

Efficacy of Homeopathic Medicines in Epistaxis

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Abstract: In India, the Epistaxis is affecting upto 60% of population in their life time, out of which 6% requiring the surgical interventions. The present study shows that majority of cases of epistaxis are manageable by conservative measures, homoeopathic medicines & few requires surgical interventions. Homoeopathic medicines like Croton, Carbo, Cal., Phos. etc. are very effective, which are prescribed based on symptom similarities. Homoeopathic remedies act beautifully both in acute & chronic nose bleeding. The key clinical areas are little's area & plexus. The study shows that it is more common in males as compared to females i.e. 64:26 & especially in middle aged persons (41-50 years) & in young adults (21-30 years). **Objective::** This study aims to prove the efficacy of homoeopathic medicines in treatment of Epistaxis. **Result:** Homoeopathic medicines are useful in treatment of Epistaxis and are also beneficial to control the bleeding. These medicines are also improving the mental as well as physical health of the patients. **Conclusion:** Homoeopathic medicines are very effective in treatment of Epistaxis, hypertension, trauma and coagulopathy which were most common etiological factors among the patients. Homoeopathic conservative management/ Non-surgical methods are effective to arrest the bleeding. Some medicines like croton, carbo.veg., calc. phos., etc. are very effective.

Keywords: Epistaxis, Homoeopathic conservative, hypertension, coagulopathy, Trauma, croton, carbo. Veg., cal. phos.

1. Introduction

Bleeding from nose is called Epistaxis. It is referred to as albatross of otolaryngology i.e otolaryngological emergency & considered to be significant & furious problem. The increase in blood pressure may leads to reapture of blood vessels with in the richly perfused nasal mucosa. Reapture may be spontannous or initiated by Trauma. Epistaxis is derived from word "Epistazo" where Epi means "above" and stazo means "fall in drops". Initially, it was through that bleeding was from the brain that was running down the nose. Hence, the word Epistaxis means "to shed from the above". The key clinical areas of Epistaxis are little's area, kiesselbach's plexus and woodruff's area.

The causes of Epistaxis are broadly categorized into two forms i.e local causes like nose infection, atmospheric changes, trauma etc. and general systematic causes are hypertension, cardiovascular disorder, liver & kidney diseases & bleeding diseases. Further, it is classified as Anterior Epistaxis & Posterior Epistaxis. Anterior Epistaxis is more common than Posterior Epistaxis.

Proper & Systematic management is required for the treatment of disease. Homoeopathic medicines like phosphorus, Lachesis, Calcaria phosphoricum, China officinilis etc. are very effective in arresting the problem of epistaxis.

2. Materials & Methods

Source of data

The study has been conducted on the patients attending OPD/IPD and peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital.

Sample Size

A sample size of 50 was selected on the basis of randomized sampling method.

Type of Study

Exploratory study.

Duration of Study

12 Months.

Inclusion Criteria

1. Patient who giving consent for the study.
2. Both sexes and age group between 5 to 50 years.
3. New cases of Epistaxis based on clinical diagnosis.
4. Older cases of Epistaxis showing relapse after four weeks of stopping previous treatment.

Exclusion Criteria

1. Case with complication which need surgical intervention like trauma.
2. Case with advanced pathological conditions (Neoplasm, Cardiovascular disease, mediastinal compression liver cirrhosis, sudden decompression/caissons disease etc.)
3. Cases of pregnant woman and lactating mothers.

Treatment method

Proper cases taking of patients were conducted according to homoeopathic principle of totality of symptoms and same was recorded in case diary. Repetition and Change of Potency has been done according to the instructions given in organon of medicine. Final prescription was based on the individualization of the patients. Diet & Regimen was set according to instructions given in Organon of medicine by Dr. Samuel Hahnemann. Diagnosis was made on the basis of clinical history of

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patients, lab investigations and other findings of the patient. The follow up of the cases were done fortnightly for about 6 months, so as to monitor the condition of patients properly.

3. Result

Total 50 patients were analyzed in the study, out of which 14 cases showed recovery i.e. 28%, 20 cases showed marked improvement i.e. 40%, 10 cases showed little improvement i.e. 20%, 4 cases showed no improvement i.e. 8 %, 2 cases were dropped. Most prescribed medicines were calc. phos., carbo. Veg., phosphorous, lachesis etc.

4. Conclusion

In nutshell, it is concluded that homoeopathic medicines are very effective in treating the epistaxis, when they are selected strictly according to the principles and laws of homoeopathic. Homoeopathic conservative or non-surgical methods were effective to arrest epistaxis in most of the patients. Surgical or interventional treatment is only required, when it is not controlled by non-surgical treatment methods.

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Conflict of Interest

The author declares that there is no conflict of interest.

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