Introduction

Little is known about the mechanism that causes tinnitus and there is no definite treatment. In practice, a combination of drugs is preferred over a single drug regimen. The aim of this study is to evaluate and compare the effectiveness of 3 kinds of combination regimen for tinnitus.

Subject & Method

We reviewed the records of 128 patients (156 ears) with tinnitus. Fifty of these patients were treated with ginkgo biloba extract, anti-platelet and anxiolytics. Another 50 patients were treated with ginkgo biloba extract, anxiolytics and vasodilator. Twenty-eight patients were treated with anxiolytics and vasodilator. Pre and post-treatment of 2-3 month statuses were analyzed by tinnitus handicap inventory (THI), visual analog scale (VAS) and Beck depression inventory (BDI).

Result

Subjective tinnitus was improved in all three groups with no significant difference in tinnitus handicap inventory scores between the three observed groups. There was no difference between the response group and the non-response group in age, sex and tinnitus characteristics. The response group had a tendency to have lower BDI and normal hearing level compared to the non-response group.

Conclusion

Patients with lower BDI and normal hearing level have a tendency to improve tinnitus after combined medical therapy, though there were no significant differences according to treatment regimen.