



ORIGINAL RESEARCH PAPER

Homeopathic

NOSEBLEED / EPISTAXIS AND HOMEOPATHY

KEY WORDS:

Dr. AK Dwivedi*

Member, Scientific Advisory Board (CCRH), Ministry of Ayush, Govt of India, Professor and HOD, Department of Physiology and Biochemistry, SKRP Gujrati Medical College, Indore, India. *Corresponding Author

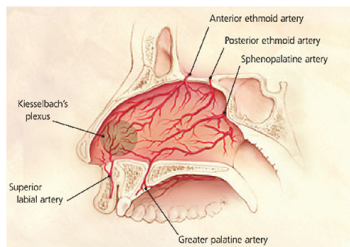
ABSTRACT

Epistaxis, or bleeding from the nose, is extremely widespread now days. Epistaxis is an acute hemorrhage from the nostril, nasal cavity, or nasopharynx. In exceptional cases, nose bleeding situation might lead to enormous bleeding and even death. even though epistaxis can have an anterior or posterior source, it generally originates in the anterior nasal cavity. Epistaxis, or nose bleeding, has been reported to occur in up to 20-30 percent of the general population. The condition has a bimodal distribution, with prevalence peaks at ages younger than 10 years and older than 50 years. Epistaxis appears to occur more often in males than in females. In this paper we discuss about how this problem can be cured by homeopathic medicines.

INTRODUCTION:

Nose is a part of the body that is extremely rich in blood vessels (vascular) and is located in a susceptible position on the face. Any trauma to the face may lead to bleeding from the nose. It is frequent in dry climates, or during the winter months once the air is dry and warm. Although it can be a bit chaotic, nose bleeds typically are not grave and can be easily controlled. There are two types of Epistaxis: anterior (more common), and posterior (less common, more likely to require medical attention). To begin with treatment, it is normally by applying pressure at least for five minutes above the lower half of nose. If this is not adequate than nasal packing might be used. If bleeding episodes prolonged than endoscopy is suggested.

When the tiny blood capillaries rupture due to warm air, or due to nose picking, the defensive mucus covering within the nose gets dry which lead to bleeding. Even though rare, the incapability of the blood to clot may also cause the nose to bleed at times. In some cases, high blood pressure can also be a reason. Rubbing ice alongside your nose can be efficient in controlling nose bleeds. The ice helps in reducing the enlargement in the blood vessels.



Pictorial view of nasal blood vessels

The etiology of epistaxis is not always simple. Various disease processes can effect bleeding from the nose. In order to suitably diagnose the patient, it is vital that the physicians should be aware of fundamental abnormalities that can effect in the clinical picture. The frequent causes of epistaxis can be divided into two broad categories—local and systemic disease states. Local factors leading to epistaxis consist of vascular anomalies, infectious/inflammatory states, trauma, iatrogenic injuries, neoplasm, desiccation and foreign bodies. General factors leading to epistaxis include hypertension, atherosclerosis, infectious/inflammatory diseases, blood dyscrasias, platelet deficiencies or dysfunction, coagulopathies, as well as kidney and liver disease. About 60% of people have a nosebleed at some point in their life. The majority causes of nose bleeding are self-limiting and do not need medical attention. Those with straightforward nosebleeds can use traditional methods to avoid future nosebleeds such as sleeping in a humidified surroundings or applying petroleum jelly to the nasal areas.

The most widespread causes of nosebleeds are:

- Nosebleeds can happen suddenly when the nasal membranes dry out and crack. This is regular in dry climates, or during the winter months when the air is dry and warm.
- Drying of the nasal membranes and nose picking.
- Trauma to the face can cause nasal injury and bleeding. The bleeding may be profuse, or just a minor problem.
- The occurrence of nosebleeds is high during the colder winter months when upper respiratory infections are more common.
- Allergic and non-allergic rhinitis.
- Hypertension (high blood pressure)
- Alcohol abuse
- Less common causes include tumors and inherited bleeding problems.
- Hormonal changes in pregnancy may enhance the risk of nosebleeds.
- Acute and chronic sinusitis
- Some Chemical irritants also cause epistaxis
- Deviated nasal septum
- Nasal sprays, such as those used to treat allergies, if used frequently.

Diagnoses of Nose Bleed:

- A detailed medical record for earlier bleeding, high blood pressure, liver diseases, use of anticoagulants, nasal trauma, family history of bleeding etc. should be taken.
- Examination of blood coagulation parameters.
- Measurement of the blood pressure.
- X-rays of the skull and sinuses.
- CT scan, nuclear scans, and MRI

Precautions to be taken:

- Avoid picking the nose.
- Keep the lining of the nose moist: Gently apply a light coating of petroleum jelly (brand name: Vaseline) inside the nose with a cotton swab twice a day.
- Avoid blowing of the nose or putting anything into it. If one feels like sneezing, keep the mouth opened so that the air will escape out the mouth and not through the nose.
- Stay on a soft cool diet.
- No hot liquids for at least 24 hours.
- Do not take any medications which will "thin the blood" like aspirin.
- Do not strain during bowel movements.
- Try to keep the head higher than the level of the heart.
- Do not strain or bend down to lift anything heavy.
- Do not smoke.
- Counteract the drying effects of indoor heated air by using a humidifier at night in the bedroom.

The homoeopathic management not only treats for nose bleeding, it also tries to tackle primary root cause for the

nosebleed situation. Since Homeopathy treatment is patient-oriented, in compression to disease oriented allopathy, it gives significance to every feeling of the patient and annoying factors. It reduces or stops bleeding by strengthening the nasal mucous membranes, blood vessel walls and by reducing congestion. By increasing the immunity power, it prevents allergic effect in the nose. Homeopathic treatment can give permanent relief to epistaxis without any side-effects.

In our clinic at Indore we have treated following patients of different age group:

Sr.No.	AgeGroup	NumberofPatients
1	1to15years	68
2	16to40years	15
4	41to50years	10
3	Above50years	35

As per the diagnosis of the patients of different age group following medicines were prescribed:

Sr.No.	NameofMedicine	Purpose
1	Phosphorus	Nosebleedwhilestrainingatstool.
2	BryoniaAlba	Vicarious menstruation;after being over heated orinanaemia.
3	Sepia	Epistaxisduringpregnancy.
4	HamamelisQ	Flowpassive,non-coagulable, with feeling of tightness at the bridge of the nose.
5	China	Habitualnosebleed
6	ArsenicAlbum	Habitualnosebleed
7	Arnica	Epistaxis,preceded by tingling.
8	Sulphuricumacidum	Oozingofdark,thinbloodfrom nose.

CONCLUSION:

Homeopathy can treat Nosebleed / Epistaxis. If the dosages of properly prescribed homeopathic medicines are taken regularly the Nosebleed / Epistaxis can be treated. The medicines like Phosphorus, Bryonia Alba, Sepia, Hamamelis Q, China, Arsenic Album, Arnica, Sulphuricum Acidum Nose bleed / Epistaxis can be treated successfully.

REFERENCES:

1. Corry J. Kucik, Lt, Mc, Usn, And Timothy Clenney, "Management of Epistaxis", Am Fam Physician. 2005 Jan 15;71(2):305-311.
2. Pollice PA, Yoder MG. Epistaxis: a retrospective review of hospitalized patients. Otolaryngol Head Neck Surg. 1997;117:49-53.
3. Guarisco J.L., Graham H.D. 3rd. Epistaxis in children: causes, diagnosis, and treatment. Ear Nose Throat J. 1989;68(7).
4. Sharathkumar A. A., Shapiro A. Hereditary haemorrhagic telangiectasia. Haemophilia. 2008;14((6)):1269-1280.
5. Disease of ear nose throat and head and neck surgery by p l dhingra and shrutidhingra.
6. lectures on homoeopathic philosophy by j.t.kent
7. Organon of medicine fifth medicine by hahnemann
8. Homoeopathic materiamedica by williamboerick
9. Allen's key notes by h.c.allen
10. Text book of materiamedica by s.k.dubey