



EPISTAXIS & Its HOMEOPATHIC REMEDIES

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Abstract:

Epistaxis is a condition in which bleeding from the nose occurs, this is very common now days. Epistaxis is an intense internal bleeding occurs from the nostril, nasal cavity, or nasopharynx. In some situations, the nose bleeding can cause sever condition and may cause death also. The epistaxis generally initiates at the frontal nasal cavity. The epistaxis has been reported in around 20% of the world population. It is more common in children below 10 years of age and adults above 50 years of age. In the studies it has been found that the male population is more prone to this situation as compared to females.

In this paper we have discuss about epistaxis and it's cured by homeopathic medicines.

Keywords: Epistaxis, nostril, homeopathic medicines, nasal cavity etc..

Introduction:

Nose is a part of the body that is very abundant in blood vessels and is positioned in a vulnerable location on the face. Any distress to the face may lead to blood loss from the nose. The bleeding is frequent in dry climates, or during the winter months once the air is dry and warm.

There are two types of Epistaxis :

1. Anterior (more common), and
2. Posterior (less common, more likely to require medical attention).

When the tiny blood vessels burst due to warm air, or due to nose picking, the protective mucus covering within the nose gets dehydrated which leads to bleeding. In some cases, high blood pressure can also be a reason. Rubbing ice beside your nose can be effective in restricting nose bleeds.

Causes of Epistaxis:

1. Local factors such as vascular anomalies, infectious/inflammatory states, trauma, iatrogenic injuries, neoplasm, desiccation, and foreign bodies.
2. General factors such as hypertension, atherosclerosis, infectious/inflammatory diseases, blood dyscrasias, platelet deficiencies or dysfunction, coagulopathies, as well as kidney and liver disease.
3. The most widespread causes of nosebleeds are:
 - Nosebleeds can happen abruptly when the nasal layers dry out and crack.
 - Drying of the nasal membranes and nose picking.
 - The amount of nosebleeds is high when upper respiratory infections are more common.
 - Allergic and non-allergic rhinitis.
 - high blood pressure
 - Excess of Alcohol
 - Acute and chronic sinusitis
 - Deviated nasal septum
 - Nasal sprays, such as those used to treat allergies, if used frequently.

Diagnoses of Epistaxis:

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

Precautions to be taken for Epistaxis:

- Do not smoke.
- Keep the nasal area moist by applying petroleum jelly.
- Stay away from picking the nose.
- Stay on a delicate cool diet.
- Avoid hot liquids.
- While resting keep head higher than the level of the heart.
- Reduce the drying impacts of inside warmed air by utilizing a humidifier at night in the bedroom.

In most of the cases Epistaxis are self-restricting and do not require medical care. Those with straight forward nosebleeds can use conventional ways to avoid future nosebleeds such as sleeping in dampened environments or using petroleum jelly at the nasal regions.

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 comparison to disease-oriented allopathy, it gives significance to every feeling of the patient and annoying factors. Homeopathy helps in 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 Homeopathy hospital we have conducted the studies on following number of patients in different age groups:

Sr. No.	Age Group	Number of Patients
1	1 to 10 years	14
2	11 to 50 years	19
3	Above 50 years	08

As per the diagnosis of the patients of different age group following medicines were prescribed and where closely monitored for their symptoms:

Sr. No.	Name of Medicine	Purpose
1	Hamamelis Q	Tightness at the bridge of the nose.
2	China	Regular nosebleed
3	Arsenic Album	Regular nosebleed
4	Phosphorus	Nosebleed while straining at stool or bending.
5	Bryonia Alba	After being overheated or in anaemia.
6	Sepia	It is generally prescribed during pregnancy.

Conclusion:

During our treatment of **Epistaxis**, we have found that the homeopathy helps in curing and helps in fast recovery of the patients suffering from **Epistaxis**. If the proper treatment with continuous follow ups has been taken than **Epistaxis** can be cured with the help of Homeopathic remedies.

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