

# A Case Study of Recurrent Epistaxis Associated with Chronic Sinusitis and Deviated Nasal Septum in an Elderly Female

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**Abstract:** *Recurrent epistaxis in elderly patients poses a significant clinical challenge due to its multifactorial etiology and tendency for recurrence despite conventional interventions. This article presents a case of a 62-year-old female suffering from profuse, dark red nasal bleeding for three months, associated with chronic sinusitis, left-sided deviated nasal septum, dyspnoea, and marked anxiety. The patient required repeated hospital admissions, with temporary control of bleeding followed by early relapse. Systemic parameters revealed a normal blood pressure with a persistently raised pulse rate during bleeding episodes. A homoeopathic approach was adopted based on the totality of symptoms, emphasizing physical generals, mental state, and characteristic desires. Ferrum Picricum was selected due to its well-documented affinity for hemorrhagic conditions, venous congestion, and nervous excitability. Following individualized treatment, a marked reduction in frequency, intensity, and duration of epistaxis was observed, along with improvement in respiratory comfort and anxiety levels. This case suggests a potential role for Ferrum Picricum in recurrent epistaxis with associated sinus pathology.*

**Keywords:** chronic recurrent epistaxis, elderly patient, recurrent hospitalisation chronic sinusitis, homeopathic treatment, Ferrum Picricum

## 1. Introduction

Epistaxis is a common otorhinolaryngological emergency, particularly in elderly individuals, where age-related vascular fragility, chronic inflammation, and structural nasal abnormalities often coexist. While acute episodes can usually be managed effectively, recurrent epistaxis demands deeper evaluation and long-term management. Chronic sinusitis and deviated nasal septum are known to predispose patients to repeated bleeding by causing mucosal congestion and vessel friability.

Homoeopathy, with its holistic and individualized approach, offers therapeutic options aimed not merely at symptom suppression but at correcting the underlying susceptibility. This article explores the homoeopathic management of recurrent epistaxis through a detailed case study, emphasizing the role of Ferrum Picricum.

## 2. Literature Review

Ferrum Picricum, a compound of iron and picric acid, is recognized in homoeopathic literature for its action on the circulatory and nervous systems. It is especially indicated in conditions involving venous congestion, hemorrhages, and nervous excitability.

Classical materia medica describes Ferrum Picricum as useful in:

- Recurrent epistaxis with dark, profuse bleeding
- Hemorrhages associated with weakness but without collapse
- Congestive states of the head and sinuses
- Conditions aggravated by emotional excitement or anxiety

Dr. boericke states that "The symptom that specially calls for it is failure of the function of an organ under exertion, keeping this in mind and the affinity of the remedy in

haemorrhages it was prescribed with remarked success in the case.

## 3. Methodology

A single-case observational study design was adopted. Detailed case-taking was conducted, which brought to light the chronic recurrence since 3-4 months. During history taking it was shared that the patient was repeatedly hospitalised for long durations and upon discharge the complaint relapsed within the same week.

The remedy was selected on the basis of totality of symptoms and administered in the 200th potency, 3 doses were given at an hourly interval with regular follow-up. The patient was monitored for frequency, intensity, and duration of bleeding episodes, as well as associated systemic and emotional symptoms.

### Extracts of the case

The symptomatology was as follows- haemorrhage from the nose without a marked cause, painless, profuse, dark red in colour, associated with a deviated nasal septum and chronic sinusitis. The bleeding was so profuse that on applying pressure on the nose the blood would come out of the mouth. The patient was chilly, with a desire for both sweets and salts. Mentally she was found to be anxious, the anxiety was at times causeless and at times related to her health.

## 4. Result

Following the administration of Ferrum Picricum, the patient showed:

- Rapid reduction in frequency of epistaxis
- Decrease in profuseness and duration of bleeding
- Improvement in dyspnoea during episodes
- Reduction in anxiety and restlessness
- Improved overall sense of well-being

No further hospital admissions were required during the follow-up period of 6 months

## 5. Discussion

This case illustrates the importance of addressing both local pathology and constitutional factors in recurrent epistaxis. The presence of sinusitis and deviated nasal septum contributed to local congestion, while anxiety and circulatory excitability acted as precipitating factors. Ferrum Picricum was well indicated due to its hemorrhagic tendency, affinity for venous congestion, and correspondence with the patient's mental and physical generals. The sustained improvement suggests a constitutional corrective effect rather than mere symptomatic relief.

## 6. Conclusion

Recurrent epistaxis in elderly patients requires a comprehensive and individualized approach. This case demonstrates the potential effectiveness of Ferrum Picricum in managing chronic nasal hemorrhage associated with sinus pathology and emotional factors. Homoeopathic treatment, when guided by totality of symptoms, can offer lasting relief and improve quality of life in recurrent hemorrhagic conditions.

## References

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