

# 이명의 치료

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 이 호 기 · 최 현 승

## Current Treatment Modalities for Tinnitus

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### 서론

이명은 청각적 자극 없이도 청각기관에서 발생하는 주관적인 소리의 인상을 말하며, 1990년 WHO의 통계에 따르면 전 세계 인구의 10%가 이명을 경험하고 있다. 이명의 발생률은 연령이 증가함에 따라 증가하며, 특히 60세 이상의 노인층에서 30% 이상 발생한다. 이명의 원인은 다양하며, 주로 청각적 요인과 관련이 있다. 이명의 치료는 주로 청각적 요인을 해결하는 데 중점을 두며, 약물치료, 진정제 및 항경련제, 그리고 수술적 치료 등이 포함된다. 이명의 치료는 환자의 삶의 질에 큰 영향을 미치므로, 적절한 치료법을 선택하는 것이 중요하다.

### 약물치료

이명의 약물치료는 주로 청각적 요인을 해결하는 데 중점을 두며, 약물치료, 진정제 및 항경련제, 그리고 수술적 치료 등이 포함된다. 이명의 치료는 환자의 삶의 질에 큰 영향을 미치므로, 적절한 치료법을 선택하는 것이 중요하다.

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**진정제 및 항경련제**  
 Benzodiazepine  
 alprazolam (Xanax, 250 mg tablets)

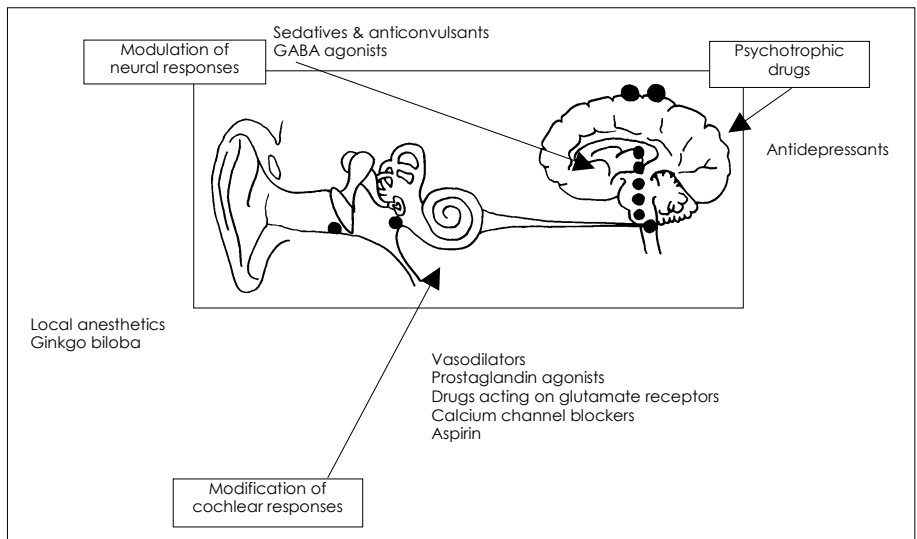


Fig. 1. Pharmacologic approaches.

17 13 (76%)  
 .<sup>1)</sup> GABAergic , 400 mg tablets), *flecainide acetate* (*Tambacor*, 100 mg tablets), *mexiletine* (*Mexilin*, 100 mg tablets)  
 가 . Good 가 ,  
 hill *carbamazepine* (*Tegretol*, 100~200 mg tablets) blood dyscrasia  
 ,<sup>2)</sup> Goo 가 .  
 dey, Lechtenberg  
 .<sup>3)</sup> ,  
 .  
**항우울제**  
 Sullivan *nortriptyline* (*Allegron*, *Motipress*, *Motival*, 25 mg tablets) , staglandin pro-  
 , , Dobie 24 8 stagladin agonist가 . Briner  
 가 .<sup>7)</sup>  
 .<sup>4)</sup>  
**국소 마취제**  
*Lidocaine* (*lignocaine*, *xylocaine*) , calcium 가 .  
 , calcium  
 , Jastreboff L - type calcium channel blockers  
 . Sakata, 가 가 .<sup>8)</sup>  
 Umeda, Coles lidocaine Davies *nimodipine* (*Nimotop*, 30mg tablets)  
 .<sup>5)6)</sup> 31 5  
*tocainide hydrochloride* (*Tonacard*, 2 .<sup>9)</sup> 4

4 , 13)

**혈관 확장제**

가 , *nicotinic acid*(Hexopal, 500 mg tablets Ronicol, 500 mg tablets), *naftidrofuril oxalate*(Praxilene, 100 mg capsules), *betahistine hydrochloride*(Serc, 8 and 16 mg tablets) . betahistine 가

**Glutamate 수용체 작용 약물**  
*caroverine* glutamate  
 . Glutamate glutamate  
 . Denk  
*caroverine*  
 50% 14)

**Ginkgo biloba extracts**

가 , 가  
 가 .  
 가 , Holgers 10)

**수 술**  
 가  
 Jones Knudsen 1928

**Aspirin**

가  
 House Brackmann  
 25%가  
 17 1 (6%)  
 가 15) Pulec 151 67%가  
 , 28% , 5% 가  
 16) Moller 72

가  
 House Brackmann  
 25%가  
 17 1 (6%)  
 15) Pulec 151 67%가  
 , 28% , 5% 가  
 16) Moller 72

**Gamma aminobutyric acid(GABA) agonists**

*Baclofen*(Baclofen, Lioresal, 10 mg tablets) GA-BAB  
 , 가 . Caspary Szczepaniak L - Baclofen 11)12) Westerberg Warrick  
 baclofen 32 1 (3.4%), baclofen 31 3 (9.7%)

, 18% , 22% , 11%  
 , 46% 가 3%  
 17)  
 50%  
 56%, 18)

**보청기/이명 차폐기**

1928 Jones Knudsen  
 가 , 1947 Saltzman Ersner가  
 , 1977 Vernon  
 가  
 ,  
 (narrow band), (broad band)  
 . Vernon 491 91% 가  
 가 가 <sup>19)</sup>  
 . Vernon Meikle  
 89%가  
 50% 2  
<sup>20)</sup>

**자극 및 물리적 방법**

**자기 자극법**

Roland  
 , 12.6%  
 22.6% <sup>21)</sup>

**초음파 자극법**

가 , Carrick  
 40 16  
 3 <sup>22)</sup>  
 Rendell <sup>23)</sup>

**저강도 레이저 자극법**

trigger - point  
 . Witt  
 Von Wedel ginkoga  
 ginko  
 50%  
<sup>24)</sup>  
 가  
**전기적 억제**  
 Hatton Portman 가 46~  
 66% 가  
<sup>25)</sup> Graham 가  
 10~58% 가 <sup>26)</sup>  
 Vernon Fenwick (transcutaneous) <sup>27)</sup>  
 가 22%  
 Transcutaneous electrical nerve stimulation(TENS)  
 , Engelberg The-  
 dinger biphasic  
<sup>28)29)</sup> Thedinger (1987)  
 30 2

**침술**

가  
 Tyler Keisay 가  
<sup>30)</sup> House  
 가 5  
 1 400~16000 Hz  
<sup>31)</sup> Hazell  
 6 100 Hz  
<sup>32)33)</sup>

**침술**

. Hansen  
<sup>34)</sup> Marks  
<sup>35)</sup>

고압 산소 치료

### 대체 요법(보완적 치료)

### 이명 재훈련 치료 (Tinnitus retraining therapy, TRT)

1988 Jastreboff  
(tinnitus retraining therapy, TRT)  
, 1990  
36 - 38)  
가 39 - 44)  
가  
가  
가

가  
(directive counseling)  
Jastreboff  
system)  
, 가 45)  
generator)  
46)  
6 가 . 80%  
39 - 44)

가  
가  
가  
가  
(biofeedback), (os-  
teopathy), (herbology), (ho-  
meopathy), (hypnotherapy),  
(reflexology),

중심 단어 :

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