

# Dizziness Post COVID-19 Infection

**Dr. Neha Shrivastava**

Consultant Neurotologist, Vertigo and ENT Specialist, Institute- RTKL Vertigo and ENT Clinic, Mumbai, India

Email id: [drnehashrivastava\[at\]yahoo.in](mailto:drnehashrivastava[at]yahoo.in)

## 1. Introduction

Covid-19 infection has created a huge impact in our lives since past 2 years. It has affected the physical emotional and social wellbeing of the mankind. There has been a significant rise in the neurological symptoms in the patients who suffered with COVID-19 infection. Dizziness or Vertigo is one such condition noted in those cases. Thus, the aim of this study is to determine the co-relation of Dizziness among the patients getting infected by COVID-19.

## 2. Material and methods

All patients with complaints of Vertigo and balance disorders visiting the OPD were studied over the period of 1 year. Detailed History taking along with special emphasis on Recent COVID-19 infection was enquired. Thorough Clinical and Neurotological examination with the Positional tests for all 3 pair of Semi-circular canals was performed.

## 3. Results

85 patients were noted to suffer from Dizziness Post COVID-19 infection. The Peak incidence of COVID-19 infection was noted from December 2021 to February 2022 when the spread of Omicron variant was high in India. Most of the cases had developed milder symptoms and rarely required hospitalisation. The Duration of presentation of Vertigo symptoms ranged from a period of 2 weeks to 6 months post COVID-19 infection. It mainly affected the 4<sup>th</sup> and the 5<sup>th</sup> decades of life. Females were more commonly affected than males. Seventy percent of the cases were diagnosed with Benign Paroxysmal Positional Vertigo (BPPV) while remaining conditions presented with Peripheral Vestibulopathy and Vestibular Migraine. Horizontal canal BPPV was diagnosed in about 40% cases, Posterior canal BPPV was diagnosed in 20% cases whereas Anterior canal BPPV was diagnosed in 10% cases. All the patients with BPPV were successfully treated with Canalith Repositioning Maneuver (CRM). Recurrence of BPPV was rare. Vestibular Rehabilitation Therapy was advised for those suffering from Peripheral Vestibulopathy whereas Lifestyle and Dietary modifications were recommended to those suffering from Vestibular Migraine.

## 4. Conclusions

Dizziness Post Omicron variant of Covid-19 infection is quite common. These conditions impact the daily routine of the patient and hampers the quality of life. Management and awareness of impending vertigo and balance disorders is a must in cases who have suffered with Covid-19 infection.

**Keywords:** Dizziness; Covid-19; BPPV; Canalith repositioning Maneuver, Vestibular Rehabilitation Therapy