Non-allergic Rhinitis

Have you got chronic sneezing with a congested and drippy nose, stuffy head and runny eyes but with no apparent reasons? There is actually a medical term to describe this condition which is more annoying than harmful. It is called Non-allergic Rhinitis.

Non-allergic Rhinitis is where the nasal lining becomes swollen and inflamed due to causes other than allergy.

Symptoms

The patients with nonallergic rhinitis have symptoms that come and go year-round. However there might be some constant symptoms that last for hours or even a couple of days. Signs and symptoms of nonallergic rhinitis may include:

- Stuffy nose
- Runny nose
- Sneezing
- Mucus (phlegm) in the throat (postnasal drip)



Causes

Many things can trigger the nasal swelling in nonallergic rhinitis — some resulting in short-lived symptoms while others cause chronic problems. Nonallergic rhinitis triggers include:

- **Environmental or occupational irritants.** Dust, smog, secondhand smoke or strong odors, such as perfumes, can trigger nonallergic rhinitis. Chemical fumes, such as those you might be exposed to in certain occupations, also may be to blame.
- **Weather changes.** Temperature or humidity changes can trigger the membranes inside your nose to swell and cause a runny or stuffy nose.
- **Infections.** A common cause of nonallergic rhinitis is a viral infection — a cold or the flu, for example. This type of nonallergic rhinitis usually clears up after a few weeks, but can cause lingering mucus in the throat (postnasal drip). Sometimes, this type of rhinitis can become chronic, causing ongoing discolored nasal discharge, facial pain and pressure (sinusitis).
- **Foods and beverages.** Nonallergic rhinitis may occur when you eat, especially when eating hot or spicy foods. Drinking alcoholic beverages also may cause the membranes inside your nose to swell, leading to nasal congestion.
- **Hormone changes.** Changes in hormones due to pregnancy, menstruation, oral contraceptive use or other hormonal condition such as hypothyroidism can cause nonallergic rhinitis.
- **Stress.** Emotional or physical stress can trigger nonallergic rhinitis in some people.

Lifestyle and home remedies

Other than seeing a doctor, you can always try some easy home remedies to help reduce discomfort and relieve the symptoms of nonallergic rhinitis. Make certain lifestyle changes such as eating healthily, exercising regularly, as well as getting enough sleep and rest can also make significant difference.

- **Stay hydrated.** Drink plenty of liquids, such as water, juice or noncaffeinated tea. Avoid caffeinated beverages, which can cause dehydration and aggravate your symptoms.
- **Humidify.** Set up a humidifier in your work or sleep location. Or breathe in the steam from a warm shower to help loosen the mucus in your nose and clear your head of stuffiness.
- **Blow your nose.** Regularly and gently blow your nose if mucus or irritants are present.

Source: Mayo clinic