

Got A Runny Nose? Stop Chasing it Around!

Rhinorrhea is a general term that means different things to different people. Basically, anyone that has runny nose will also have a stuffy nose and excess mucus production that may run down everywhere, including the back of the throat. Mucus can be thin clear white or, in most cases, thick yellow or green. It is annoying and it disturbs regular breath. It can also cause sleeping disorders as a result of difficulty in breathing, or coughing.

Depending on the cause, rhinorrhea may last a few weeks or a few days. If the cause is not treated, it will reoccur. Most common causes are virus infections like the simple cold, allergic rhinitis or nasal polyposis. Some other factors can include medicines with a runny nose as a side effect, dust, irritative chemicals and a dry environment. If these nasal situations are treated, Rhinorrhea disappears.

Unless you find out what causes your nose to run and treat it, you will continue chasing it. However you can relieve the symptoms by following these simple steps:

Always remember that your nose and its nasal membranes are very sensitive. Many blood vessels exist near the surface. So don't blow your nose too hard because this can cause a nosebleed. Your Nose is also an entrance for microbes and viruses to your body. Its warm environment is ideal for their growth and spreading. Keep your nose clean and avoid picking with dirty fingers.

Blow your nose gently to a one use clean tissue only. Blow each nostril separately. Don't blow both nostrils together. This causes blocked wind to enter the ear and cause barotraumas. Additionally, mucus can be transferred there carrying the infection.

Increase air humidity. A Dry environment will further irritate the nose. You can use a vaporizer or a humidifier. Eucalyptus steam inhalation can help make mucus thinner thus removed easier by blowing.

Use saline nasal sprays to relieve your stuffy nose. These sprays cause the swollen tissues in the nose, that produce and hold the mucus, to shrink. Thus, Mucus gets thinner and is easily blown away. Be very careful with these sprays though, overdose can lead to further irritation and even more problems. Do not overuse nasal sprays, they are harmful for the nasal membranes.

Drink plenty of fluids that will hydrate your organism and tone your respiratory system. Staying hydrated keeps your postnasal mucus thin and easier to blow away.

Check to see if your rhinorrhea is caused when you are near feathers, animal hair, dust, pollen, certain flowers plants or trees. That is an indication that you suffer from allergic rhinitis. Take precautions like avoiding animal hair, keeping your house free of dust and using cotton pillows and quilts. Avoid all sorts of irritants such as smoke and chemicals.

Treat your runny nose with care. Relieve from symptoms and discover the cause of your rhinorrhea. Follow those steps and you won't need to chase your nose around anymore.

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About the Author

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