14 Natural Home Remedies to Prevent Nosebleeds

Deblina Biswas  Remedies

Sudden and infrequent nosebleeds are common among both children and adults, and in most cases they don’t indicate any serious health problems, but a nosebleed can be a rather scary experience not only for children but also for grown-ups. Frequent nosebleeds can be a symptom of some other serious health issue. Almost all of us have experienced bleeding from the nose at some point in our lives, but this problem is most common among children because they are more prone to injury during playing and running. The level of seriousness of the bleeding depends on various factors such as location, frequency, etc. In most cases, nasal bleeding is anterior bleeding, in which the bleeding originates from the front of the nose. It is easy to control anterior bleeding with the help of home remedies and home care measures just like we use home remedies for face, hair and minor health issues.

**Common Causes for Nosebleeds**

Injury and trauma to the nasal area is one of the main causes of nosebleeds. It can also appear as a symptom of other diseases and health issues. Some health problems that cause nosebleeds are as follows:

- Prolonged exposure to excessive dry heat
Sinus infection in the nasal cavity
Nasal surgery
Foreign particles stuck in the nasal passage
Excessive sneezing or repeated blowing of nose in a vigorous manner
Allergic rhinitis
Vascular formation in the nasal passage
Formation of tumor in the nasal passage
High blood pressure
Exposure to irritants like ammonia
Common cold
Overuse of nasal sprays
Formation of nasal polyps
Sudden change in altitude

Symptoms of Nosebleeds

A nosebleed is not a health issue in itself but a symptom of some other problem. The seriousness of a nosebleed depends on the causes. Some of the common signs that indicate a nosebleed are as follows:

- Appearance of blood from one or both nostrils
• Blocked feeling in the nasal passages
• Sensation of presence of a fluid at the back of the throat or nose
• Presence of reddish-brown particles on the tissue after wiping the nose
• Difficulty in breathing and feeling like choking

Some more severe symptoms of nosebleeds are:
• Nasal deformity
• Problem in vision
• Facial pain and numbness
• Spells of fainting
• Difficulty in hearing
• High fever and chills
• Swelling of the nose and cheeks

14 Effective Home Remedies to Stop Nose Bleeding in Children and Adults

When it comes to treating nosebleeds, it is best to rely on time-tested home remedies based on natural Ayurvedic and herbal ingredients that show quick results without causing any side-effects.

Pinch and Press

The simplest treatment for nose bleed is the pinch and press remedy that has been used for ages and is effective enough to show immediate results. Pinching the soft region of the nose with the fingers applies pressure to the bleeding point of the nasal septum and helps check blood flow immediately. Sit straight with your head tilted forward in order to prevent the blood from running down your throat. Softly blow your nose to clear out the clots that can hinder sealing of the blood vessels.
Use the thumb and index finger to apply pressure to the soft region of the nose situated just below the bony bridge. Continue to pinch for 10 minutes and breathe through your mouth. Release the pressure and repeat it again after 5 minutes. Don’t lay down flat or tilt your head back during this procedure.

Apple Cider Vinegar

Apple cider vinegar is a versatile product that is extensively used in homemade cures for skin and hair, and is an important ingredient in DIY natural hair conditioner for smooth and silky hair. Organic apple cider vinegar is also one of the easily available natural remedies for nosebleeds that prevent excessive blood loss from the body by sealing up the broken walls of the blood vessels.

Soak 2 tiny cotton balls in apple cider vinegar and place them in both the nostrils and wait for 5 to 8 minutes and then take them out. You can also prevent nosebleeds by mixing 2 teaspoons of apple cider vinegar in a glass of warm water and drinking it 3 times a day.
Cold Compress

A cold compress using ice is another effective way to stop nosebleeds in adults. The extreme cold temperature of the ice constricts the blood vessels of the nose and slows down blood flow and bleeding within a few minutes. It also helps in reducing inflammation in case the nose is injured. But, you should never apply ice directly to the nose.

Wrap a few ice cubes in a light towel and apply this compress on the bridge of the nose for 10 minutes while seated in an upright position and tilting your head back. Repeat the procedure if needed.

Saline Water

A saline solution is often used for nasal irritation in order to clear a blocked nose caused by sinusitis or allergy caused by dust, pollen, and gunk. But it is also a useful nosebleed treatment at home that is absolutely safe. The saline solution moisturizes and soothes the inner linings of the nasal passage and reduces irritation of the nasal membranes. This remedy is especially effective if your nosebleed is caused by excessive cold and dry climate.
Add a pinch of salt to 1/2 cup of water and stir it well. Pour few drops of the solution into the nostrils. You can also use an over the counter saline nasal spray for this purpose. Reapply it 2 to 3 times every day till the irritation is cured.

Cayenne Pepper

This hot and fiery spice is not only useful for spicing up dishes, but also for addressing various health issues. A drink made of cayenne is considered one of the most effective herbal remedies for weight loss as well. Cayenne is also a useful natural treatment for nosebleeds which helps in adjusting blood flow to the vessels and promotes faster coagulation. Cayenne travels through the circulatory system and takes off the blood pressure from the hemorrhaging areas. It also functions as a cell stimulant.

Vitamin C present in cayenne helps in strengthening the blood capillaries and preventing nosebleeds in the future. Add 1 teaspoon of cayenne in a glass of warm water and drink it daily. You can also add cayenne to your regular foods to get desired results.
Steam

Steam is one of the most amazing home remedies for nose bleeds, and it shows more effectiveness if a person suffers from chronic nose bleeds caused by low humidity levels. You should never miss an opportunity to inhale steam, because it greatly helps in keeping the delicate nasal membranes moist at all times. You can take in the steam from your cup of morning tea or opt for a mini steam bath now and then.

In order to have a steam bath, boil 1 ltr of water in a large sized bowl; bring your face above the boiling water to take in the steam. Cover your head with a large towel in the manner of a tent so that the steam does not escape from the sides. Draw in the steam for 5 to 10 minutes by breathing gently. But be careful not to lean too much towards the boiling water.

Nettle

Nettle is an extremely popular medicinal herb that is widely used to treat various health conditions. The powerful astringent properties of this herb are useful to prevent nosebleeds and bleeding from wounds by promoting clotting and slowing down blood flow.
Nettle is also used as a preventive treatment for nosebleeds because it helps in fortifying the capillaries and curing allergies which can also act as a trigger for nose bleeds. You can inhale dry powdered nettle leaves to stop nose bleeds or apply a few drops of nettle leaf juice in each nostril. You can also consume 1 to 2 cups of nettle leaf tea daily if you suffer from chronic nosebleeds during dry months.

Onions

Onions are an amazingly healthy vegetable loaded with essential nutrients and are often included in natural remedies for hair loss. Onions are also a powerful homemade nosebleed treatment because they contain a certain blood clotting agent that is useful in stopping nose bleeding. In addition, onions also contain vitamin C and bioflavonoids which help in strengthening the capillaries and making them less susceptible to bleeding. The natural fumes of an onion are powerful enough to clot the blood.
Cut an onion into thick slices, press one slice under your nostrils and inhale the fumes for a few minutes in order to stop bleeding immediately. You can also trickle 2 to 3 drops of fresh onion juice in each nostril.

Coriander

Coriander is a popular herb widely used around the world to not only add a delicious aroma to dishes, but also for its medicinal properties. Coriander leaves are loaded with essentials vitamins and minerals that make it an important Ayurvedic medicine, and it is a highly recommended Ayurvedic treatment for nose bleeds as well.

The cooling and soothing properties of coriander stop bleeding within a short period of time and also balance the pressure of blood in the vessels. Therefore, coriander must find a place in the balanced high blood pressure diet chart. In addition, the antihistamine properties of coriander also help in preventing allergies that trigger nosebleeds. Coat the inner linings of the nose with a few drops of coriander oil or fresh coriander juice to stop nose bleeding. You can also smear a paste of fresh coriander leaves on the forehead to stop nosebleeds promptly.

Holy Basil

Holy basil or Tulsi holds a prominent place in Ayurveda because of its powerful medicinal properties and it is one of the most effective Indian home remedies for cold and sore throat. Holy basil acts as a nerve tonic and removes phlegm from the bronchial tube. It also soothes the stressed nerves and blood vessels in the nose and stops bleeding. It is a wonderful natural cure for nose bleeds in children as well as adults.
You can simply chew a few fresh basil leaves in order to calm the damaged blood vessels. You can also take the juice from the basil leaves and trickle few drops of the juice in both nostrils.

Nasya Oil

Nasya oil is yet another time-tested ayurvedic remedy for nosebleeds that has been used for ages. It is especially useful for treating nosebleeds caused by dry sinuses and chronic congestion. It is a safe and effective remedy that doesn't have any side-effects. The oil is prepared from a combination of selected herbs, and you can easily purchase the oil from any herbal shop or online shopping site that sells herbal products.
Dip the entire bottle containing the oil in warm water so that the oil is heated up. Now, trickle a few drops of the warm oil in both the nostrils using a dropper and softly massage the nose from outside using your thumb and index finger for 2 minutes.

Goldenseal

Goldenseal is another useful preventive herbal remedy for nosebleeds that has potent astringent and antimicrobial properties. Using this remedy regularly not only heals persistent nosebleeds but also prevents recurrence of nose bleeds in the future. It is also an effective natural antiseptic that keep infections at bay. The cooling and soothing properties of goldenseal help in relaxing and sealing the broken blood vessels.

Heat some water in a pot and add a teaspoon of goldenseal into it and steep for a few minutes. Sniff the fumes so that it enters into your nostrils. Repeat several times a day.

Petroleum Jelly

This is a multipurpose product that almost all of us have in our closet. It is the best friend of dry skin during winter and is an inexpensive home remedy for dry lips. It has been seen that nosebleeds are more common during dry months when the inner linings of the nose become excessively dry. Therefore, it is necessary to keep the inner linings of the nostril well-moisturized at all times. The highly viscous and moisturizing nature of petroleum jelly makes it one of the best remedies to soothe irritated nasal passages.
Take some petroleum jelly on your index finger and smear it in both the nostrils, but make sure not to smear too much of it at a time or you might inhale or swallow it. You can repeat this cure several times a day.

Lemon Juice

When it comes to a one-stop solution for all skin and hair problems, there is nothing like pure lemon juice. It is an amazing home dandruff remedy which helps in reducing flaking, scalp itching and infections. It is also a potent natural treatment for nose bleeds which shows results almost instantly.
The high acid content of lemon juice stops nose bleeding, whereas the vitamin C content of lemon juice strengthens the delicate blood capillaries present inside the nose. Use a clean dropper to trickle a few drops of fresh lemon juice inside both the nostrils while keeping your head tilted back.

Tips to Prevent Recurrence of Nosebleeding

Here are some powerful preventive measures that can help you check the recurrence of nosebleeds in future.

- Lack of liquid intake throughout the day can dry out the mucous membranes and cause nosebleeds. Therefore, make sure to drink 8 glasses of water every day to stay well hydrated.

- Air-conditioning can remove humidity from the air and dry it out completely leaving you more susceptible to nosebleeds. So, it is best to avoid AC as much as possible.

- Be careful about nasal allergies. Constant irritation caused by the allergens causes you to blow your nose repeatedly, thereby causing damage to the nasal membranes and triggering nosebleeds.

- All of us are aware of the numerous disadvantages of coffee, and here is another one. Consuming a lot of coffee or caffeinated beverages like sodas and energy drinks extracts the moisture from the mucous membranes present in the nasal passages, which makes the nasal passages dry, irritated and inflamed, thus making the blood vessels more prone to injury, thereby causing a nosebleed.

- If you suffer from chronic nosebleeds, then start taking 1000 to 1200 milligrams of vitamin C every day. Vitamin C is useful for strengthening the capillary walls and keeping
the inner linings of the nostril moist. You can also take 500 milligrams of bioflavonoid supplement every day because it helps in healing the damaged capillaries.

- Resist the usage to blow your nose during and after a nosebleed as it will only make things worse.
- Try to control smoking as much as possible. Smoking irritates and dries out the protective inner linings of the nasal passages. Also, try to avoid smoky environments, because second-hand smoke is equally damaging.

- Diet also plays a crucial role in the prevention of nosebleeds. It is essential to follow a balanced diet chart that contains foods rich in iron, vitamin C, vitamin K and zinc, which helps increase hemoglobin count, improve collagen formation, enhance blood-clotting and maintain blood vessels in the body respectively. Some of the foods rich in all these nutrients are red meat, egg yolk, spinach raisins, chicken, guava, coriander, oranges, lemons, canola oil, avocados, Brussels sprouts, brown rice and whole wheat bread. Therefore, a healthy diet rich in essential nutrients along with the nourishing touch of these healing remedies can go a long way in stopping nosebleeds and preventing its recurrence in future.

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