

## **EPISTAXIS – BLEEDING NOSE**

### **Causes:**

- 1) Excessive sneezing or rubbing
- 2) Dry winter air
- 3) Injury / trauma
- 4) Allergies
- 5) Respiratory problems like sinuses or infection like malaria or typhoid.
- 6) Avoid strenuous activity or bending over.

### **Treatments:**

#### **1) Cold compress**

You will need a few ice cubes and a soft towel. Wrap the ice cubes in the towel and place it on the nose. Apply gentle pressure with the cold compress for 4-5 minutes. Repeat after a few hours if the nosebleed persists. The coldness of the ice shortens the time that the body takes to clot and end the bleeding.

#### **2) Vitamin E**

You will need Vitamin E capsules. Puncture the capsules and pour the oil present inside into a small bowl. Apply the oil on the inside of your nostrils. Leave it on overnight. Repeat this every time you feel you have a dry nose. During the dry winter months, you can keep your nasal membranes moisturized by applying vitamin E oil. It is very hydrating for the skin. This remedy works well to prevent nosebleeds.

#### **3) Apple Cider Vinegar**

You will need 1 teaspoon apple cider vinegar and a cotton ball. Dip the cotton ball in the vinegar and place it in the affected nostril for about 8-10 minutes. This remedy works well in the first attempt and stops the bleeding from your nose. The acid in the vinegar helps to constrict the blood vessels, thus stopping the bleeding.

#### **4) Drink plenty of water -- Hydration**

A dehydrated body can also cause a nosebleed. Staying well hydrated is extremely important, especially during the dry seasons or in dry places. Dry winter air often dries out your nose, resulting in a nosebleed. So, keep your mucus membranes moist by drinking at least eight glasses of water in a day to prevent nosebleeds.

#### **5) Apply A4 ointment with cotton bud. (consists of castor oil, coconut oil, aloe vera gel, echinacea, calendula)**

## **6) Humidifier**

Many times, nosebleeds occur due to dryness in the air, especially in winter. A humidifier will keep the surrounding air moist, thus preventing nosebleeds.

## **7) Sit upright**

Your posture plays an important role in stopping the blood from dripping out of your nose. The first thing to do is to sit calmly in an upright position. Avoid leaning back to prevent the blood from going down the back of your throat. Breathe through your mouth, and tilt your head forward. This simple tip can easily manage minor nosebleeds. Remember to stay calm.

## **8) Apply pressure**

Hold either side of your nose with your thumbs and fingers, and pinch the soft part of your nose firmly for 10 minutes. This will decrease the blood flow through the affected area and reduce the bleeding. Avoid exerting too much pressure as it might cause discomfort. Release the nostrils slowly after 10 minutes to check if the bleeding has stopped. Do not touch or blow your nose. If the bleeding continues unabated, try applying pressure for another 10 minutes. This tip has proven to be effective as it helps to constrict the local blood vessels.

## **9) Vit C and Vit K**

Vitamin C is involved in the formation of collagen, which helps in creating a moist lining in your nose. This vitamin keeps the blood vessels in good condition, preventing them from rupturing easily. So, for long-term prevention, consuming vitamin C-rich foods like oranges, lemons, gooseberries, etc. is a good idea. Similarly, dark green leafy vegetables are packed with vitamin K, which facilitates blood clotting and can be useful in preventing nosebleeds.

## **10) Saline Spray**

You will need 1/2 teaspoon of Eternal Toothpaste (sodium bicarbonate) , 1 1/2 cups water and a syringe. Mix in a cup. Draw the solution into a syringe. Squirt this water into one nostril using the syringe. Make sure the other nostril is closed. Keep your head lowered and blow out the water. Repeat a couple of times. Do this to get rid of nasal allergies and blockages that can lead to nosebleeds. Helps to get rid of infections that cause excess mucus production in the nasal passages. If your nostrils are dry from the inside, the spray will help to soften the dried up mucus and expel it.