

# Honeymoon rhinitis

Honeymoon [rhinitis](#) is a term used to describe a condition in which a person experiences nasal congestion or other nasal symptoms (like a runny nose or sneezing) triggered by sexual arousal or during sexual activity. This phenomenon is thought to occur due to the activation of the autonomic nervous system, which also influences the blood vessels in the nasal mucosa, potentially leading to nasal congestion.

## Key Points

**Cause:** Sexual arousal leads to parasympathetic nervous system activation, which can cause vasodilation in the nasal mucosa, resulting in congestion.

**Symptoms:**

Nasal congestion

Runny nose (rhinorrhea)

Sneezing

**Triggers:**

Sexual arousal

Sexual activity

**Management:**

If symptoms are bothersome, using over-the-counter decongestants or antihistamines may help.

Nasal sprays, such as those containing corticosteroids, could be used for persistent symptoms.

This condition is rare and not typically harmful, but understanding its cause can help manage symptoms effectively if they occur.

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A case of [honeymoon rhinitis](#) consisting of a 48 years-old male patient with left unilateral nasal discharge mainly present during sexual intercourse and orgasm. Exploratory nasal endoscopy, CT and MRI were normal. Beta-trace test and all allergy tests were negative. The response to antihistamines and corticosteroids had been negative. A Vidian endoscopic neurectomy was carried out.

Using [Vidian neurectomy](#), a complete sympathetic-parasympathetic denervation of the nasal mucosa was achieved. After a follow-up of 15 days, the patient stated that his symptoms had improved. Nasal obstruction, sneezing, and rhinorrhea had decreased without showing symptoms either in the morning or during sexual intercourse. After two years of follow-up, the symptoms were still resolved without any complaints related to his preoperative "honeymoon rhinitis." Anatomical structural relationships between the activation of the autonomic nervous system in the pelvic region and the

stimulation of sympathetic-parasympathetic neurons in the nasal mucosa is unknown. However, the use of Vidian neurectomy for treating these cases reveals they may be mediated by a possible disbalance of the autonomic activity.

This case report gives background on the autonomic innervation of the nasal mucosa and how its imbalance causes a clinical condition that we suggest it could be solved by the Vidian neurectomy when other therapeutic measures fail <sup>1)</sup>.

<sup>1)</sup>

Massegur H, Carrera A, Gras-Cabrerizo JR, Tubbs RS, Reina F. Endoscopic Vidian neurectomy for treating postcoital unilateral hydrorhinorrhea: A case report and literature review. Int J Surg Case Rep. 2024 Dec 18;126:110749. doi: 10.1016/j.ijscr.2024.110749. Epub ahead of print. PMID: 39708722.

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