

# A Homoeopathic Approach on Hyperhidrosis of Palm of Hand and Sole of Feet - A Case Report

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**Abstract:** *Hyperhidrosis is a disorder of sweat glands characterized by overproduction of sweat, which is inadequate to the thermoregulatory needs of the body system. Owing to the heavy social and economic burden of the disproportionate perspiration, current treatment methods still do not seem to be sufficient enough to reach patients' expectations. Therefore, the researchers continue a robust pursuit of novel therapy modalities such as topical treatment methods, oral agents, minimally-invasive medical approach and surgical techniques. In this review article authors summarise the disease outline with the emphasis on the new era of hyperhidrosis treatment methods.*

**Keywords:** Homoeopathy, Hyperhidrosis of Palm and Sole, Individulisation

Abbreviation: OPD (Outpatient Department)

## 1. Introduction

Hyperhidrosis is a disorder of excessive sweating due to the overstimulation of cholinergic receptors on eccrine glands. This disorder is characterized by sweating beyond what the body uses for homeostatic temperature regulation. Eccrine glands are concentrated in areas such as the axillae, palms, soles, and face; therefore, these are the area's most commonly associated with hyperhidrosis.

### Epidemiology

- Hyperhidrosis affects approximately 3% of the United States population and is most common in patients between 20 to 60 years of age. There has been no evidence showing that either men or women are at increased risk. The palmar region is the most commonly affected area.
- Hyperhidrosis affects all races, but data show that the Japanese are more affected than any other ethnic group.

### Types of Hyperhidrosis

There are two types of hyperhidrosis.

- **Focal Hyperhidrosis** – Focal or primary hyperhidrosis is the more common form of hyperhidrosis. It usually affects the hands, feet, armpits and head. It usually starts early in life, most commonly around adolescence.
- **Generalised Hyperhidrosis:** Generalized hyperhidrosis or secondary hyperhidrosis is usually due to some or the other medical condition. Many diseases like Diabetes, Tuberculosis, Cancer and Parkinson's can cause generalized hyperhidrosis.

### Pathophysiology

Hyperhidrosis involves hyperactivity of the sympathetic nervous system, causing excessive release of acetylcholine from the nerve ending. It is believed that the negative feedback mechanism to the hypothalamus may be impaired, causing the body to sweat more than what is needed to cool the body. This pathologic reaction can be triggered by

medications that increase the release of acetylcholine from the neuron or systemic medical disorders, which also upregulate a sympathetic response.

### Causes of Hyperhidrosis

There is no particular cause for this condition and following are the possible causes:

- Hereditary
- Diabetes
- Menopause - hot flashes
- Low blood sugar
- Thyroid problems
- Certain types of cancer
- Heart attack
- Nervous system disorders
- Infections
- Side effects of medication

### Diagnostic Criteria for Primary Hyperhidrosis:

- Excessive sweating for 6 or more months
- Sweating involves axilla, palms, soles, and/or face
- Sweating is bilateral and symmetric
- Decreased or no sweating at night
- Sweating episodes last at least 7 days
- The individual is 25 years of age or younger
- There is a family history
- Sweating impairs daily living activities

## 2. Complications

- **Social and emotional complications.** Excessive sweating causes serious problems for many people. Many people with hyperhidrosis say their symptoms are intolerable or barely tolerable. They avoid social and professional opportunities because of embarrassment. Many also report difficulties in their romantic lives because of excessive sweating.
- **Maceration.** This is a fancy word for the mushy, wet appearance skin gets when it's continually moist. This general skin breakdown can lead to other skin conditions, which are usually mild.

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- **Jock itch (tinea cruris).** This fungal infection takes hold in the folds of the groin. Heavy sweating creates a continuous moist environment that can make jock itch more likely.
- **Athlete's foot (tinea pedis).** Similar to jock itch, athlete's foot is a fungal infection of the feet. The fungus thrives in moist conditions. Athlete's foot often starts in between the toes, where excessive sweating may be severe.
- **Body odor (bromhidrosis).** It's not the sweat itself that smells bad. It's the substances skin bacteria create when they come in contact with sweat. The sweat in the underarm and genital areas is most prone to create body odor. Sweaty feet, constricted in tight shoes, run a close second. Keeping these areas clean and dry can help, but it can also be difficult for people with hyperhidrosis.
- **Warts and bacterial infections.** The maceration or skin breakdown from heavy sweating can allow easier entry for bacteria and viruses that cause skin infections, including warts.

### Homoeopathic Therapeutics for Hyperhidrosis

#### 1) **Tuberculinum – Best Homeopathic medicine for hyperhidrosis with cold sweats**

When the trouble is seen in patients who are otherwise weak and have cold sweats, Tuberculinum is one of the best homeopathic medicines for hyperhidrosis. It is very well indicated in scrofulous kids. If there is a history of tuberculosis in the patient or his blood relations, it works even better. There is increased sensitivity to cold.

#### 2) **Spigelia- One of the best homeopathic medicines for hyperhidrosis with clammy sweat**

When the sweat is clammy or sticky, Spigelia is one of the best homeopathic medicines for hyperhidrosis. Worms may also be present in children suited for this medicine. The patient is very sensitive to touch and cold. Anaemia is a common concomitant in cases in which Spigelia is indicated.

#### 3) **Calcarea Carb – Best Homeopathic medicine for polyhidrosis on exertion**

When there is excessive sweating on exertion, Calcarea Carb is one of the best homeopathic medicines for polyhidrosis. Usually, the head is the seat of action. There is increased sweating of the head, more so while sleeping. At times, the pillow gets drenched even if the weather is cool. Usually, it is more indicated in obese patients.

#### 4) **Silicea – One of the best homeopathic medicines for hyperhidrosis with itching**

If there is itching along with increased sweating, whether localized or generalized, Silicea is one of the best homeopathic medicines for hyperhidrosis. The increased sweat may be in the hands, feet or the axillae. The hands and feet may be icy cold to touch. There is a lack of warmth in the body and craves external heat.

#### 5) **Baryta-Carb – Best Homeopathic medicine for hyperhidrosis with offensive foot sweats**

It is one of the best homeopathic medicines for hyperhidrosis when there is increased sweating of the feet and the sweat is offensive. The feet are usually cold and clammy to touch. It is very well indicated in scrofulous children, who may have retarded growth otherwise too.

### 3. A Case Report

A male hindu patient of age 20-year tall, fair lean and thin came in our hospital with complain of.

- Hyperhidrosis of palm of hand and sole of foot since childhood.
- Palm is very slippery due to profuse perspiration so it become very inconvenient to do any work.
- Feel very embrace because he needs to clean their hand time to time. Where ever he go, he used to hide their hand fear to shake hand with any other.
- Sweating is more profuse in summer season.
- Premature graying of hair for 6 months.
- Constipation, go 3 to 4 time for clear or satisfactory defecation.
- sometime burning of stomach after meal.

#### Personal History

- Outlook: fair, lean thin and tall.
- Habits and hobbies: nothing significant
- Dietetic: Good regular on time.
- Socio-economic condition: upper class.
- Addiction: N/s
- Occupation: student

#### Physical Examination

- Height: 155 CM
- Appearance: fair, lean and thin.
- Anemia: Absent
- Edema: Absent
- BP: 120/90 mmHg
- Pulse: 74bpm
- Temperature: 98.6 F
- Cyanosis: Absent
- Clubbing: Absent

#### History of Presenting Complaints

- Onset: gradual.
- H/o- history of pneumonia at 1 year of age (took allopathic treatment)

#### Physical Generals

- Appetite: good
- Thirst: normal
- Sleep: disturb due to complaint
- Dreams N/s
- Desire: mutton<sup>++</sup> and spicy.
- Aversion: N/s
- Intolerance: N/s
- Bowel: normal once in a day
- Urine: non offensive.
- Sweat: generalized
- Tongue: red clean and moist.
- Thermal: hot.

#### Mental General

- Patient was quietly sitting on chair but when I tried examine, he did not like it but very communicative, he showed Anger, irritability and obstinate.
- He feels very embarrassed, he can't write the copy, shake hand with any other. he always needs to carry a cloth to clean their hand.
- Anger on contradiction.

- Anger easily.
- Very Communicative and obstinate.

- Where ever he go use to talk with unknown person.
- Stand with their word.

**Analysis and Evaluation of Symptom**

**Physical General**

- Feel uneasiness in hot weather.

**Mental General**

- Anger when anybody contradictory talking.
- Anger easily.

**Particular Symptom**

- Greying of head hair
- Sweating of palm of hand.
- Sweating of foot.

**Provisional Diagnosis**

Hyperhidrosis of palm of hand and sole of foot.  
ICD 11- EE00.

**Totality of Symptoms Converted in to Rubrics**

S.N.	TOTALITY OF SYMPTOMS	CONVERTED RUBRICS
1.	Anger when any body contradictory talking.	MIND-ANGER-contradiction from
2.	Anger easily.	MIND-ANGER -easily
3.	Where ever he go use to talk with unknown person.	MIND-COMMUNICATIVE
4.	Stand with their word.	MIND-OBSTINATE
5.	Greying of hair	HEAD-HAIR-gray-becoming-prematurity
6.	Sweating of palm	EXTREMETES-PERSPIRATION-Foot-sole
7.	Sweating of hand palm.	EXTREMETES-PERSPIRATION-Hand-palm-cold
8.	Desire mutton.	GENERAL-FOOD and DRINK-mutton-desire
9.	History of pneumonia	GENERAL-HISTORY;personal-lung-inflamtion of the
10.	Feel uneasiness in hot weather.	GENERAL-WEATHER-hot-agg.

**Analysis & Evaluation of Symptoms**

S.N.	SYMPTOMS	ANALYSIS	EVALUATION	MIASM <sup>[7]</sup>
1.	Anger when any body contradictory talking.	Mental general	++	Psora
2.	Anger easily.	Mental general	++	Psora
3.	Where ever he go use to talk with unknown person.	Mental general	+++	Psora
4.	Stand with their word.	Mental general	++	Psora
5.	Greying of head hair	Particular	++	Syphilis
6.	Sweating of palm of hand.	Particular	+++	Syphilis
7.	Sweating of foot.	Particular	++	Psoro-syphilitic
8.	Desire mutton	Physical general	+++	Psora
9.	History of pneumonia	particular		Syco-syphilitic
10.	Feel uneasiness in hot weather	general	++	Psora



Repertorisation this Case from Kent Repertory

Remedy Name	Sulph	Phos	Dulc	Lyc	Bry	Verat	Nat-m	Sep	Calc	Merc	Nux-v	Acon
<b>Totally</b>	21	19	17	17	15	15	14	14	13	13	13	13
<b>Symptoms Covered</b>	9	9	10	8	7	7	8	6	7	7	7	6
<b>Kingdom</b>												
(Kent) [Mind]Anger, irascibility (see Irritability, Quarrelsome): (137)	3	2	2	3	3	1	3	3	2	1	3	3
(Kent) [Mind]Loquacity (see Speech): (96)	1	2	1			2	1		1		1	1
(Kent) [Mind]Haughty: (37)	3	1	1	3		3				1	1	
(Kent) [Head]Dandruff: (30)	3	3	2	2	2		3	2	2			
(Kent) [Extremities]Perspiration:Hand:Palm: (60)	3	2	3	1	1		1	3	2	2	3	2
(Kent) [Extremities]Perspiration:Hand:Palm:Daytime: (1)			1									
(Kent) [Extremities]Paralysis:Lower limbs: (79)	2	1	2	1	1	2	1	1	2	1	3	
(Kent) [Stomach]Desires:Cold drinks: (95)	1	3	2	2	3	3	1	2	2	3	1	3
(Kent) [Chest]Inflammation:Lungs: (93)	3	3	1	3	3	2	2	3	2	3	1	3
(Kent) [Generalities]Warm Aggr: (80)	2	2	2	2	2	2	2			2		1

Figure 1

Prescription

**Prescription:**  
 R (निवेष्ट) c/o → hyperhidrosis of palms and soles for children. (1)  
 Tongue - Reddened moist → feel problems to do heavy work.  
 (Dura - non-veg. (Meat)) like food stroke, add. cold pers.  
 Appetite - Good but not active → feel intolerance of meat.  
 Sleep - Heat → frequent waking in same dream.  
 perspiration - mainly palm of hand and sole of feet.  
 odour - and under arm → (old to touch the palms and hand).  
 Feet hot (Mud) → feel intolerance to shake hand of anyone.  
 very less → like company.  
 → Intermittent Exhaustion → premature gray's of hair.  
 → Obstinate.  
 P/H → Anger on contradiction.  
 Pregnancy in child hand.

**Handwritten Note:**  
 - a patient long in phy and Sota. had got cure after hyperhidrosis treatment. 3 days - clear, 10 days - clear.  
 → Burning of stomach  
 → go to 4 time for Satisfactory defecation  
 Rx. ① Dulcamara 200C (100% 0.0001)  
 ② PL 200 (10% B.D.)  
 Eff. after 1st dose. good faster. (Dulc. 200C).  
 affluence of sweat.

**Therapeutic Intervention:** Based on the evaluation and totality of symptoms and repertorial result [Figure 1] Dulcamara 200C in 6 doses was selected for first prescription (7-10-2023). The 200C potency was selected depending upon the sensitivity and susceptibility of the patient. The medicine was GMP certified SBL Pvt. Limited and procured from the pharmacy of RBTS Govt. Homoeopathic Medical college & Hospital. The remedy was not changed but was repeated only once in higher potency (200C) as there was no improvement in the patient symptoms. The patient was called for follow-up every 15 day or earlier if any new symptoms appeared.

4. Discussion

Considering the age and susceptibility of the patient, 200C potency of Dulcamara was prescribed. This medicine brought about marked improvement in the complaints and the general condition of the patient. The sweat from palm and sole decrease. Also, the anger and irritability of the patient was reduced. This shows that individualized Homoeopathy is effective in reducing the suffering of the patient in the most easy and harmless way.

## 5. Conclusion

Individualized homoeopathic treatment has a good scope in treating this type of diseases. Through holistic approach, homoeopathy not only found to be effective to improve the physical symptoms but also improved the mental wellbeing of the patient.

**Informed Consent:** The patient's consent was taken regarding the publication of clinical information in research journal. He was informed that his identity would not be revealed.

**Conflict of interest:** Author declares that there is no conflict of interest.

**Guarantor:** Corresponding author is guarantor of this article and its contents.

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