



Article published on December 12th 2011 | [Alternative Medicine](#)

The delicate lining of the nose contains various tiny blood vessels which can rupture easily and result into nosebleed. It can happen to anybody regardless of the age or gender. Some of the basic factors which cause the nose bleeding are; infection of the mucous membrane, dryness, injury to the nose, nose picking, sudden impact to the nose and cold.

Nose Bleeds Home Remedies

There are various home remedies for nose bleeds which are simple to follow and can be tried at home easily. Some of the common home remedies for bleeding from nose are:

1. The first thing one should do in order to stop nose bleeding is to sit up straight with the head in slightly forward position. Remember not to move your head in the backward position as it will cause you to swallow your blood which can later make you vomit. In case if blood gathers in your mouth, spit it out.
2. One of the effective home remedies for nose bleeds is to pinch your nose firmly for two to three minutes at the bridge region. Never tilt your head in backward position and do not try blowing your nose as it will start the bleeding again.
3. Goldenseal is also very effective in treating bleeding from nose. All you need to do is take a pint of water and then add a spoonful of goldenseal to it. Now boil this solution and then allow it to cool down. Once cool you can snuff some of it to your nostrils and repeat it many times in a day.
4. One of the simplest home remedies for nose bleeds is to use saline water. Just take half a glass of water and put a pinch of salt to it. Now spray this solution in your nose.
5. Another effective home remedy is to take an ice pack and apply it on the exterior of the nose.
6. You can even try covering your head with a wet towel. This is very effective in curing bleeding from nose.
7. Apple cider vinegar is also very useful in stopping the nose bleed. In order to congeal the blood, take a small cotton ball and soak it in the apple cider vinegar. Now put this cotton ball into your nostril.
8. In a dry surrounding the nose has to work harder because one of the main functions of the nose is to supply the lungs with well humidified air. Therefore it is important to humidify the air by the means of air humidifier.
9. One of the efficient home remedies for nose bleeds is the use of lemon juice. Take some lemon juice and apply your bleeding nostril with one or two drops of lemon juice.
10. To stop nose bleeding you can even try using nettle leaves. Take some nettle leaves and then squeeze them. Now take a cotton ball and soak it with the juice of nettle leaves. Put this cotton ball for three to five minutes into the nostril.
11. Take liquorice, red sandalwood and naagakesara in equal parts and make them into a fine powder. Now take a glass of milk and add it with two to three pinches of this powder. Drink this

mixture.

These were some of the effective home remedies for nose bleeds which are safe, simple and easy to try at home.

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Article Keywords:

home remedies for nose bleeds, nose bleeds home remedies, nose bleeds remedies, remedies for nose bleeds, natural treatment for nose bleeds

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