



# Common Diseases of Nose and Preventive Measures

Nose is like a pyramid divided into two parts by a vertical partition called septum. This septum is usually not straight, but deviated to one side or the other. This deviation occurs on account of injuries to the nose during birth or afterwards. It is a good practice that mothers pull up the nose of the newborn, lightly, to make it straight. When the deviation of the septum is extreme, causing diminished air entry, treatment is required in some cases requiring Sub Mucous Resection. Side walls of nose have three soft tissue masses on either side, called the turbinates. They act like sponges to regulate temperature and humidity of the air breathed in. Turbinates secrete mucous which traps germs and dust entering during inhalation. The nose along with Paranasal Sinuses (air cavities on the sides of nose) help to reduce weight of the head along with other functions. Nose is also an organ of special senses responsible for smelling.

## VARIOUS PROBLEMS

### 1. Epistaxis-Bleeding from Nose

Do not get panicky as soon as one bleeds from the nose. Ask the patient to sit, not lie down, and close the nose by pinching its sides. Ask the patient to open the mouth and breathe lightly for about ten minutes. Give ice drinks, sprinkle ice water or cold water over the face and head. In most cases bleeding will stop. Here Homoeopathy has great role to play. *Phosphorus* 1M, two pills of size 40, dissolved in half cup of water and given one teaspoonful every half hour. Gradually, de-

crease the frequency and stop the drug when bleeding stops. Afterwards, patient should take rest and continue cold food and drinks. Treat the patient after repertorization. Author has tried *Phos* 10M. (*Phos* 1M not tried). One dose, two hours before surgery and one dose after the surgery. Bleeding becomes less. Nasal packing is generally required after surgery to prevent bleeding. With *Phos* 10M, bleeding is practically nil. In one case patient's head end of the bed was accidentally kept at the lower level than the foot end of the bed for about twelve hours. Patient did not bleed.

### SHORT REPERTORY FOR EPISTAXIS-P S KAMTHAN

- a. Keynote of *Arnica*-Epistaxis
- b. Injury, washing face-*Arnica*
- c. Dark, thin bleeding-*Carbo-veg*<sup>2</sup>, *Crot-horr*<sup>2</sup>, *Hamm*<sup>2</sup>, *Lach*, *Sec*<sup>2</sup>, *Ars-alb*.
- d. Black or red blood-*Nit-ac*, *Hamm*, *Lach*, *China*, *Kreos*, *Phos-ac*, *Sul*.
- e. Clotted blood-*Bell*<sup>2</sup>, *Cham*<sup>2</sup>, *China*<sup>2</sup>, *Ip*<sup>2</sup>, *Phos*<sup>2</sup>, *Puls*, *Rhus-tox*<sup>2</sup>, *Tub*
- f. Bright red blood-*Aco*, *Bell*, *Carb-ac*<sup>2</sup>, *Ferr-phos*<sup>2</sup>, *Hyos*<sup>2</sup>, *Ip*<sup>2</sup>, *Mill*, *Phos*<sup>2</sup>, *Rhus-tox*, *Sab*, *Tab*.
- g. Offensive blood-*Sec-c*, *Carbo-veg*, *Crot-h*.
- h. Morning bleeding-*Bry*<sup>3</sup> with headache, thirst and constipation.-*Lactic-acid*.
- i. Red blood-*Sec-c*, *Carbo-veg*, *Crot-h*.
- j. Night bleeding (right side)-during sleep, with cold body and deathly cold face-*Verat-alb*.
- k. Aggravation at night-*Ars-alb*, *Bov*, *Carbo-veg*, *Merc*, *Nit-ac*, *Phos*, *Sulph*.
- l. Aggravation in the evening-*Ant-c*, *Carb-s*, *Lach*, *Lyc*<sup>o</sup>, *Phos-ac*, *Phos*, *Sulph*.
- m. Accompanied by worms-*Cina*.
- n. Accompanied by nausea-*Ant-c*, *Arn*, *Calc-s*, *Kali-bi*, *Kali-carb* and *Mag-carb*.
- o. Nasal ulceration-*Nit-ac*.



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## General Section

p. Maggots in the nose – foul smelling, semi dark thin blood, *Sil 30* – three times a day.

Then to be removed by E N T Specialist. Few sittings are required. Afterwards drugs to be given after repertorization or E N T Surgeon to deal the case.

N B: Many other causes have been left for Homoeopaths to decide.

### 2. INJURIES TO NOSE

Control bleeding, consult E N T Surgeon

### 3. VASO-MOTOR RHINITIS

This is a non-infective condition of the nose with excessive sneezing followed by profuse watery discharge. E N T Surgeons give anti allergic medications, at times antibiotics, decongestants etc. Many cases respond, but few of them undergo surgery like submucous resection of nasal septum, cauterization, turbinectomy, etc. When these surgical steps fail, then more difficult or hazardous surgery is done. There is a new technique 'Vidian Neurectomy' (reference –Scott Brown's Diseases of Ear Nose and Throat-Feb1979, Vol III, pp 475-477) where Vidian Nerve, which is responsible for watery nasal discharge, is directly destroyed in the Vidian Canal which is situated behind the nose under the base of skull. All above surgical techniques and Vidian Neurectomy are very difficult to perform and only gives temporary relief. In such condition homeopathy is boon to the patients. *Allium-cepa*,

*Euphrasia, Phosphorus, Sabadilla* and many others are to be used as per symptoms. Constitutional remedy, after repertorization is must.

### 4. SNEEZING, RHINITIS AND EAR INFECTION

Inflammation of nose is called rhinitis and is caused by infection. This infection travels to paranasal sinues and/or to ears. One should not sneeze after closing the nose. Nose is connected to the ears by Eustachian tubes. Infection travels to ears through these tubes. If nose is closed during sneezing, the pressure is built up inside the nose and throat and the infection forces into the ear. This may lead to severe pain in the ear because of infection, and can cause ear drum perforation called as acute suppurative otitis media. So whenever you sneeze, open your mouth wide and do not close the nose.

*Similar effect will also occur on blowing too hard with an acute cold, hence patients with acute cold are asked NOT to blow too hard-Ed*

### 5. FOREIGN BODY IN THE NOSE

Usually, children insert things like paper, slate pencil eraser, piece of grain, marble etc, into the nose sub-consciously, while playing. The child should ONLY be taken to an experienced doctor. Many a times, unsuccessful attempts are made and the foreign body is pushed deeper into the nose causing bleeding and difficulty in further removal. At such times the foreign body is removed under general anaesthesia.

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