, you may have had cervicogenic dizziness.” - Ma Kuang Senior Physician Zou Yan

Western Medicine

Cervicogenic dizziness is mostly caused by compression of vertebral artery by tight muscles or vertebrae during cervical rotation. This type of temporary ischemia affects the brainstem and cerebellum, resulting in vertigo.

Traditional Chinese Medicine

Cervical spondylosis is caused by trauma and inappropriate movement patterns. Blockage of cervical meridians and circulation leads to neck pain, tightness, and heaviness. As the musculoskeletal and neurological systems lack nourishment from *Qi* and blood due to “liver and kidney insufficiency”, headache, dizziness, tinnitus, and loss of hearing occur. Meridian blockage and inadequate circulation also cause radiating pain, numbness and tingling in the upper.

90% of cervical spondylosis is treatable with TCM methods

Even when agreeing on the differential diagnosis, western medicine and TCM approach the condition differently.

Medical doctors often prescribe antiemetic medications for symptomatic relief for those with mild dizziness, and refer severe cases to surgery.

Most people seek conservative care to avoid invasive procedures. 90% of these individuals significantly improve or fully recover from the condition after conservative treatment.

Integrative treatment with Chinese herbal medicine, acupuncture and TuiNa

Herbal medicine, acupuncture and TuiNa are effective in treating cervicogenic dizziness through several mechanisms-muscle relaxation, improving circulation and profusion, reducing inflammation and edema, and improving blood supply to the brain.



Senior Physician
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