



From Practice - For Practice Hyperhidrosis

by Dr. Konrad Werthmann



By hyperhidrosis we understand a generalised or local increase in perspiration. This excessive excretion of sweat may serve generally in the regulation of body-heat or, e.g. during the change of life, it may occur because of an endocrine imbalance. There are illnesses which have hyperhidrosis as a concomitant symptom; these include hyperthyroidism, phäocromocytoma, or neurological disorders, e.g. diseases of the sympathetic nervous system, familial dysautonomia, auriculo-temporal syndrome. The increase in per-

spiration may be combined with increased secretion from the sebaceous glands, in which case we refer to Hyperhidrosis oleosa. Inter alia this symptom picture is found in Parkinson's disease.

Hyperhidrosis can, of course, also be caused by medication; this is true of parasympathomimetics, corticoids, Salicylic acid, inter alia.

It is known that emotional burdens (fear, pain, stress) can trigger heavy sweating, as can chemical substances (cold perm prepara-

tions used by hairdressers), and clothing that is too tight, especially footwear, can result in increased sweating. Depending on the part of the body particularly affected, we speak of Hyperhidrosis axillaris, Hyperhidrosis pedis, Hyperhidrosis manuum.

Since the causes can be numerous, thorough questioning and examination of the patient is required, since treating hyperhidrosis as a symptom in isolation may have fatal consequences.

Treatment

Always bear the underlying disease in mind and treat this primarily. In terms of Isotherapy the following accompanying treatment will help:

- 1) ALKALA N, 1/2 medicine-spoonful in warm water twice a day; CITROKEHL, 5 drops twice a day; PINIKEHL 4X, 1 capsule twice a day, throughout the whole treatment period.
- 2) FORTAKEHL 5X tablets, 1 twice daily for 10 days, then switch to
- 3) SANKOMBI 5X drops, 10 drops twice a day, but always following the plan 5-2-5-2: Monday-Friday = 5 days SANKOMBI 5X, and Saturday-Sunday = 2 days FORTAKEHL 5X, and so on.
- 4) With SANKOMBI 5X, take RECARCIN 6X capsules, 1 once a week, or RECARCIN 6X ampoules, every 1-2 weeks 1 ampoule injected deep i.m.

Purely symptomatically as an adjunctive, think of sage tea. As well as this, lavages with very dilute vinegar water can bring short-term relief. In every case the liver and kidneys should be supported, so as to guarantee elimination via these organs. Food which is rich in bulk increases the binding of toxins and water in the gut and also improves excretion of burdensome substances. Doing without social drugs may result in balancing the autonomic nervous system. A diet rich in energy foods, containing plenty of green plant material, provides the body with the necessary basic substances for a balanced metabolism and hormonal balance, and it brings calm to the nervous system. Relaxation exercises and exercise in the fresh air have a similar effect.

First published in the German language in the SANUM-Post magazine (84/2008)

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