

## 【Original Work】

Nasal productive insufficiency

--- Proposal of new concept of odor nasal symptoms --- \*

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## 【Introduction】

I experienced 4 cases of crustless formation but strong nasal odor. Since crust formation is not observed, it does not apply to the concept of classical bronchiectasis.

The nasal cavity is moistened with nasal discharge and the products of bacteria and bacteria grown by the cilia in the nasal cavity are swept towards the throat, but some people produce less nasal discharge and the product of the bacteria is not swept, so it is strong. It is considered to indicate a nasal odor.

It can be said that it has been overlooked because it is a disease state which is not recognized visually and is recognized only as an odor. Odor tends to be unnoticeable if intranasal inhalation of horse oil or nasal washing with physiological saline is performed twice a day or more.

I named this a nasal secretion syndrome. The frequency of this disease is high.

【Key words】 Nasal mucus-producing incompetence, Ozena of a new concept, Self-odor syndrome

## 【Case】

(Case 1) Thirty-three-year-old female

History; After junior high school students frequently had a stuffy nose and nose breathing became difficult at night. I went to an otolaryngology, but it was lightly treated. At least this time, there is no memory that yellow pus like empty appeared. After junior high school first year, I was told by my classmate "smelly" and experienced heavy bullying. In the second year of junior high school, I started taking medicinal herbs said to be effective for chronic sinusitis and so on, but in about three months I am remission, but I rekindled the first year in high school. I examine it in the

library and find out that my pathology is a disease name of bronchitis. A case says that it is said to be "a smelly fishy smell".

When I was in my twenties, I heard that in certain otolaryngology "the inside of the nose is black! I smoke cigarettes like Godzilla!" (The case does not smoke cigarettes.) At this time Chronic sinusitis of chronic disease has become very worse and a large amount of yellow nasal discharge appeared and the case says).

Nasal odor came to be noticed since it began to inhale nasal cavity of horse oil or nasal washing with physiological saline twice a day or more. Characteristic bias is not recognized. It is a serious personality.

(Case 2) A 48-year-old man

Past history: The case was extremely troubled with severe chronic sinusitis since elementary school student's low grade, but since about 2 years of high school the chronic sinusitis became mild, whether the secretion was decreased, or whether chronic sinusitis It got no trouble.

Family history: None

Current medical history: The case was very concerned about bad breath, and there was social anxiety disorder (interpersonal tension) according to this. The social anxiety disorder treatment history has reached 34 years. From childhood, there were more tooth decay, judged selfish from the teeth, surrounding several dentistry, thoroughly treated the teeth, but did not alleviate the malodor (self judgment). The bad breath self diagnosed by gastroesophageal reflux disease and received a PH test etc. at a university hospital etc., but gastroesophageal reflux disease was denied in either case. Even though it was not gastroesophageal reflux disease, the case itself was thought that if bad breath became severe even depending on chronic gastritis or functional gastrointestinal disorder, he was treating Kampo so as to cure chronic gastritis or functional gastrointestinal disorder. However, the treatment result was not good.

The case insisted that there was a contradiction in the method of PH test for 24 hours, it refluxed when abdominal cavity pressure was applied and inspected by semi-fasting at the time of examination, and it was negative, the second 24 hour PH test He insisted on receiving.

The patient started to think that her smell was not a bad breath but a bad smell was just before reading the second 24 hour PH test, reading the homepage of "Friends of troubles with nose smell" on the Internet. A case says that a child is said to "smell of stool".

Nasal odor came not to be noticed since it began to suck in horse oil nasally twice a day or more.

Characteristic bias is not recognized. It is a serious personality. In case

(Case 3) Male 38 years old, male

Past history: Ear and nose were bad from elementary school student's low grade and I went to the otolaryngology hospital. A large amount of runny nose came out during junior high school high school and I had a hard time during the lesson.

Family history: Mothers, older sisters (case 2 brothers) also have a stuffy nose say case.

Current medical history: After graduating from high school, I join the Tokyo branch of a company. I work on the floor where there are close to 200 people. So "smelly" is said to be a sign of neglect from company employees. However, he himself did not care much.

At the age of 30, it will be moved to the Osaka branch. Again, I work on the floor where there are close to 200 people. Rumors of being in the Tokyo branch are being conveyed, and the company employees say "beholden" in the same way as "smelly". A young employee came near the case and smelled and frequently said "smell". The patient suffered and underwent surgery for chronic sinusitis at a university hospital. Because it is not a private enterprise but a public enterprise, there is plenty of time to spare, and it is speculated that such bullying could have occurred. A case says that it is said to be "a smelly fishy smell".

On the Internet, I found a "friends associate with nose smell" and I realize that I seem to be bad nose disease on my own here. I have seen some otolaryngology, and I have been diagnosed with atrophic rhinitis in some cases. Also, in some otolaryngology it is diagnosed as selfish smell, sometimes written an introduction letter to a psychiatrist, and sometimes I visit a psychiatry department. Self-smell was diagnosed in psychiatry, and a benzodiazepine anxiolytic drug was prescribed.

Since I started washing nasal cavity with physiological saline twice a day or more, my nose odor came to notice.

Characteristic bias is not recognized. It is a serious personality.

(Case 4) Male 32 years old

Past history: No special mention

Family history: No special mention

Current medical history: High school, winter, sleeping in front of a hot-air stove, inhaling warm air for a long time, insisting that it formed an envelope in the nasal cavity, and was seeing multiple otolaryngology. Several otolaryngologists have been diagnosed as having an odor and they are advised to see a psychiatric department. There have been several years of seeing psychiatry.

I work for a post office and have never been bothered. It is speculated that this was because the post office was not able to afford time. Even at the post office I worked in a department with many night shifts, and it was a change of day and night work. Psychiatry says that he went through for several years in order to have sleeping pills. A case says that it will "smell of stool".

Since I started washing nasal cavity with physiological saline twice a day or more, my nose odor came to notice.

Characteristic bias is not recognized. It is a serious personality.

#### **【Method】**

Inhalation of horse oil in the nose is done by attaching horse oil to the tip of the swab and inserting it into the nasal cavity, occluding the nasal cavity of the opposite side and inhaled suddenly.

In the case of nasal washing with physiological saline, it is desirable to warm the physiological saline to about the same temperature as the body temperature.

#### **【Discussion】**

Classical bronchoscopy is considered to be a clinically significant disease and it has been extensively studied all over the world, mainly in Germany and Japan, before World War II (2, 7, 7, 9). In the Showa Dynasty's "Self-Defense Force Immigration Requirements", people with bad smell are listed so that they can not join.

In case 1, it took about a year and a half to take remedy of herbal medicine, which is said to be effective for bronchoscopy at junior high school age, but this is thought to be due to recovery of nasal production by herbal medicine taking.

Case 2 has undergone drug treatment as social anxiety disorder (interpersonal tension) and self-smell for 24 years. I thought that in case 2, severe chronic sinusitis from childhood was healed in the second grade of high school.

In 4 cases, scar formation was hardly observed in the nasal cavities. Due to insufficient production of nasal discharge, it was thought that bacteria proliferated in the nasal cavity, product of bacteria increased, odor occurred because it was not flushed out. Currently, many of the rapidly increasing self-stated odor nasal symptoms are included in this.

This disease is a serious thing that has been overlooked, and now, as the "burning" has increased dramatically, it is often that it is receiving "bullying" as a "smelly man". The number of patients falling into society is very large. Even when visiting a hospital complaining of this, it is often noticed that crust formation is not recognized and he / she is often diagnosed as self-smelling and recommended to see a psychiatric department.

We estimate the frequency of this disease to 1 in 200 people. Unlike the original odor nasal symptoms, removal of crust by the otolaryngology is not essential. However, it is necessary to perform intranasal inhalation of horse oil or nasal washing with physiological saline twice a day or more. It was thought necessary to flush out the products of the bacteria and bacteria that proliferated by intranasal inhalation of horse oil.

Four cases were nasal cavity examined cases that seemed to be odor nasal symptoms of "friends meeting who suffers from nasal smell", and 4 cases have been treated as self odors.

Many patients are sued by other people, but many patients are said to have a bad smell of fish. In the case of fecal odor, it is presumed that *Staphylococcus aureus* is proliferating, and it is presumed that *Pseudomonas aeruginosa* is proliferating when it smells like rotten fish. Bacteria grow on the mucosa of the nasal cavity and it is thought that excretion of bacteria releases a bad smell.

Initially, "at night, administering inhalation of horse oil intranasally before sleep once a day is enough" was advocated. However, it is not a bacterial growth and accumulation of excrement in crusts due to crust formation but storage of bacteria excrement on the nasal mucosa, so it is recommended to inhale horse oil once a day But it was short. Many cases were observed that caused offensive odor from the nasal cavity at noon (or morning) the following day. For that reason, "Corrective inhalation of horse oil by twice a day" was corrected.

In addition, since the same effect can be obtained by nasal washing with physiological saline solution, not only inhalation of horse oil nasal cavity but also saline solution with almost the same osmotic pressure as

physiological saline or physiological saline solution, nasal cavity I began to recommend washing as well.

Nasal irrigation with physiological saline is said to injure the cilia cells in the nasal cavity unless warmed to a temperature close to the body temperature and even if the physiological saline is warmed to a temperature close to the body temperature, It is said that it hurt the cell, although it recommends inhalation of horse oil in the nose, many people dislike horse oil smell etc.

Intranasal inhalation of horse oil and nasal washing with physiological saline are not fundamental treatments to cure nasal productive insufficiency, but only by palliative control of odor. However, this is the only way to deal with nasal productive insufficiency, ie a new concept of bromo nalis (which can also be named a new type of odor nasal disease).

It is often found that this is a dominant inheritance, and inheritance of mucus production ability is conceivable. The proportion is about 1 in 3 cases, but when examined it seems to be even higher.

The strict vegetarianism is very often mitigated, and the strength of its effect is proportional to how rigorously executing vegetarianism. In addition, it often happens that nasal odors become strong and nasal odor hardly disappears in response to the cycle of menstruation.

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