

Editor's Note

Dear Readers,

Perspiration assists in regulation of the body temperature by dispelling heat through evaporation of moisture from the surface of the skin. It also functions in other capacities such as by eliminating lactic acid which is formed during muscular exercise and by protecting the skin from dryness. The amount an individual sweats differs from person to person. Sweating generally occurs on exposure to hot atmosphere after physical exertion etc. If a person sweats more than other people when it is hot or after physical exertion it is not hyperhidrosis. It is just variation in levels of sweating. However if there is excessive sweating without a good reason – like sweating in cool temperatures or sweating without exertion / stress, it can be a sign of hyperhidrosis.

Excessive sweating or hyperhidrosis is a condition which can be socially distressing and embarrassing to the affected individuals. About one in every 3 individuals is reportedly affected with this condition, though severity of symptoms may vary considerably. In this newsletter we will discuss about Ayurvedic view and management of Hyperhidrosis in detail.

We welcome your suggestions and submissions.

Enjoy reading and get benefited with Ayurveda.

Vaidya Lakshmi Anoop

Hyperhidrosis – An Ayurvedic Perspective

Ayurveda aspect of Sweating (Sweda)

Sweda (Sweat) is the waste product of medho dhatu (adipose / fat tissue) and seat of Pitta dosha. Naturally in excess accumulation of fat in the body, the sweat is increased. When Pitta is aggravated the body heat increases and results in excessive sweating. Vyana vata (One among the 5 subtypes of Vata dosha, which governs circulation) is responsible for carrying the sweat to the surface of the skin.

Hot climate stimulates the sweat glands and causes excess sweating.



Exercise depletes medho dhatu (adipose / fat tissue) during which heat is produced causes sweating.

In fright, imbalance and aggravation of Vata dosha causes sweating.

Atisweda is the Ayurvedic term for Excessive sweating.

Common causes of hyperhidrosis

Hyperhidrosis (excessive sweating) when generalized, is a physiological response to hot climates or physical exertion. It occurs during defervescence of fevers, active tuberculosis and acute rheumatism. Hyperhidrosis is usual in diabetes, menopause, obesity, hyperthyroidism, alcoholism, stroke, obesity, psychiatric medications, hypertension medications, etc.

Types of Hyperhidrosis

There are two types of hyperhidrosis – primary and secondary. Primary hyperhidrosis is a medical condition but not a disease. Secondary hyperhidrosis is a condition where hyperhidrosis is caused by some other medical condition or medication.

Hyperhidrosis can cause excessive, generalized sweating. Hyperhidrosis is a medical condition in which individuals experience excessive sweating from specific areas of the body such as armpits, palms and soles of feet. It is seen as a normal emotional response.

Ayurvedic management of Hyperhidrosis

In Ayurveda, the treatment of hyperhidrosis is usually in the form of local applications and internal medications (anti perspirants). Ayurvedic herbal treatment can be successfully utilized to treat overactive sweat glands, reduce stress and treat overactive sympathetic nervous system.

Swedapanayana herbs (Anti perspirants)

The herbs which reduce or stop sweating are called Swedapanayana herbs. Antiperspirants act by reducing the sweat gland secretion. They are predominant in cold and dry attributes which arrests sweating. These herbs are Ushira, Chandana, Kamala, Mustaka, Nagakesara, Padmakashta, etc. Ushira is one of the best anti perspirant herb and has fragrant smell. These herbs can be taken internally in the form of herbal liquids or tablets or powders and can be applied externally as paste.

Osmidrosis (Body odor)

The odor is produced from secretions of sebaceous glands and sweat glands. Decomposition of these secretions by the skin microflora and that of proteins on the surface of the skin, gives rise to numerous odorous substances often of strong smell. Bromhidrosis (Body odor) can be caused by many factors, one such factor is hyperhidrosis. The moist environment created by hyperhidrosis creates ideal conditions for an overgrowth of bacteria.

Deodorants for body odor

Deodorants are designed to reduce axillary odor. The deodorants reduce the axillary odor by reducing sweating in the axillae.

Numerous deodorant herbs are mentioned in Ayurveda texts that help alleviating bad body odor. They can be used as powders or besmeared as thin pastes all over the body. Commonly used deodorant herbs are Chandana, Ushira, Mustaka, Aguru, Kankola, Nagakeshara, Jatamansi etc. They can be taken internally to reduce aggravated Pitta, thereby preventing bad odor.

Simple guidelines to reduce excessive sweating and body odor

- Bathe daily, twice a day, which will remove the bacteria from your skin.
- Scrub the armpits with a triphala or green gram powder. It helps fight bacteria better than regular soaps. Alternatively one can use herbal ubtan (udwarthan) powder also.
- Loose – fitting cotton fabrics are better than tight clothes.
- Certain foods, such as meat, onions, garlic and drinks such as coffee and alcohol can lead to body odor. So try to eliminate them or restrict them in your diet.
- Tobacco use causes body odor. So quit tobacco chewing.
- Certain medicines also cause body odor. Check if body odor started after starting a medication and consult with your doctor for advice.



New Product Launch - Surbhi Ayurvedic deo

Chakrapani Ayurveda Center has developed an innovative and valuable product Ayurvedic Antiperspirant and Deodorant powder with herbal extracts as the base. It can be a great remedy if you are suffering from excessive sweating or body odor. This exquisite and delicately scented perfume powder is a perfect natural and best alternative choice to your irritation causing alcohol based products.

With a perfect blend of nature gifted Sandal Powder, Camphor, Ushira and many other floral extracts, the powder is so unique and the fragrance stays for a whole day and keeps you in good spirit. This can even be used on babies to keep them happy, fresh and safe from germs.

Being powder form it's easy to apply. A pinch of this powder can be rubbed on the body directly or with few drops of water after bath especially underarms and areas of sweat accumulation. This deodorant brings fragrance, relaxation, a sense of comfort, vitalized mood and charisma in your daily life. It is free from artificial or alcohol ingredients hence does not produce allergy.

For more on this product please [click here](#)

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Now available at Garry and Sun, USA - The new longevity tonic & all the other products of Chakrapani Ayurveda, India, potent and fresh Ayurveda herbs, massage oils for body types, good quality Indian spices and readymade Ayurveda food items suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS

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Colombia
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Ms. Soraida
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Brazil
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CONTACT US

Chakrapani Ayurveda Clinic & Research Center,
Chakrapani Global Center for Training & Research in Ayurveda
8, Diamond hill, Behind Birla Temple, Tulsi circle, Shanti path, Jaipur-302004, India.
Telefax : +91-141-2624003 Phone: +91-141-2620746
E-mail: info@chakrapaniayurveda.com

Learn.info@chakrapaniayurveda.com
<http://chakrapaniayurveda.com> , <http://LearnAyurveda.com> , <http://ayu.in>
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