

# Rhinitis acuta

Template:Infobox - disease **Rhinitis acuta** (acute rhinitis) is an inflammatory disease of the nasal mucosa, that is **most often of viral origin**. However, primary bacterial inflammations may also occur rarely. Acute rhinitis can also be caused by certain **thermal and chemical influences** and, last but not least, allergens. Mucosa of the nasopharynx is often damaged at the same time. That's when we talk about rhinopharyngitis.

## Rhinitis acuta catarrhalis

It is the most common form of inflammation. It is usually caused by viruses (reoviridae, rhinoviruses, influenza viruses). It is transmitted by droplet infection, but also by direct contact. Incubation period is 1 to 4 days.

## Stages of the disease and their symptoms

1. **Prodromal „dry“ stage** – fatigue, malaise, headaches, loss of appetite, dryness and itchy nose.
2. **Catarrhal stage** – watery secretion, nasal congestion, loss of smell, tearing, redness and swelling of the mucosa, a feeling of sore ears.
3. **Mucus secretion stage** – problems are fading away, the smell returns, clear secretion from the nose.
  - The duration of symptoms is about 1 week.
  - A viral infection can be aggravated by a **bacterial superinfection** (e.g. *Streptococcus pneumoniae*, *Haemophilus influenzae*). Nasal secretions become purulent to slimy and the disease prolongs.

## Therapy

- **Anemisation droplets** – improve breathing through the nose.
- **Antihistaminics 2nd generation** – anti-inflammatory effect.
- **Antibiotics** – in bacterial superinfection or in patients who are at risk of superinfection due to other diseases (immune, metabolic, etc.)
- **Antipyretics** – for fevers.

## Complications

- Dermatitis of the skin of the nasal passages and upper lip.
- Severe otitis media.
- Inflammation of the paranasal sinuses.
- Inflammation of the lower respiratory tract.
- Inflammation of the conjunctiva and lacrimal duct - less common.
- Meningitis – rare.

## Links

### Related Articles

- Rhinitis

### Used literature

- HYBÁŠEK, Ivan. *Ušní, nosní a krční lékařství*. 1. edition. Praha : Galen, 1999. 220 pp. ISBN 8071849499.
- MUDR. SLOUKA, . *Klasifikace rýmy* [lecture for subject ORL, specialization ORL, LFP UK]. Plzeň. 4.10.2011.