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Homoeopathic management for hyperhidrosis

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Abstract
Excessive sweating is a socially embarrassing disorder, and its treatment options are receiving widespread attention. In order of frequency, palm-sole, palm-axilla, isolated axilla, and craniofacial hyperhidrosis are different disorders of sweat regulation. A common association between these disorders is an excessive non-thermoregulatory sweating response to emotional stimuli in areas of the body affected by the anterior cingulate cortex, thermoregulatory regulated by the anterior hypothalamus. This is in contrast to the sweating reaction of. Diagnosis of these mechanically ambiguous disorders is based primarily on medical history and physical examination, but the results of laboratory tests using indicator powder reveal the distribution and severity of resting hyperhidrosis.

Keywords: Hyperhidrosis, Homoeopathy, Therapeutics

Introduction
Hyperhidrosis is a condition that causes excessive sweating due to an overstimulation of cholinergic receptors in eccrine glands. Sweating more than the body needs for homeostatic temperature regulation is a defining feature of this illness [1].
The epidemiological prevalence of Primary hyperhidrosis has been the subject of extensive scientific investigation worldwide. Values range from 0.6 percent to 16.7 percent. Hyperhidrosis can have an impact on people of all ages [2]. The affected body area probably has an impact on the age of onset. Both men and women are affected equally [3]. Patients with hyperhidrosis frequently mention their family history [4].
The pathophysiology of localized hyperhidrosis was initially linked to gene alterations in 2006 [5]. Grimson, *et al.* created a medicinal therapy in 1950 to treat hyperhidrosis using ant muscarinic drugs [6].

Classification [7]
Based on the cause
1. Primary
2. Secondary

Based on the region involved
1. Focal
2. Generalized

Causes
Primary: Mostly idiopathic. It can be due to thermal provocations, emotional triggers or physical activity [8].

Secondary: It is due to some underlying disease conditions or might be physiologic also. Physiological causes include fever, pregnancy and menopause. Pathological include:
- Malignancies: Lymphoma, myeloproliferative disorders
- Infections: Acute viral or bacterial infections, tuberculosis, malaria, brucellosis, HIV
- Endocrine: Diabetes insipid us, diabetes mellitus, hypoglycemia, hyperthyroidism, pheochromocytoma, acromegaly, carcinoid syndrome
- Cardiovascular: Endocarditis, congestive heart failure, cardiovascular shock
- Respiratory: Respiratory failure
- Neurologic: Stroke, Parkinson's disease, psychiatric disorders [9]
- Certain drug intake.

Pathophysiology

Sweat is a normal physiological hypotonic secretion produced by apocrine and eccrine glands. These glands are widely distributed in the axillary and urogenital regions. Sweat production is mainly controlled by thermoregulation and emotion. The thermoregulatory centre is located in hypothalamus and gets activated when there is increase in body temperature. The emotion centre is in limbic system which gets activated in states of extreme emotional stress like anxiety, fear etc. [9].

Primary hyperhidrosis is mostly idiopathic. It may be due to overactive autonomic nervous system or abnormal brain function. It is the most common type and is common in both sexes during puberty in axilla and face. Some factors like certain foods and drugs, nicotine, caffeine and smell can also be aggravating factors [10]. Few cases of primary hyperhidrosis are genetically predisposed and might be either autosomal dominant or recessive pattern [5]. Secondary hyperhidrosis is mainly due to the diseases affecting peripheral nerves like diabetic neuropathy, also spinal cord diseases [11].

Investigations

1. **Iodine starch test:** This is the most commonly used test and is much useful for focal hyperhidrosis. Iodine is applied over the tested area and then starch powder is applied over it. If there is sweat formation, iodine and starch undergo reaction and turn violet in color [12].
2. **Ninhydrin test:** It involves the reaction of ninhydrin with amino acids that are present in sweat to produce which results in a vivid color. This can be quantified using digital analysis [13].
3. **Gravimetry:** In this test, filter paper is applied over the tested areas. The weight of the filter paper is measured before the test and after a short duration of the test. Hyperhidrosis is diagnosed with axillary sweating of >136mg/min/m^2 or palmar sweating of >50mg/min/m^2 [14].

Diagnosis

The diagnosis of hyperhidrosis is usually clinical and is diagnosed if the following criteria are met

- Sweating involving face, axillae, palms and soles for 6 months or longer.
- No episodes of nocturnal sweating.
- Episodes of excess sweating which occur at least once per week.
- Sweating is symmetrical and bilateral.
- Onset of symptoms at age < 25 years.
- Sweating impairs activities of daily life.
- Positive family history of hyperhidrosis [15].

Complications

- Increased risk of cutaneous bacterial, viral and fungal infections.
- It contributes to body Odour (bromhidrosis).
- Increased risk of pitted Keratolysis, verruca plantar is/vulgaris and dermatophytosis [16].

Homoeopathic Management

Remedy	Indication
Calcarea Carbonica	Cold and damp feet feel like wearing damp stockings. Cold calf knee cramps. Acidic foot sweat. A feeling of weakness in the limbs. Swelling of joints, especially knees. Burnt soles. Sweat on the hands [17].
Sulphur	Generally sweating in individual parts, behind the body, heavy sweating, sweating, anxiety, complex or intermittent fever [18].
Silicea	There is a lot of sweating on the head, it gives off a foul odor and extends to the throat. Ice-cold and sweaty feet. The placed part falls asleep. Sweat unpleasantly on your feet, hands and armpits [17].
Petrolium	The feet are soaked in sensitive and rotten moisture, the feet are swollen and cold, the soles of the feet are burning, the heels are painfully swollen, red, chilblains, and the skin tends to be purulent and purulent [19].
Zincum Mettalicum	Feet sweat and toes hurt. Also stinks; frostbite due to scratches and rubbing. Suppression of sweating causes paralysis of the feet. I can't stand the cover while sweating [18].
Lycopodium Clavatum	A lot of sweating on the legs. One leg is hot and the other is cold [17].
Thuja Occidentalism	Sweats while sleeping only in uncovered areas or areas other than the head; full of honey odor and sour [17].
Caladium	Sweet sweat attracts flies. Insect bites are severely burned and itchy [17].
Bovista Lycoperdon	Tired limbs. Sweat with the smell of the axilla. Like the smell of onion [17].
Psorinum	There is a lot of sweating after an acute illness and all illnesses are relieved [18].

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