Tinnitus is an annoying condition affecting the ears, which can seriously diminish a person's hearing. A multitude of distracting sounds such as ringing, hissing and buzzing can be heard which are often maddening and interfere with daily life. Tinnitus often develops after exposure to loud noise, ear infections or injuries affecting nerve endings. Conventional medicine has no cure; however, there are certain holistic and natural treatments for tinnitus, as well as home remedies, which can alleviate its effects, making it easier to hear.

Tinnitus and Kundalini

Tinnitus, a warning symptom of disturbed prana vayu, should be carefully distinguished from perceptible nad, an indicator of active kundalini. The nad, or cosmic sound current, can be perceived only when our normally dormant potential energy, known in Ayurveda as kundalini shakti, the 'serpent power', is awakened. Practitioners who are unaware of or unfamiliar with this phenomenon may present to their physician complaining of tinnitus, when in fact they
have begun to experience the nad. The following qualities distinguish perceptible nad from tinnitus:

1. Nad is heard only in the right ear.

2. The sound typically resembles the buzzing of a bee, the ringing of Tibetan bells, singing bowls, or other musical instrument.

3. The sound usually heralds or accompanies an altered state of consciousness.

**Home Treatment for Tinnitus**

The following tips may help you reduce symptoms of tinnitus.

- Cut back on or stop drinking alcohol and beverages containing caffeine.
- Stop smoking and stop using smokeless tobacco products. Nicotine use makes tinnitus worse by reducing blood flow to the structures of the ear.
- Limit your use of aspirin, products containing aspirin, and other nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen or naproxen.
- Exercise regularly. Exercise improves blood flow to the structures of the ear. But avoid extended periods of exercise, such as bicycle riding, that keep your neck in a hyperextended position. For more information, see the topic Fitness: Getting and Staying Active.

While waiting to see whether tinnitus goes away, or if your doctor has advised you that your tinnitus will be present for a long time, try these methods to cope with the constant noise:

- Limit or avoid exposure to the noises you suspect are causing your tinnitus. If you cannot avoid loud noises, wear protective earplugs or earmuffs.
- Try to ignore the sound by directing your attention to other things.
- Practice relaxation techniques, such as biofeedback, meditation, or yoga. Stress and fatigue seem to make tinnitus worse.
- Quiet rooms can cause tinnitus to seem more distracting. Background noise may reduce the amount of noise you hear. Play music or white noise when you are trying to fall asleep or anytime you find yourself in a quiet place. Try using a fan, a humidifier, or a machine that makes soothing sounds such as ocean waves.
- Try the herbal supplement ginkgo biloba. Some studies suggest that it may help relieve tinnitus, but other studies do not show a benefit. Further studies are needed to determine the best dosage.
Symptoms to watch for during home treatment

Call your doctor if any of the following occur during home treatment:

- Symptoms develop that are related to nerve damage, such as loss of coordination or numbness or weakness on one side of the face or one side of the body.
- Other symptoms develop, such as significant hearing loss, vertigo, loss of balance, nausea or vomiting.
- Tinnitus localizes to one ear.
- Hearing loss becomes worse after an ear injury, or tinnitus or hearing loss does not improve.
- Tinnitus continues for more than a week.
- Your symptoms become more severe or more frequent.
Supplements and foods

- Ginkgo biloba

Ginkgo biloba helps increase blood flow to the neck, head and brain. Additionally, it reduces inflammation in blood vessels, promoting better circulation to the capillaries feeding the nerves surrounding the ear. Taking ginkgo is not a fast fix for tinnitus, and it
takes time to relieve the problem. It’s best to use it in combination with other remedies to relieve ringing or other noises in the ears from tinnitus.

· **CoEnzyme Q10 (CoQ10)**

Previous clinical trials were conducted to ascertain the effects of CoEnzyme Q10 on patients with tinnitus. In 2007, the journal of *Otolaryngology - Head and Neck Surgery* reported those findings, noting that CoQ10 may be helpful for certain people for reducing noises in the ears from tinnitus depending on the nature of their condition.

Additionally, chiropractor Dr. James Fettig recommends taking CoQ10 to relieve tinnitus symptoms. He discusses how the supplement generates energy in cell mitochondria helping to prevent heart attacks and strokes as well as ringing in the ears by increasing overall blood flow. He recommends 200 mg of high potency, highly absorbable CoQ10 daily. Consult your natural health practitioner for personalized dosing guidelines.

· **Caffeine**

Caffeine may reduce the flow of blood to the head, neck and ears constricting capillaries and other small blood vessels. This can, in turn, aggravate your tinnitus symptoms.

· **Salt**

High salt intake can raise blood pressure, causing tinnitus and hypertension. If you are susceptible to the effects of sodium, reducing your salt intake is an important step in helping to lower your blood pressure and possibly reduce the intensity of the ringing in your ears.

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**Noise management**

· **Loud noises**

Avoid exposure to loud noises and music to protect ears. Loud noises can cause additional damage to the ear, and be extremely painful to those with existing tinnitus.

· **White noise**
Using a white noise generator or fan during sleep helps mask noises providing relief for some people from the ringing in their ears. The gentle noises produced by the equipment creates a distraction, which dims the noises of tinnitus, according to the American Speech-Language-Hearing Association website.

**Mechanical solutions**

- **Wax buildup**

  Many people suffering from tinnitus may experience hearing loss because of wax buildup in the ears. *The American Tinnitus Association* suggests visiting an audiologist to have your ears checked and the condition assessed before taking more aggressive measures. When excess ear wax is removed, some hearing may be regained reducing the interference and noise from the tinnitus.

- **Finger drumming technique**

  The following method may reduce the ringing in your ears, suggests Dr. Jan Strydom, of *A2Z of Health, Beauty and Fitness.org*. Place the palms of your hands over your ears with fingers resting gently on the back of your head. Your middle fingers should point toward one another just above the base of your skull. Place your index fingers on top of your middle fingers and snap them (the index fingers) onto the skull making a loud, drumming noise. Repeat 40-50 times. Some people experience immediate relief with this method. Repeat several times a day for as long as necessary to reduce tinnitus.
According to Ayurveda, tinnitus is not a disease but a symptom of prana vayu disturbance. Prana vayu is a subdosha of vata which resides in the head and governs all higher cerebral functions, including swallowing and the inspiratory phase of respiration. If tinnitus goes untreated, other symptoms of prana vayu disturbance may follow, including anxiety, fear, nervousness, sleep disorder, tics, tremors, and stuttering. There may be other symptoms of vata disturbance in the ear, specifically dried ear wax, pain, and deafness.

Treatment

Nasya

Vacha (Acorus calamus) oil nasya, has a powerful effect in calming and balancing the prana vayu. To obtain the maximum effect at the head (the seat of prana vayu), and to circumvent any side effects of hyperacidity or nausea which occasionally occur when vacha is ingested, vacha is used in this case as a nasal medication. A preparation of sesame oil medicated with calamus root is taken nasally, five drops per nostril, at night and in the morning. The nasya should be warmed to blood heat before administration.

Massage

Foot massage, wherein the soles of the feet are massaged with warm sesame oil, has a specific effect in calming the prana vayu. At bedtime, warm sesame oil should be applied to the soles of the feet and also to the scalp. This treatment rapidly normalizes the prana vayu.

Eardrops

To calm the vata in the ears, ten drops of warm sesame oil is applied daily to each ear. The oil is allowed to remain in the first ear for five or ten minutes, then that ear is cleaned, and the same procedure is followed with the other ear, with the patient lying on the other side. Typically, this treatment should alleviate tinnitus, and most other symptoms of prana vayu disturbance, within eight to ten days.

Botanicals

Oral administration of sarasvati churna can be given in doses of a quarter teaspoon twice daily after meals. Since it contains vacha, sarasvati churna should not be used in pregnancy, bleeding disorder or peptic ulcer.

Lifestyle Changes

Consumption of caffeine, nicotine, or cocaine can disturb the prana vayu leading to tinnitus, as can excess television watching, excess use of computers, or sleeping near an electrical outlet. Lifestyle adjustments are thus an essential part of the effective treatment of tinnitus.
Tinnitus and Kundalini

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The treatments for tinnitus will neither help nor harm a person experiencing perceptible nad. In fact, oiling the soles of the feet and the scalp, the ears, and the nose, are beneficial preventative measures for anyone. However, it will be extremely helpful for the person experiencing this phenomenon to understand that, far from being a warning symptom of some imbalance, ringing ears due to nad are a positive sign of spiritual progress.

In summary, tinnitus is a symptom of prana vayu imbalance. If it goes untreated, more serious symptoms may result. Warm oil and vata-soothing herbs are most valuable in the treatment, and may be administered locally in the ears, nasally, and orally. Tinnitus should be carefully distinguished from kundalini phenomenon.

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Top 5 Tinnitus Acupressure Points All Acupuncturists use.

Want to know how to cure tinnitus with acupressure? It's not complicated, and you don't need a Chinese acupuncture degree. Your body contains dozens of pressure points that can cure symptoms like tinnitus ear ringing, head fullness, ear pain, headaches, and respiratory infections. With this handy acupressure point roadmap, even you can access some of the most widely used tinnitus acupressure points for making the ringing in the ears go away for good.
Because Chinese medicine treats the body as a whole organism, rather than treating one symptom at a time, acupressure points that cure tinnitus can be found in all corners of your body—your feet, abdomen, wrist, back, and head all have specific grid points that when triggered will cure whatever ailments are causing your tinnitus.

Acupuncturists use needles to access these powerful pressure points, but you can easily balance your qi (energy) and cure tinnitus in the comfort of your own home by gently massaging the following acupressure zones:

**Acupuncture Treatment for Tinnitus**

The *Three Silly Geese* is an easy way for an acupuncture student to remember the order and names of these points. Using acupressure with the index finger is an easy way to stimulate all three points on both sides of the head.

- **Triple Burner 21**
- **Small Intestine 19**
- **Gall Bladder 2**
Bai Hui “Hundred Convergences”

GV 20 is one of the most potent acupressure points in Chinese medicine; it is called the “Hundred Convergences” because the ancient Chinese believed it was capable of curing 100 diseases. In addition to treating tinnitus, you may also cure neurological and emotional disorders by stimulating Bai Hui.

Some symptoms that may be treated by accessing your Bai Hui are:

- Tinnitus ear ringing
- Migraine headache
- Dizziness
- Vertigo
- Fatigue
- “Brain fog”
- Eye pain
- Anxiety
- Hypertension
- Seizures

To locate your Bai Hui, imagine a line running on top of your head, forward to back, between your ears, sort of like a Mohawk. The point that is directly on top of your head in the middle is your Bai Hui.

**Feng Chi “Wind Pool”**

GB 20 is another powerful point for curing illnesses of the head like tinnitus and headaches.

**Some symptoms that may be treated by accessing your Feng Chi are:**
- Tinnitus
- Headaches
- Stiff neck
- Twitching
- Ear fullness
- Ear pain
- Paralysis
- Numbness
- Dizziness
- Vertigo

Feng Chi is located at the nape of your neck. To start, place both hands behind your head and use both thumbs to find the soft spot at the base of your skull. Now, gently walk each thumb apart until you find depressions that are adjacent to your large neck muscles. Press each thumb inwards, towards your eyes.

**Ting Gong “Auditory Palace”**

SI 19 is used in Chinese medicine to calm the spirit and treat ear problems, including tinnitus and deafness.

**Some symptoms that may be treated by accessing your Ting Gong are:**
- Tinnitus
- Hearing loss
- Ear discharge
- Ear pain
- TMJ pain
• Toothache
• Agitation
• Anxiety
• Seizures

Ting Gong is located in the hollow directly in front of each ear. To access, open your mouth, and feel the depression where your jaws meet.

**Ting Hui “Auditory Convergence”**

GB 2 particularly helpful for treating all ailments related to the ear such as tinnitus and hearing loss.

Some symptoms that may be treated by accessing your Ting Hui are:

• Tinnitus
• Hearing loss
• Ear itching
• Ear fullness
• Ear pain
• Ear discharge
• Toothache
• TMJ pain
• Headache

Ting Hui is located directly below your Ting Gong acupressure point.

**Shuai Gu “Leading Valley”**

GB 8 is beneficial for treating damage caused by toxins. This is especially helpful for curing tinnitus caused by long-time use of painkillers, antidepressants, birth control, and quinine.

Some symptoms that may be treated by accessing your Shuai Gu are:

• Tinnitus ear ringing
• Ear fullness
• Head heaviness
• Facial pain
• Vertigo
• Dizziness
• Nausea
• Vomiting
- Migraines
- One-sided headaches
- Visual distortions

Shuai Gu is located directly above your ear.

Use the SCIO Eductor magic scalar wand for tinnitus
MAGNETIC ELECTRO-ACUPUNCTURE BRAIN STIMULATION

MAGNETIC WAND

Lose Weight with Electro-Shock Therapy

By Douglas Robb on January 29, 2013@healthhabits

A new study, published in the journal Obesity and Weight Loss Therapy, has found that cranial electrotherapy stimulation was able to amplify the weight loss effects of both...

Better Living Through Electrochemistry

We can direct the Power of the Cybermagnetic Music or the SCIO/Eductor Energy into an Acupuncture point or into a Brain area

Skill Learning Strategy

- Can we accelerate nondeclarative (skill) learning?
  - Previous research – enhancement simple motor procedural learning with motor cortex stimulation (Galea & Celnik, 2009)
- Wanted to examine more complex motor procedural task

Strategy

<table>
<thead>
<tr>
<th>Enhance motor skill</th>
<th>Depress competing memory</th>
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</thead>
<tbody>
<tr>
<td>Excite – Motor Cortex</td>
<td>Inhibit – Prefrontal Cortex</td>
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WIRE UP

In transcranial direct current stimulation, electrodes placed on the scalp deliver currents that can penetrate the skull and affect brain tissue. Different effects have been documented, depending on the placement of the probe (+) and cathode (-).

MOTOR CONTROL

Accurate stimulation over the motor cortex has been shown to affect the ability to imagine movement and motion.

WORKING MEMORY

Ablative stimulation of the dorsal prefrontal cortex has been shown to impair working memory and reduce the ability to perform a task after an interval.
Trans-cranial Direct Current Stimulation Intensity and Duration Effects on Tinnitus Suppression

Tinnitus has been a part of my life for so long I can’t remember not having it. While it doesn’t seem to bother me the way it does others, it can be very annoying, especially when I’m in a very quiet environment, camping for instance. So it would be incredible if a breakthrough in tinnitus treatment were to come along.

Background. Perception of sound in the absence of an external auditory source is called tinnitus, which may negatively affect quality of life. Anodal transcranial direct current stimulation (tDCS) of the left temporoparietal area (LTA) was explored for tinnitus relief. **Objective.** This pilot study examined tDCS dose current intensity and duration and response effects for tinnitus suppression. **Methods.** Twenty-five participants with chronic tinnitus and a mean age of 34 years took part. Anodal tDCS of LTA was carried out. Current intensity 1 mA and 2 mA and duration 10 minutes, 15 minutes, and 20 minutes were varied and their impact on tinnitus measured. **Results.** tDCS was well tolerated. Fifty-six percent of participants 14 experienced transient suppression of tinnitus, and 44% of participants 11 experienced long-term improvement of symptoms overnight—less annoyance, more relaxed, and better sleep. There was an interaction between duration and intensity of the stimulus on the change in rated loudness of tinnitus, $F_{2, 48} = 4.355, P = .018$, and clinical global improvement score, $F_{2, 48} = 3.193, P = .050$, after stimulation. **Conclusions.** Current intensity of 2 mA for 20 minutes was the more effective stimulus parameter for anodal tDCS of LTA. tDCS can be a potential clinical tool for reduction of tinnitus, although longer term trials are needed.
Eductor

The word 'Doctor' comes from the Latin word 'Eductor' which means 'to teach'.

Thomas Edison said that the doctor of the future will teach the patient how to live and how to eat, exercise and meditate.

The Eductor is a Biofeedback Teacher

WHPRS Rating +11 Platinum science, registration, history, peer reviewed, medical university, Govt License

TUV-CE Approved
Desiré is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small minded people being driven by the SINthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded peculius minions of the chemical companies constantly attack with their anal retentive biased short sided views. We must fight for freedom of choice and especially freedom of choice on medicine.