



Prevention is Care

Deviated Nasal Septum

Did you know this about Deviated Nasal Septum?

The deviated nasal septum (DNS) is a thin wall of cartilage (soft bone tissue) that divides the two nostrils. It is displaced from the centerline. Ideally, the septum should divide the nasal passages equally. When one passage is thinner or blocked, then it is called Deviated Nasal Septum.

Cartilage is a firm but flexible connective tissue found in various parts of the body. It is softer and less rigid than bone, but it is stronger and more resilient than other connective tissues like skin or muscle. Cartilage provides support, cushioning, and structure in areas where flexibility is necessary.

The most common type of cartilage is the Hyaline Cartilage. Smooth and glassy, providing a low-friction surface for joint movement. It is found in the nose, trachea, larynx, and at the ends of long bones (articular cartilage).

The functions of a cartilage are to support the structure to body parts like the nose and ears.

Hyaline cartilage, which covers joints and supports structures like the nose, is less flexible but can still withstand some degree of bending.

If hyaline cartilage is trimmed, the body may respond by forming fibrocartilage in the area. Fibrocartilage is tougher and less smooth than hyaline cartilage, and it does not have the same functional properties, such as low friction for joint movement. Fibrocartilage reduced flexibility makes it less adaptable to bending or stretching, limiting its role in areas requiring high elasticity (e.g., the ear or nose). Like other types of cartilage, fibrocartilage is avascular (lacks blood vessels), which restricts its ability to heal or regenerate after damage.

What causes the Nasal Septum to deviate?

Unless you are born with a deviated nasal septum or you injured your nose in an accident, the most common cause for DNS which goes without mention is your diet and lifestyle.

Certain foods can trigger allergies, leading to inflammation in the nasal passage which can block one or both of the nasal passages.

Acid reflux can irritate the upper airway and aggravate nasal congestion.

Some foods, like dairy, can increase mucus production in some individuals, which could contribute to congestion in people with a deviated septum.

Smoking and exposure to second-hand smoke can lead to chronic inflammation in the nasal passages thereby deviating the nasal septum.

Prolonged habit of eating late can potentially exacerbate nasal congestion or sinus issues. In such cases, it might make breathing more difficult or uncomfortable potentially causing sinus inflammation which can cause obstruction in the nasal passages.