

Management of Hyperhidrosis

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Summary

In hyperhidrosis, there is too much and non-physiological production of sweat by our body. Hyperhidrosis affects 1-2% of the population. The origin of this disease is not clear, although some workers say that it is caused by sympathetic over activity nervousness. For the cure of this disease Antiperspirants are available. It can also be cured by Endoscopic thoracic sympathectomy (ETS) method.

Keywords: Endoscopic thoracic sympathectomy, Iontophoresis, Liposuction, Botox, Botunlinum, Anxiety

Introduction

In hyperhidrosis, there is a too much and non-physiological production of sweat by our body.⁽¹⁾ Hyperhidrosis may be a general condition where unnecessary sweating occurs all over the body or local hyperhidrosis where the unnecessary sweating is in a specific location such as the face, feet or hands. By looking at affected portion, it seems that it is just washed, either it is hand, foot or underarms.

Important Facts

1. Hyperhidrosis affects between 1-2% of the population.
2. In certain regions the percentage appears more than 2% (Taiwan and Philippines).
3. Family genetic history is believed to play a major role in Hyperhidrosis.⁽²⁾
4. The most common areas of focal Hyperhidrosis are in the hands, armpits, and feet.
5. Male and females both are affected.
6. It can negatively affect people socially and functionally in their lives.
7. Historically doctors have completely misunderstood or underestimated its significant impact on patient's lives.

Etiology

The origin of this disease is not clear, although some workers say that it is caused by sympathetic over activity or nervousness⁽³⁾. Other factors may also take part in the problem and include certain foods, and drinks, nicotine, caffeine and fragrances. These may generate a reaction leading to the appearance of the problem.

MANAGEMENT

Antiperspirants

Antiperspirants are available in market. By spraying upon affected portion, they produce less sweat for 6-10 hours.⁽⁴⁾ Some multi national companies launch 16 hours less producing sweat Antiperspirants in market.

Endoscopic thoracic sympathectomy

With surgery, sweat through affected portion can be minimized or even can be removed completely. This method is called Endoscopic thoracic sympathectomy (ETS).⁽⁵⁾ In ETS, surgeon operates up to 30-60 minutes. Patient is completely unconscious and surgeon cuts sweat related Nerve. But this method is completely banned even in Sweden that was, its birth place in 2003. Because quantity of sweat can even gets more instead of reduction or it can expel to release through any other part of body. Another method during surgery overactive glands of sweat can removed from the body.

Sweat gland suction

Sweat gland suction⁽⁶⁾ method is originated from Liposuction⁽⁷⁾ and is only used in auxiliary hyperhidrosis⁽⁸⁾ means to remove excess of sweat from under arms.

Iontophoresis

Iontophoresis⁽⁹⁾ is used for hands and foot. Affected part is absorbed or dipped in water and electric current is passed whose quantity ranges from 15-18 amperes and is produced through DC Generator and in armpits the current is applicated via wet sponge electrodes.

Botox

This method of cure is so famous that in 2004 FDA approved this method. Botox⁽¹⁰⁾ is particularly common for sweat in underarms.

Purified Botulinum Toxin

Purified botulinum toxin⁽¹¹⁾ is injected into the underarms, which temporarily block the nerves that stimulate sweating. The affect usually lasts for 2-6 months although some patients may continue to benefits for 12 months. It is very costly treatment. Make it clear that Botox is used to remove the wrinkles of skin and it can use as anti aging agent.⁽¹²⁾

Prospects of ancient general Practitioner

In the treatment of this disease doctors and herbalists⁽¹³⁾ tell few precautions, upon acting on them it reduces significantly. Every department and way of precaution related physicians tell these measures.

1. Keep body cold as much as u can. Keep your head cover under direct sunlight.
2. Take regular bath and wash especially infected area.
3. Change cloth regularly.
4. Stay well away from meat and wine.
5. Tea, nicotine⁽¹⁴⁾, caffeine⁽¹⁵⁾ and other addicted items are strictly not recommended.
6. Use such sought of cloths that do not cause any distortion between body and air.
7. Drink as much water as u can so that body temperature may not exceed.
8. Do not use oily and fried items. Use low chilly in edibles.
9. Use vegetables and corn to eat. Use Milk, Yogurt, and easily digested food.
10. Stay away from worries.

Precautions

In Hyperhidrosis, exercise is best than any other way out. Exercise can give best relief to patient than any other precaution or medicine.

- i. Some patients suffer from this disease only at night they don't have any symptom in day time. They cannot even sleep at night due to which they remain depressed and this adds to their sickness.
- ii. Some patients remain normal during the summer. And got their Underarms, hands, Foot, face, and joints covered with wet only in winter. That is a source of complete depression.
- iii. In some patients, this process of excessive sweating becomes fast as long as they remain hungry. But as soon as they eat some thing sweat strength reduces or almost finishes.

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