With any disease there is always a concern related to diet and physical activity. Similarly, even with diagnosis of vertigo there is certainly a question regarding diet and physical activity including exercising. Lack of regular physical activity, low level of physical fitness, and nutritional disorders are risk factors for various metabolic and circulatory changes that cause various symptoms, such as dizziness.¹

Diet and vertigo

Eating patterns are risk factors for several metabolic and circulatory changes including dizziness, especially among elderly individuals. The elderly are at risk for nutritional disorders and malnutrition, including undernutrition and nutrient deficiencies and imbalances. Age also impacts the energy requirements and daily energy intakes.¹

Dos and don'ts of diet²

Avoid consuming fluids that have high sugar or salt content as these are the foods that trigger vertigo. Keep a check on the caffeine intake. Limit the salt intake. Avoid smoking and alcohol intake. Avoid processed food, meat, bread and pastries. Consume foods that are anti-inflammatory and detoxifying. Drink plenty of water and stay hydrated. Include food rich in potassium such as tomatoes. Include nuts in your diet. However, in a vestibular migraine, nuts should be avoided.

Physical activity and vertigo

Vertigo in elderly is associated with significant disability, including falls, fear of falling, and loss of independence. A few exercises are known to work as a vertigo treatment.³

Walking is a simple yet powerful exercise for vertigo that can help in balancing. Walking helps you function better resulting in improved self-confidence. As you walk, you will also be working your muscles, which helps you improve muscle tone and strength.⁴ While moving ensure you are walking next to a wall with a handrail or in a hall, or be sure to have someone with you.³

Brandt-Daroff exercises for vertigo⁵

The Brandt-Daroff exercises can help disperse any tiny particles away from the balance centre in your ear, this helps in getting rid of the cause of your dizziness. With this exercise the dizziness will reduce with time.¹

1. Sit on the edge of the bed. Turn your head 45 degrees (look to the left). Lie down quickly on the right side. Ensure the back of the head rests on the bed. Wait 20–30 seconds or until the dizziness stops.

2. Sit upright. Wait 20–30 seconds for any dizziness to settle.

3. Repeat on the other side. Turn the head slightly to the right before lying down quickly on the left side.

4. Do five times on each side (takes about ten minutes) Repeat three times a day. Types of exercise you can start slow and don’t be in a hurry as exercise could make your dizziness worse.

References:


² Here’s A Diet To Help You With Your Vertigo!. Available [online] at URL: https://www.neuroequilibrium.in/diet-to-help-you-with-your-vertigo/#:~:text=Drink%20plenty%20of%20water%20and,and%20are%20anti%2Dinflammatory%20too. As accessed on 8th Feb 2021.

