

THERAPEUTIC NOTES

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DISEASES OF THE NOSE AND ACCESSORY CAVITIES

1. *Circulatory disturbances.* In cyanosis of the nose from cardiac causes, of course, a weakened heart muscle must be strengthened. Where *skin venules* are dilated, we must consult *acidum hydrofluoricum*, *calcareo fluorica*, *sulphur*, *nux vomica*, *hamamelis* and *aesculus hippocastanum*. Slight cyanosis of nose and cheeks in children and young girls: first *pulsatilla*, then *sulphur*.

2. *Frost-bites:* In the very beginning *aconitum*, or still better *belladonna*. In blister formation *rhus toxicodendron*. Inclination to ulceration with dryness and burning sensation *arsenicum album*. When the dry and inflamed skin cracks and bleeds: *Acidum nitricum*. Chronic conditions with stitching and burning pains: *Agaricus*. Furthermore are recommended in fresh conditions *abrotanum* and *petroleum*. As preventive in patients with circulatory disturbances: *Pulsatilla*, *sulphur*, *acidum hydrofluoricum* etc. This preventive treatment must be carried out for a longer time, in which I follow *Heinrich Meng's* suggestion to give *pulsatilla* for a month, then for another month *sulphur*, or *hydrofluoric acid*, and for the third month I come back to *pulsatilla*.

3. *Acne rosacea:* It begins with a varicose vasodilatation and hyperemia. Here are especially indicated the *fluor-preparations*, *sulphur*, *nux vomica* and *aesculus*. According to the type I give *hydrofluoric acid* or *calcareo fluorica*. In alcoholics I begin with *nux vomica*; in hemorrhoidal patients I give *nux vomica* in daily alternation with *aesculus hippocastanum*; at times only *aesculus*; in hyper-tonics especially *aurum metallicum* or *aurum iodatum*, and in some cases *arnica* is indicated. Externally for vessel dilatation washing with the vein-remedy *hamamelis* extract (teaspoonful in ½ cup of tepid water).

Furthermore, one must consider *sulphur*, *arsenicum iodatum* (recommended by Clarke in the 3x potency); then *arsenicum bromatum* 6x (must be freshly prepared), *carbo animalis* (especially recommended by Pierre Jousset) and *rhus toxicodendron*. Constitutional remedies must be consulted.

4. *Comedones* on nose. Here above all a constitutional treatment is necessary; organotrope remedies often indicated are *sulphur*, *sulphur iodatum*, *selenium* in oily skin; these are first-line helps; then must be remembered *calcarea picrata* which is a prominent skin aid.

5. *Skin carcinoma* on nose. Where the symptoms do not indicate a certain constitutional remedy I give *calcarea fluorata* alternating weekly with *arsenicum iodatum* after I have applied externally a *cinnabaris arsenic* paste, which has cured a number of small skin carcinomas, always leaving a splendid cosmetic result.

6. *Rhinophyma* (acne rosacea of nose): Prominent remedies are: *Acidum hydrofluoricum*, *calcarea fluorica*, *conium*, *aurum muriaticum natronatum*; *sulphur* is at times interposed. The treatment must continue for a longer time.

7. *Fissures* in nostrils. Main remedies are *acidum nitricum*, *petroleum* and *graphites*. Small fissures after acute coryza usually heal in two days. I recommend local applications of *calendula cerate* as aid to internal medication, much appreciated by some patients.

8. *Hematoma* of nose. *Arnica* or *hamamelis* are the chief internal remedies; externally *arnica* or *hamamelis* extract (diluted), or poultices with diluted tincture of *arnica* or *hamamelis* are helpful.

9. *Fracture of nasal bones*. After a contusion of nose swelling of septum may prevent examination, hence Roentgen-ray photography must decide as to the question of fracture. Corrective treatment is supported by internal administration of *arnica* or *symphytum*. If a *hematoma* follows the contusion, forming between perichondrium and septal bone, it should be opened early to prevent septal

destruction in case of suppuration which might lead to saddle-nose. After opening a hematoma resorption can be aided by giving *arnica* internally (or my preference *acidum hydrofluoricum*); in case of suppuration of the hematoma *calcareæ fluorica* or *hepar sulphur* may help, and *silicea* for after-treatment.

10. *Luetic saddle-nose*. No treatment can possibly help, but in most cases it can be prevented by attacking septal gumma-formation as early as possible with an energetic anti-luetic treatment. Otherwise the gumma softens, forms a crater-ulcer, followed by necrosis and sequestration of the cartilagenous or bony nasal septum. *Luetic processes in nose*: *Aurum muriaticum natronatum* recommended by my father Dr. Hans Donner for syphilitic destructive septal processes. *Kali bichromicum* for the same condition, and especially *mercurius biniodide*, *aurum iodatum*, *cinnabaris*, *acidum nitricum*.

11. *Idiopathic septal perforation*. This involves only the septal cartilage following a rhinitis sicca anterior in which the mucous membrane is dry, of dirty-brown color, thinned, covered with sticky secretions with crust formation.

Such conditions are often found in workers where chromic acid is manufactured. I give *kali bichromicum* here always the 6x-potency, except in syphilis the 4x. The crusts are best removed by local applications of *peroxide*, or by tampons saturated in *hydrastis-glycerin*.

12. *Septal curvatures* are not amenable to internal therapy.

13. Foreign bodies in nose must be removed mechanically. If it is a substance of a caustic nature, then *cantharis* must be given internally, and *hydrastis glycerin* tampons in nose.

Cantharis is our first and best agent for burns or cauterized skin or mucous membranes; *phosphorus* and *arsenicum album* may also be indicated. If an ulcer is caused by pressure, give *arnica* internally and apply locally tampons saturated in *hydrastis glycerin*, or *hamamelis* etc.

14. *Furuncles on nose or in nostrils.*

Small furuncles are best treated with *sulphur iodatum* or *hepar sulphur* which "ripen" and empty them. Inclination to recurrences demand *calcareæ acetica* and *calcareæ picrina*, or *sulphur* (*tinctura sulfuris thioterpania*), *arnica*, *silicea*. Constitutional treatment with remedies indicated by the respective patient type.

Larger furuncles on nose are usually a serious matter and demand early treatment with *lachesis*, *echinacea* tincture or *arsenicum iod.* Externally apply *arnica* tincture or *echinacea* tincture repeatedly daily.

The sting of the Cuban spider (*tarantula cubensis*) causes a purple tumor, hence it is recommended in carbuncle. But remedies like *lachesis*, *echinacea* and *arsenicum iodatum* must not be forgotten.

15. *Epistaxis.*

(a) *Acute attack.* Patients demand above all that their physician stop it. First place patient in a favorable position, cold compresses on neck, pinching nostril on bleeding side. If this is not sufficient, pack nostril with *hamamelis extract*. If this does not stop the bleeding, search for bleeding spot through nasal speculum and apply *chromic acid* (if handy, use it in pearl-form), or pack anterior nasal cavity with gauze saturated in a coagulant. Since nose-bleed usually is a regulating symptom which stops when regulating effect is obtained, it is best, not to arrest small hemorrhages immediately. Epistaxis in coryza from hyperemia of the nasal mucous membrane demands *belladonna* given internally. Congestive bleeding, from marching in summerheat or in mountaineering is often controlled by *aconitum* which quiets the excited heart, the cause of arterial congestion to head. *Ferrum phosphoricum* acts here similarly to *aconitum* and *belladonna*. Since as remarked, nosebleed in many cases stops spontaneously, it is difficult to evaluate the numerous general hemostatics, especially when their action mechanism is not clear. Here, in my own opinion, belong the much recommended remedies

for the acute attack: *Acalypha Indica* tinct. (proved by my great-uncle Dr. *Christof Friedrich Donner* (Tonnère), a homeopathic pioneer in Calcutta, India), *millefolium*, *geranium*, *erigeron*, *trillium pendulum* (this latter *Cartier* also recommends locally—10 drops of the tincture in a table-spoonful of water for saturating a nasal tampon); *ipeca-cuanha*, *crocus* (I doubt its hemostatic action). I have always found the above treatment sufficient in acute epistaxis.

(b) *Treatment for inclination to epistaxis.*

The main sphere for homeopathic therapy, in my opinion, is the treatment of hemorrhagic tendency, for which our materia medica offers very effective possibility.

Successful aid for the condition must, of course, be based on an exact examination and causative diagnosis. Foreign bodies in nose, like needles, glass splinters etc. must first be diagnosed and then removed; no other course can hope to cure the inclination to bleeding from the nose.

Furthermore, in epistaxis of elderly people one must suspect the possibility of disintegration of carcinoma in accessory sinuses or in nasal passage, and an examination along these lines must be carried out. Aside from local inspection of the nose, a rigid general examination must be made which is decisive for therapy adopted. Nosebleed in hypertonic patients demands hypertonic remedies according to the symptomatology, like *baryta carbonica* and other *baryta* preparations indicated in senile arteriosclerosis, in essential hypertonia especially the *aurum* preparations, for nephrosclerosis *plumbum* and *cuprum arsenicum*. Since severe nosebleed in arteriosclerosis is often a premonitory symptom threatening apoplexy, one must aim to prevent the catastrophe with remedies like *glonoinum*, *arnica*, *bella-donna*, *aconitum* and *melilotus*, chosen according to symptoms present.

Hemorrhages due to venous stasis in head must be treated according to causative factors. Hence mitral stenosis demands heart remedies; liver cirrhosis: *nux vomica*, *aqua*

nucis and *aqua quassiae* etc. in alternation with *hamamelis*. Hemorrhage due to passive congestion in hay-fever with attacks of sneezing, and in whooping cough, the basic disease must be treated with local *hamamelis* tampons, or the above mentioned suggestions for acute hemorrhage.

In hemophilia, pernicious anemia, leucemia, *phosphorus* and *crotalus* may be indicated in addition to anemia remedies like *arsenicum album*, *arsenicum iodatum*, *chininum arsenicosum* etc.

It is well known that in phosphor-poisoning epistaxis, due to vessel degeneration, occurs; likewise the tendency to petechial hemorrhage following rattlesnake bite led to the use of *crotalus* in such hemorrhages, especially when occurring in the course of infectious diseases.

Phosphorus we prefer in yellow-liver-atrophy with epistaxis (similar to liver damage in phosphorus poisoning) against *crotalus* which latter we choose with *lachesis* in epistaxis from sepsis. When epistaxis suddenly occurs during diphtheria, this bad symptom of toxic vessel damage demands our snake poison *crotalus* or *lachesis*, which again are our best remedies in malignant diphtheria. Bloody nasal discharge in children is suspicious of nasal diphtheria.

Epistaxis in the beginning of infectious diseases is usually caused by hyperemia of the nasal mucous membrane during feverish head-congestion, or from dryness of the nasal mucous membrane. Here we use local application of *hamamelis* extract in saturated tampons, and *belladonna* or *ferrum phosphoricum* internally. Bleeding nasal polypi are best removed by operation. Hemangioma and cavernoma, usually designated "bleeding septum polypi" also are best removed surgically; and to prevent recurrence remedies like *acidum hydrofluoricum*, *calcareo fluorica*, or also *aesculus*, *hamamelis*, *sulphur* etc. are given for a longer time. Hemorrhage from disintegrated carcinoma of accessory sinus demand *kreosotum* or *hydrastis canad.*, or perhaps *crotalus* and *phosphorus*.

Finally we should speak of two other forms of epistaxis, namely first the so called "vicarious nosebleed." The first form in patients (suffering from hemorrhoids) whose hemorrhoidal bleeding had been suppressed, which I have never seen. Recommended are *nux vomica*. Since in patients suffering from hemorrhoids, aside from dilated rectal veins, they also often show varicose veins on nose and in pharynx, the formation of varices in the nose, which may lead to epistaxis, is perfectly plausible. In such cases *aesculus* is indicated, but we must also remember *nux vomica*, *sulphur*, *hamamelis* internally and *hamamelis* tampons locally.

Vicarious bleeding instead of menses, or accompanying the latter demand the following remedies: *Pulsatilla* or *graphites* in corresponding patient-types for constitutional treatment to obtain regulation of the menses. *Bryania* has congestion to head, epistaxis, splitting headache and tenderness in breasts from not appearing menses. *Aconitum* when menstruation does not appear, but there is head congestion with sensation of oppression and restlessness around heart with anxiety and bright red epistaxis. Here *aconitum* acts as a regulator of blood circulation. In such cases *melilotus* must also be remembered, which has congestions to head with headache better from nosebleed.

Epistaxis with congestion during climacteric, and nosebleed instead of menses remind us of *lachesis* or *crotalus*.

Habitual epistaxis of adolescence. Here treatment must be aimed at the frequent nasal catarrh: *Calcarea carbonica*, *calcarea phosphorica*, *calcarea iodata* and *hepar sulphur*. During the acute attack *ferrum phosphoricum* is perhaps the best remedy.

Aside from the mentioned constitutional remedies for the treatment of inclination to bleeding the *nitrates* are used: *acidum nitricum* and, especially recommended by Alfons Stiegele, *natrum nitricum*.

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