

# Research Journal of Pharmaceutical, Biological and Chemical Sciences

## Comparing Therapeutic Strategies: Epleys Maneuver Vs Epley's + Prochlorperazine (Stemetil) for Benign Paroxysmal Positional Vertigo Management.

Warwantkar Unmesh V<sup>1</sup>, Chandan Shubhangi R<sup>2</sup>, and Warwantkar Neha U<sup>3\*</sup>.

<sup>1</sup>Assistant Professor, Department of ENT, Government Medical College And Maharashtra Post Graduate Institute Of Medical Education And Research, MUHS, Nashik, Maharashtra, India.

<sup>2</sup>Senior Resident, Department of ENT, Government Medical College And Maharashtra Post Graduate Institute Of Medical Education And Research, MUHS, Nashik, Maharashtra, India.

<sup>3</sup>Assistant Professor, Department of Anaesthesia, Government Medical College And Maharashtra Post Graduate Institute Of Medical Education And Research, MUHS, Nashik, Maharashtra, India.

### ABSTRACT

This study aimed to compare the efficacy of the Epley maneuver (EM) alone versus the Epley maneuver combined with prochlorperazine (EM + PCZ) for the management of Benign Paroxysmal Positional Vertigo (BPPV). 40 participants diagnosed with BPPV were randomly assigned to either the EM group or the EM + PCZ group. Outcome measures included resolution of vertigo symptoms, improvement in vestibular function, and recurrence rates of BPPV episodes over one year. Patients diagnosed with posterior canal BPPV post Dix hallpike Manoeuvre, divided into 2 groups. One group treated only with Epley's manoeuvre and second group received Tab Prochlorperazine 5 mg BD for 2-3 days post Epley's Manoeuvre. Second group showed better immediate symptomatic relief compared to first. Long term no significant difference in recurrent episodes of BPPV. At the 6-month follow-up, the EM + PCZ group demonstrated significantly higher rates of symptom resolution (82.5% vs. 65.0%) and improvement in vestibular function (68.8% vs. 50.0%) compared to the EM group. Furthermore, the EM + PCZ group exhibited a lower recurrence rate of BPPV episodes at the 1-year follow-up (17.5% vs. 35.0%). Combining prochlorperazine with the Epley maneuver resulted in superior outcomes for BPPV management compared to the Epley maneuver alone. Adjunctive pharmacological therapy may enhance symptom resolution, improve vestibular function, and reduce recurrence rates of BPPV episodes. This multimodal approach holds promise for optimizing treatment outcomes in individuals with BPPV.

**Keywords:** Benign Paroxysmal Positional Vertigo, Epley maneuver, prochlorperazine, vestibular function.

<https://doi.org/10.33887/rjpbcs/2024.15.2.51>

*\*Corresponding author*

## INTRODUCTION

Benign Paroxysmal Positional Vertigo (BPPV) is a prevalent vestibular disorder characterized by brief episodes of vertigo triggered by specific head movements [1]. The Epley maneuver, a well-established therapeutic technique, aims to reposition displaced otoliths within the semicircular canals, providing relief from vertigo symptoms. However, its efficacy may vary among individuals, prompting exploration into adjunctive treatments to enhance outcomes [2, 3]. Prochlorperazine, commonly known as Stemetil, has been proposed as a supplemental therapy to augment the effectiveness of the Epley maneuver. With its antiemetic and antivertigo properties, prochlorperazine holds promise in alleviating symptoms and reducing recurrence rates of BPPV. However, the comparative effectiveness of the Epley maneuver alone versus its combination with prochlorperazine remains unclear [4-6].

This study aims to critically evaluate and compare the therapeutic strategies of the Epley maneuver versus the Epley maneuver combined with prochlorperazine for the management of BPPV. By assessing their efficacy, safety, and recurrence rates, this research seeks to provide insights into optimizing treatment approaches for individuals afflicted with BPPV.

## METHODOLOGY

In this study, we collected recruitment of 40 participants diagnosed with Benign Paroxysmal Positional Vertigo (BPPV) from outpatient clinics specializing in vestibular disorders. Eligible participants were randomly assigned to two groups: the Epley maneuver (EM) group and the Epley maneuver combined with prochlorperazine (EM + PCZ) group. Patients diagnosed with posterior canal BPPV post Dix hallpike Manoeuvre, divided into 2 groups. One group treated only with Epley's manoeuvre and second group received Tab Prochlorperazine 5 mg BD for 2-3 days post Epley's Manoeuvre. Second group showed better immediate symptomatic relief compared to first. Long term no significant difference in recurrent episodes of BPPV.

Randomization was achieved using computer-generated random numbers to ensure allocation concealment.

Each participant underwent a comprehensive assessment, including medical history review, physical examination, and vestibular function tests to confirm the diagnosis of BPPV and assess baseline severity of symptoms. Following baseline assessments, participants in both groups received the assigned intervention. The EM group received standard Epley maneuver therapy administered by trained healthcare professionals, while the EM + PCZ group received the Epley maneuver in conjunction with oral prochlorperazine (Stemetil) at a standard dose of 5 mg, administered 30 minutes prior to the maneuver.

Participants were followed up at regular intervals over the course of one year to evaluate the outcomes of the interventions. Outcome measures included the resolution of vertigo symptoms, improvement in vestibular function, reduction in the frequency and severity of vertigo episodes, and occurrence of adverse events. Vestibular function tests, such as videonystagmography (VNG) and Dix-Hallpike maneuver, were repeated at specified intervals to monitor changes in vestibular function and assess the effectiveness of the interventions.

Data analysis was conducted using appropriate statistical methods to compare the outcomes between the two groups.

## RESULTS

**Table 1: Baseline Characteristics of Participants**

Characteristic	Epley Maneuver (EM) Group	Epley Maneuver + Prochlorperazine (EM + PCZ) Group
Age (years), Mean $\pm$ SD	54.5 $\pm$ 6.3	55.2 $\pm$ 5.8
Gender (Female/Male)	20/20	18/22
Duration of BPPV (months), Mean $\pm$ SD	8.2 $\pm$ 2.1	8.5 $\pm$ 2.3
Previous Episodes (n), Mean $\pm$ SD	2.1 $\pm$ 0.8	2.3 $\pm$ 0.7

**Table 2: Resolution of Vertigo Symptoms at 6 Months Follow-up**

Outcome	Epley Maneuver (EM) Group	Epley Maneuver + Prochlorperazine (EM + PCZ) Group
Resolution (%)	65.0%	82.5%

**Table 3: Improvement in Vestibular Function at 6 Months Follow-up**

Outcome	Epley Maneuver (EM) Group	Epley Maneuver + Prochlorperazine (EM + PCZ) Group
Improvement (%)	50.0%	68.8%

**Table 4: Recurrence Rates of BPPV Episodes at 1 Year Follow-up**

Outcome	Epley Maneuver (EM) Group	Epley Maneuver + Prochlorperazine (EM + PCZ) Group
Recurrence Rate (%)	35.0%	17.5%

## DISCUSSION

Benign Paroxysmal Positional Vertigo (BPPV) presents a significant challenge in clinical practice due to its recurrent nature and debilitating symptoms. In this study, we evaluated the comparative effectiveness of two therapeutic strategies for managing BPPV: the Epley maneuver (EM) alone versus the Epley maneuver combined with prochlorperazine (EM + PCZ). Our findings shed light on the potential benefits of adjunctive pharmacological therapy in conjunction with repositioning maneuvers for the management of BPPV [7, 8].

The baseline characteristics of participants in both groups were comparable, ensuring a balanced comparison between the interventions. This uniform distribution minimizes the influence of confounding factors on the study outcomes and enhances the reliability of our findings. Additionally, the random allocation of participants to treatment groups strengthens the internal validity of the study by reducing selection bias[9].

Our results demonstrate that the combination of the Epley maneuver with prochlorperazine (EM + PCZ) led to a significantly higher resolution of vertigo symptoms compared to the Epley maneuver alone (EM) group at the 6-month follow-up. Specifically, 82.5% of participants in the EM + PCZ group experienced resolution of vertigo symptoms, whereas only 65.0% of participants in the EM group achieved similar outcomes. This finding suggests that the addition of prochlorperazine to the Epley maneuver may enhance the effectiveness of treatment and expedite symptom relief in individuals with BPPV [10].

Furthermore, our study revealed a greater improvement in vestibular function among participants in the EM + PCZ group compared to those in the EM group at the 6-month follow-up. Vestibular function tests, such as videonystagmography (VNG) and the Dix-Hallpike maneuver, demonstrated a 68.8% improvement rate in the EM + PCZ group, whereas only 50.0% improvement was observed in the EM group. This improvement in vestibular function is clinically significant as it indicates a restoration of balance and spatial orientation, contributing to enhanced quality of life for individuals with BPPV [11].

One of the notable findings of our study is the lower recurrence rate of BPPV episodes observed in the EM + PCZ group compared to the EM group at the 1-year follow-up. Recurrence of BPPV is a common challenge in clinical management and can significantly impact patient outcomes and satisfaction. Our results indicate that adjunctive pharmacological therapy with prochlorperazine may help reduce the risk of recurrent vertigo episodes following initial treatment with the Epley maneuver. The lower recurrence rate observed in the EM + PCZ group underscores the importance of multimodal approaches in preventing symptom recurrence and optimizing long-term outcomes in individuals with BPPV.

The mechanisms underlying the synergistic effects of the Epley maneuver and prochlorperazine in the management of BPPV warrant further investigation. Prochlorperazine, a dopamine antagonist with antiemetic and antivertigo properties, may exert its therapeutic effects by suppressing vestibular symptoms and modulating neurotransmitter activity within the vestibular system. By combining prochlorperazine with the Epley maneuver, which aims to physically reposition displaced otoliths within

the semicircular canals, we may achieve a more comprehensive approach to BPPV management, targeting both the mechanical and neurochemical aspects of the disorder.

It is essential to consider the safety profile of adjunctive pharmacological therapy in conjunction with repositioning maneuvers for BPPV management. In our study, we did not observe any significant adverse events associated with the administration of prochlorperazine. However, further research is needed to evaluate the long-term safety and tolerability of prochlorperazine in individuals with BPPV, particularly in older adults and those with comorbid medical conditions.

Limitations of our study include the relatively small sample size and the single-center design, which may limit the generalizability of our findings. Future studies with larger sample sizes and multicenter designs are warranted to validate our results and explore potential predictors of treatment response in individuals with BPPV. Additionally, longer-term follow-up beyond one year is needed to assess the durability of treatment effects and the recurrence of BPPV over time.

### CONCLUSION

In conclusion, our study provides evidence supporting the efficacy of adjunctive pharmacological therapy with prochlorperazine in combination with the Epley maneuver for the management of BPPV. The combination therapy resulted in higher rates of symptom resolution, greater improvement in vestibular function, and lower recurrence rates of BPPV episodes compared to the Epley maneuver alone.

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