

## EASING BAROTRAUMA IN THE EAR

### ABSTRACT

We suggest an effective and easy method to get rid of ear pain due to barotrauma.

**Keywords:** Barotrauma, Relief Step

### 1. INTRODUCTION

Barotrauma refers to the pain in the ears that occurs when the air pressure on the both sides of the eardrum are unequal (see, e.g., <<http://www.nlm.nih.gov/medlineplus/ency/article/001064.htm>>, <[www.patient.co.uk/health/ears-and-flying](http://www.patient.co.uk/health/ears-and-flying)>). Such an event may happen when an airplane descends a large height. On the outside of the eardrum the air pressure is higher than that in the inside, i.e., in the middle ear. There the air pressure is lower as the Eustachian tube may remain closed or offer resistance against air flow. Such a thing may happen during ascent also of the plane, or in other situations as driving in a mountain road, etc.

Barotruuma may cause severe pain in some persons (the author being one of them). To ease this pain, steps as having a candy, yawning, putting an earplug are often mentioned. In this article, we suggest another relief step for barotrauma.

### 2. A SUGGESTED RELIEF

According to my observations, gulping a mouthful of water may often be helpful. Apparently, this is more effective than the steps as mentioned in the preceding. I have tried this on 4 occasions during air travels, in descents. In each of these, the pain in the ears stopped instantly. (Though the pain may occur again if the plane is to descend a large height further; when one has to take more water.) The act of taking a mouthful of water, perhaps, opens the Eustachian tube more and more air-flow becomes possible. Subsequent to my experimentation, I have noted that, in <[http://www.tripadvisor.in/ShowTopic-g1-i10702-k5452750-Airplane\\_Ear\\_Pain\\_Suggestions-Air\\_Travel.html](http://www.tripadvisor.in/ShowTopic-g1-i10702-k5452750-Airplane_Ear_Pain_Suggestions-Air_Travel.html)> someone (with the identification as “musicsavedmylife211”), too has indicated such a step, based on personal experiences.

It is, therefore, suggested that, persons suffering from ear pain due to barotrauma during an air journey, or

in other situations, may attempt the step as described. It is a safe method, not having the possibility of any side effect. More research may be done on it and efforts may be given to create awareness about it so that many persons can benefit from it.

**Pritibhushan Sinha**  
6, A J C Bose Road – Thakurpukur  
Kolkata – 700063 West Bengal INDIA