

Review Article

Homoeopathic Management of Deviated Nasal Septum

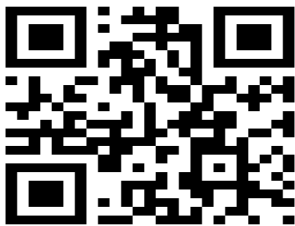
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ABSTRACT

A deviated septum is a condition in which the nasal septum, the bone and cartilage that divide the nasal cavity of the nose in half is significantly off centre, or crooked, making it hard to breathe. Most people have some sort of imbalance in the size of their breathing passages. In fact, it is estimated that 80% of people, most unknowingly, have some sort of misalignment of their nasal septum. Only the more severe imbalances cause significant breathing problems and require treatment. Most septal displacements result in no symptoms, and one may not even notice that they have a deviated septum. Some septal deformities, however, may cause the signs and symptoms like Obstruction of one or both nostrils. Nosebleeds. Facial pain. Noisy breathing during sleep. Awareness of the nasal cycle. Preference for sleeping on a particular side

Keywords: Nasal cavity, Nasal septum, Chronic rhinosinusitis



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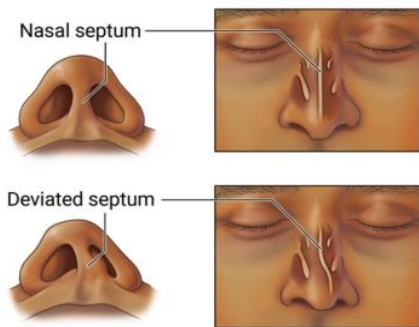
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INTRODUCTION

DEVIATED NASAL SEPTUM

A deviated septum occurs when your nasal septum is significantly displaced to one side, making one nasal air passage smaller than the other.



sometimes contribute to crusting or bleeding in certain people.

A nasal blockage or congestion (obstruction) can occur from a deviated nasal septum, from swelling of the tissues lining the nose or from both.

Treatment of nasal obstruction may include medications to reduce the swelling. To correct a deviated septum, one may need surgery. ⁽²⁰⁾

CAUSES:

A deviated septum occurs when nasal septum, the thin wall that separates the right and left nasal passages is displaced to one side.

When a deviated septum is severe, it can block one side of the nose and reduce airflow, causing difficulty breathing. The exposure of a deviated septum to the drying effect of airflow through the nose may

Deviated Nasal Septum



A deviated septum can be caused by:

A condition present at birth: In some cases, a deviated septum occurs when the fetus develops in the womb and is apparent at birth.

Injury to the nose: A deviated septum can also be the result of an injury that causes the nasal septum to be moved out of position.

In infants, such an injury may occur during childbirth. In children and adults, a wide array of accidents may lead to a nose injury and deviated septum. Trauma to the nose most commonly occurs during contact sports, rough play such as wrestling or automobile accidents.

The aging process may affect nasal structures, worsening a deviated septum over time.

Swelling and irritation of the nasal cavities or sinus cavities because of an infection can further narrow the nasal passage and result in nasal obstruction ⁽¹⁷⁾.

TYPES:

The nasal septum can be divided into subclasses according to the area of its curvature or the shape of the deviation ⁽⁹⁾,

C-shaped nasal septum deviation: It is the situation where the nasal septum is curved to the left or right in a C-shaped shape on the vertical axis.

S-shaped nasal septum deviation: It is the situation where the nasal septum is curved in the vertical axis in an S shape.

Dislocation of caudal septum or anterior septal dislocation: Displaced from the maxillary crest of the caudal part of the nasal septum. In this case, asymmetry between the nostrils, nasal tip deformity may occur.

Septal spur formation: A spinous bony prominence on the most posterior aspect of the nasal septum, extending laterally from the nasal septum, associated with previous trauma. In this case, headaches similar to the tension type emitted from the contact points can sometimes occur.



Nasal septum thickening: Traumatic causes, various infections or cartilage diseases can be caused or can be seen without any reason ⁽⁹⁾.

SYMPTOMS

The most common symptom of a deviated septum is nasal congestion, with one side of the nose being more congested than the other, along with difficulty in breathing. Repeated sinus infections can also be a sign of a deviated septum.

Other symptoms include frequent:

- Nosebleeds
- Facial pain
- Headache
- Postnasal drip
- Loud breathing and snoring during sleep
- Obstruction of one or both nostrils
- Noisy breathing during sleep
- Awareness of the nasal cycle
- Preference for sleeping on a particular side⁽²⁰⁾

Complications

Minor nasal septum deviation may not cause any complications at all. But if one may have

a severely deviated septum, a person may develop complications, including:

Chronic sinus issues.

Sleep apnoea.

Disturbed sleep.

Snoring or loud breathing during sleep.

Nasal congestion.

Nosebleeds⁽²⁰⁾

Prevention

One may prevent the injuries to the nose that can cause a deviated septum with these precautions:

Wear a helmet or a midface mask when playing contact sports, such as football and volleyball.

Wear a seat belt when riding in a motorized vehicle ⁽¹⁹⁾.

Conventional treatment

A deviated septum can sometimes be relieved with medications. If medicine doesn't offer relief, surgery may be needed to repair a crooked septum and improve breathing.

Medication for a deviated septum: Doctor may prescribe a medication to ease the symptoms of a deviated septum. While these medications may help with the symptoms, but they will not permanently correct a deviated septum.

Medications for symptoms of a deviated septum may include:

Decongestants: It can be taken either orally or as a spray. They help reduce swelling of the nasal cavity to increase airflow. But both may have side effects. Oral decongestants can rev up some people. Spray decongestants often have a rebound effect.

Nasal steroid sprays: It can increase the drainage by reducing swelling.

Antihistamines: Antihistamines can help reduce symptoms like a runny or stuffy nose. They often cause drowsiness and should be used with caution before driving or when taking with other medications ⁽¹⁹⁾.

SURGERY

If a person is considering surgery for a deviated septum, there are different procedures available that doctor may recommend. Deviated septum repair is usually done under local or general anaesthesia. Different procedures are:

Septoplasty

Septo-rhinoplasty

Submucosal resection

Turbinate out-fracture⁽¹⁹⁾

DIAGNOSIS

A healthcare provider will examine the nose using a nasal speculum. This handheld instrument gently spreads the nostrils open so that a physician can visualize the nasal cavity.

Physician will also enquire about the current symptoms. They may ask questions like:

What symptoms do you have?

How long have you experienced these symptoms?

Do you have difficulty breathing?

Do you have disrupted sleep?

Do you snore during sleep?

Do you have a history of sinus issues or nasal congestion? ⁽²⁰⁾

HOMOEOPATHIC APPROACH

Homeopathy offers a valuable approach to managing the effects of Deviated Nasal Septum by enhancing and improving the body's immune power. It aims to stimulate the body's natural healing mechanisms, providing relief from symptoms and preventing the need for surgeries ⁽²¹⁾.

Homeopathic Invention:

According to the latest research in homeopathy, DNS may be caused by a "SCENT CONFLICT," which refers to smelling trouble or potential threat. This conflict can arise from situations such as encountering a competitor or opponent at work, school, or in a relationship. Feelings like "This stinks" or "I am fed up with this" may contribute to the development or exacerbation of DNS ⁽²¹⁾.

HOMOEOPATHIC REMEDIES:

1) Allium Cepa:

Sneezing, especially when entering a warm room. Copious, watery and extremely acrid discharge.

Feeling of a lump at root of nose. fluent coryza with headache, cough, and hoarseness. Polypus.

Catarrhal headache, mostly in forehead; worse in warm room towards evening.

< evening, warm room.

> open air, cold room.

2) Arsenic Album:

Coryza with thin, watery, excoriating discharge. Nose feels stopped up. Sneezing without relief.

Burning and bleeding from nose. headache relieves by cold, other symptoms worse.

< wet weather, after midnight; from cold, cold drinks, or food. Seashore. Right side.

>from heat; from head elevated; warm drinks.

3) Arum Triphyllum:

Acridity is the keynote of the kind of action characteristic of Arum. Acrid, excoriating discharge, producing raw sores. Nose obstructed; must breathe through mouth.

Boring in the nose. Coryza; discharge blood-streaked, watery. Nose completely stopped, with fluent, acrid discharge. Large scabs high up on right side of nose.

Constant picking at nose until it bleeds. Headache from too warm clothing, from hot coffee.

< northwest wind, lying down.

4) Syphilinum:

Indicated for Caries of nasal bones, hard palate and septum, with perforation; ozaena.

< at night, sundown to sunrise, seashore, in summer.

> during day, moving about slowly.

5) Arundo:

A remedy for catarrhal states & Hay-fever.

Hay-fever begins with burning and itching of palate and conjunctiva.

Annoying itching in the nostrils and roof of the mouth. Coryza; loss of smell. Sneezing, itching of nostrils.

6) Euphrasia:

Catarrhal affections of mucous membranes especially of eyes and nose. Profuse acrid lachrymation and bland coryza; worse, evening. Hawking up of offensive mucus.

< in evening, indoors, warmth; south winds; from light.

> Patient is better in open air.

7) Kali Iod:

The profuse, watery, acrid coryza that the drug produces serves as a sure guiding symptom, especially when associated with pain in frontal sinus.

Nose is red, swollen. Tip of nose red; profuse, acrid, hot, watery, thin discharge.

Ozaena, with perforated septum. Sneezing.

< warm clothing, warm room, at night, damp weather.

> motion, open air.

8) Silicea:

There is Itching at point of nose. Dry, hard crusts form, bleeding when loosened. Nasal bones sensitive. Sneezing in morning. Obstructed and loss of smell. Perforation of septum.

< new moon, in morning, from washing, during menses, uncovering, lying down, damp, lying on, left side, cold.

> warmth, wrapping up head, summer; in wet or humid weather.

9) Merc Sol:

Coryza; acrid discharge, but too thick to run down the lip; worse, warm room. Nostrils raw, ulcerated; nasal bones swollen. Yellow-green, fetid, pus like discharge. Pain and swelling of nasal bones, and caries, with greenish fetid ulceration. Nosebleed < at night.

< at night, wet, damp weather, lying on right side, perspiring; warm room and warm bed.

10) Aurum Metallicum:

Indicated for Ulcerated, painful, swollen, obstructed nose. Inflammation of nose; caries; fetid discharge, purulent, bloody.

Boring pains in nose; worse at night. Putrid smell from nose. Sensitive smell. Horrible odor from nose and mouth.

< in cold weather when getting cold. Many complaints come on only in winter; from sunset to sunrise.

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