

## what can cause runny nose

A runny nose, also known as rhinorrhea, can be caused by a variety of factors that irritate or inflame the nasal tissues. The most common causes include:

- Viral infections such as the common cold or flu, which trigger the body's immune response and increase mucus production<sup>[1] [2] [3]</sup>.
- Allergies (allergic rhinitis) to substances like pollen, dust mites, pet dander, or mold, leading to inflammation and watery nasal discharge<sup>[2] [4] [5] [6]</sup>.
- Environmental irritants such as smoke, pollution, strong odors, or chemical fumes<sup>[7]</sup>.
- Changes in weather, temperature, or humidity, which can cause swelling in the nasal lining and increased mucus production<sup>[5] [7] [6]</sup>.
- Structural issues in the nose, such as a deviated septum or nasal polyps, which can cause persistent or chronic runny nose<sup>[5] [3] [8] [9]</sup>.
- Certain medications, including those for high blood pressure, erectile dysfunction, depression, and some anti-inflammatory drugs, which may list runny nose as a side effect<sup>[5] [7] [9]</sup>.
- Nonallergic rhinitis, which can be triggered by eating spicy foods, drinking alcohol, or hormonal changes<sup>[7] [9]</sup>.
- Other causes include sinus infections, pregnancy, or overuse of nasal sprays<sup>[8] [9]</sup>.

In summary, a runny nose can result from infections, allergies, irritants, environmental changes, anatomical issues, medications, or other medical conditions. Most cases are temporary, but persistent or severe symptoms may require medical evaluation<sup>[2] [5] [9]</sup>.

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1. <https://www.mayoclinic.org/symptoms/runny-nose/basics/causes/sym-20050640>
2. <https://my.clevelandclinic.org/health/symptoms/17660-runny-nose>
3. <https://www.benadryl.com/cold/runny-nose>
4. <https://vicks.com/en-us/symptom/runny-nose>
5. <https://www.sfenta.org/blog/why-do-i-have-a-runny-nose-when-i-m-not-sick/>
6. <https://www.columbiadoctors.org/news/everything-you-ever-wanted-know-about-stuffy-and-runny-noses>
7. <https://www.mayoclinic.org/diseases-conditions/nonallergic-rhinitis/symptoms-causes/syc-20351229>
8. <https://www.mountsinai.org/health-library/symptoms/stuffy-or-runny-nose-adult>

9. <https://www.healthline.com/health/constant-runny-nose-clear-liquid>