

extremely effective to vertigo. In "effective" cases, vertigo disappeared usually, but tinnitus was not completely improved. Most of the patients treated revealed improvement of clinical symptoms 3-7 days after the administration of ACV. After 10 to 14 days, the patients rapidly recovered and clinical symptoms disappeared. Recurrence of the disease, which the author confirmed, occurred in 39 cases out of 301 cases (13.0%) but they usually could be cured by ACV treatment with lower doses (less than half doses of the first administration of ACV) within shorter period (less than half time of the first ACV treatment).

3.4 Detection of HSV and antibody to HSV in patients with MD

Until now, there have been no significant differences in the mean antibody titers to HSV-1 or VZV between the patients with MD and patients before and after ACV treatment (unpublished data). In some cases, HSV-1 or VZV DNA were detected in MD patients by PCR, however, significant correlations of virus detection and clinical features have not been demonstrated yet. Details of serological and virological investigation will be described in the separated paper³⁾. Further investigations are being underway.

3.5 Demonstration of representative cases

Followings are the 2 typical representative cases of the treatment of MD with ACV.

Case 1 H. M. 68-year-old, female

This patient was diagnosed as MD in 1980 and was treated by specialists for 15 years. She said she had attacks of "dizziness" 4 to 5 times a year. Hearing disturbance and tinnitus were not intensive. She had been treated by specialists of otolaryngology at a university hospital in Tokyo and a general hospital in Sapporo. She said it usually took about one month for the traditional treatment with Meiron and Isobide to reduce her symptoms. She was told to visit a neuro-internal medicine and visited a neurologist and a psycho-analyst. Neurological test and psychiatric test revealed no abnormality other than symptoms of MD.

When she came to the author's clinic on Feb. 3, 1994, she had completely lost her confidence, wondering if she was going insane. She started to take 1,000 mg/day ACV on Feb. 3. On Feb. 5, she came to the author's clinic again and said the "dizziness" had disappeared. She told that the effect was a new experience. She took ACV for 9 days and the treatment was complete. Although the dizziness recurred 4 months and 13 months later, the same treatment could repress the symptoms. For the past 2 years, she has not had any episodes of "dizziness".

According to AAO-HNS criteria, improvement with ACV therapy on this patient was calculated as numeric value 20 (substantial control of definitive spells). Hearing and tinnitus were also much improved from her expression.

Case 2 N. K. 17-year-old female, Highschool student

In January, 1995, she experienced sudden rotary vertigo as she was sitting in a class. She rested in the nurse's room for about an hour, and the dizziness naturally disappeared. The same symptom recurred twice the following week. She went to the otolaryngology department of a university hospital and received a special examination. There, she was told that balance function of her left ear was a little weakened, but they gave her no particular treatment. She had tinnitus occasionally, but this was not very disturbing to her. However, for about 5 months before she visited the author's clinic, she was constantly having "dizziness" in everyday life, saying the floor was shaking like it would earthquake. She stopped going to school by bicycle because she felt it was dangerous. When the dizziness was serious, she often could not go to school. She was diagnosed as MD by the author and was given 2,000 mg/day of ACV for 2 weeks from May 8, 1995. Vertigo and tinnitus disappeared. She could go to school by bicycle again. since then, through April of 1997, there has been no relapse.