

Homeopathic Healthcare
George Guess, MD

Nosebleeds

Nosebleeds are a troublesome complaint, occurring rarely in some individuals and recurrently in others. Causes of nosebleeds can vary from benign — trauma, dry, irritated nasal mucous membranes, infection, sores and ulcerations — to more malignant — high blood pressure, hemophilia, leukemia, thrombocytopenia (low blood platelet count), liver disease, hereditary telangiectasia (dilated small blood vessels), etc. Some persons just seem to have a constitutional tendency to recurrent nosebleeds, probably due to a laxity of the walls of blood vessels in the nose.

While minor nosebleeds can usually be stopped with simple pressure in a matter of minutes, more severe nosebleeds can be a true medical emergency requiring a trip to the emergency room and at times uncomfortable nasal packing, cauterization, etc.

Acute and recurrent nosebleeds of benign origin can frequently be readily remedied by self/family care with homeopathic medicines using the few specific individualizing symptoms described below. As a matter of course, for acute nosebleeds one dose of 30C potency of the indicated homeopathic remedy should be taken orally every 15 minutes until the bleeding abates. If no effect is noted after one hour, select another remedy. If bleeding is severe and unresponsive to homeopathic treatment, medical attention is recommended.

Tricks for nosebleeds: put a small piece of ice under the upper lip beneath the nose or apply pressure to the point just under the nose on the upper lip. One can also apply a cold compress to the nose and/or pressure to the sides of the nose for 5-10 minutes. One unusual trick is to place a piece of paper in the mouth under the tongue or in vestibule of lower lip. (It sounds strange, I know, but I have seen it work frequently.)

Homeopathic Remedies

Arnica: Nosebleed after injury; also, after washing the face (occasionally Arnica has been noted to stop nosebleeds aggravated after immersing the hands in water), and after a spell of coughing.

Belladonna: Sudden bleeding from the nose with a red flushed face, occasionally during high fever. The individual is often sensitive to noise, jarring, and light.

Ferrum phosphoricum: Nosebleed with very pale face, or circumscribed red cheeks; profuse bright red blood that clots easily. This is a common remedy for nosebleeds in children. Bleeding may be better from cold applications.

Hamamelis: Profuse very dark blood. The bleeding is slow and without clotting. Nosebleeds and hemorrhoids occurring at the same time. The bleeding is due to weakness in the nasal veins.

Lachesis: Left-sided, dark nosebleeds. Nosebleed when the menses should start, so-called "vicarious menses." The bleeding decreases as the menstrual flow increases.

Phosphorus: Bright red blood that doesn't clot easily. Bleeding occurs easily with very little stimulus. Phosphorus patients are known to crave cold/carbonated drinks.

Vipera: Tendency to recurrent nosebleeds. The blood is often dark or black and unclotted. Nosebleeds and dizziness occur together. There may be a full or bursting feeling in the nose/face.

Dr. Guess is a family physician and has practiced classical homeopathic medicine since 1978. He maintains a private family practice in Crozet, Virginia, near Charlottesville. He is the past editor of the American Journal of Homeopathic Medicine (a professional homeopathic medical journal) and Vice-President of the American Board of Homeotherapeutics (a national homeopathic specialty board). www.drgeorgeguess.com