

Tinnitus and Chinese Medicines

Tinnitus, or ring in the ears, is a sensation of noise in the ears in the lack of real external sound. Tinnitus itself is not considered a disease. Tinnitus rather occurs as a symptom of an underlying disease. Tinnitus is often associated with the hearing loss to some extent. The causes for tinnitus are very diverse and no common treatment for tinnitus exists. Therefore, it is very important to track down the cause in each case before any effective remedy like Chinese herbs can be chosen.

Some common causes for tinnitus include: extensive exposure to loud sounds (e. g., at work or iPod), ear infection, overdose of certain drugs (like aspirin), diseases like hypertension, diabetes, Meniere's syndrome, atherosclerosis, thyroid disorders etc. Tinnitus can also be part of normal aging process in elderly people or due to excessive sexuality, stress, depression. Tinnitus can be cured when the cause of tinnitus is corrected.

Traditional Chinese medicines (TCM) can be effective for tinnitus when applied properly. It is necessary to first distinguish different patterns of tinnitus and then select the right Chinese herbal formulas.

1. **Kidney deficiency.** A common pattern of tinnitus in TCM terms is due to weakened kidney functions. The TCM theory states the kidney is fundamental to all organs and is the source for Yin and Yang. An early indicator of kidney functions is the ear. When kidney functions decline tinnitus is usually manifested. This type of tinnitus often occurs to people who are getting older, or have excessive sexual life, masturbation. The tinnitus is typically associated with the weakness and soreness of the lower back and knees and with dizziness. The tinnitus is felt as a buzzing sound, low but persistent, day and night (may get heavier in the night time). A common Chinese herbal medicine formulated specially for kidney deficient tinnitus is **Er Long Zuo Ci Pian**. However, many Chinese herbal formulas for nourishing kidney Yin or Yang like **YinVive™** or **YanVive™** may help kidney deficient tinnitus as well. Please note these herbal remedies do not apply to tinnitus that occurs suddenly.

2. **Liver fire.** This type of tinnitus occurs suddenly. The sound may be roaming and loud. The tinnitus may be related to emotional changes. It gets worse after irritation. The associated symptoms may include red face and eyes, bitter taste, headache, dizziness, and mental irritability. The Chinese herbal medicine may be used for this type of tinnitus is **Jia Wei Xiao Yao Pian**. Another Chinese herbal formula is **Long Dan Xie Gan Pian**.

3. **Blood Deficiency.** The tinnitus is intermittent. The severity of the sound varies. It often occurs after a major disease or excessive workload and is associated with sleeplessness, anxiety, palpitation, lack of energy, and pale face. The Chinese herbal medicine may be applied include **Gui Pi Pian** or **QiVive™**.

In addition to Traditional Chinese Medicine, Ginkgo biloba has been implied in some studies in helping tinnitus. You may see more discussion on the topic here.

All Chinese Herbs we carry are 100% natural herbal remedies. They are time-tested and safe, with no pharmaceuticals, no preservatives, no artificial colors.

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