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An Evaluation of Hyperhidrosis in Females at the Age of 18–23 Years. A Study from Tamilnadu, India

Dr. R.Anusha[1]; Dr. P.Allwin Christuraj[2]; S.N.Swetha[3]; W.Ashika[4]; K.Vijayalakshmi[5]
Professor, Department of Naturopathy, Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam,(T.N.) India.
Professor, Department of Massage and Aromatherapy, Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam,(T.N.) India.
Medical Student, Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam,(T.N.) India.
Medical Student, Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam,(T.N.) India.
Medical Student, Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam,(T.N.) India.

Abstract:- Excessive sweating caused by cholinergic receptors on eccrine glands being overstimulated is known as hyperhidrosis. Through disruption of the skin's natural defense systems, hyperhidrosis also directly affects skin conditions. As a result, dermatoses of bacterial, fungal, and less frequently viral origin are more common in afflicted people. A significant decline in the quality of life of patients is a result of the symptoms of excessive sweating. Daily activities are disrupted as a result of their substantial effects on several facets of life, including psychological, social, and even economic domains. Patients find them to be a great burden, which makes them feel alone and unconsciously self-conscious. Additionally, stress and emotions have the potential to worsen them. At the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India, ladies between the ages of 18 and 23 are participating in the study. Verbal consent was gained when the study's purpose was explained.Thirty respondents filled out this survey. The survey consists of thirty questions. This is not the usual level of understanding about food and water use. Women therefore need to be better informed about the need to get enough water, eating a healthy diet, using skincare products, managing stress, and getting enough sleep.

Keywords:- *Stress, Skin Infection, Dehydration.*

I. INTRODUCTION

Excessive sweating caused by cholinergic receptors on eccrine glands being overstimulated is known as hyperhidrosis. Sweating more than the body needs to maintain a homeostatic temperature is a defining feature of this illness. Eccrine glands are located in the cheeks, palms, soles, and axillae; they are most frequently linked to hyperhidrosis. Emotional, psychological, social, and occupational impairments can arise from hyperhidrosis. Primary and secondary hyperhidrosis have different management and treatment approaches. Usually, the main disease first manifests as more localized symptoms earlier in life. Usually, systemic disorders, especially neurologic or the side effects of drugs, cause the secondary disease to manifest. Tests and grading measures are available to ascertain the localization and severity of the diagnosis, which is frequently made clinically. Because hyperhidrosis interferes with the skin's natural defenses, it also directly affects skin conditions. Patients affected by this experience a higher prevalence of dermatoses, particularly those of bacterial, fungal, and less frequently viral origin. The overproduction of sweat is associated with symptoms that significantly worsen patients' quality of life. They have a significant impact on many facets of life, including the psychological, social, and even economic spheres, which disrupt day to day activity.

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II. PATHOPHYSIOLOGY

Individuals suffering with hyperhidrosis report excessive perspiration, typically in the axillae, face, palms, soles, and other regions having the largest concentration of eccrine glands. The younger population is more likely to experience primary hyperhidrosis. Primary and secondary hyperhidrosis are the two forms that exist.

This distinction is crucial since there may be substantial differences in the two groups' management and treatment. Despite numerous reviews in the literature, the cause of primary hyperhidrosis is still unknown. Overstimulation of the nervous system is thought to be influenced by genetic factors. Since secondary causes are linked to drugs, they are typically simpler to find. Systemic conditions such as hyperthyroidism, diabetes, Parkinson's disease, and other neurological conditions. Hyperhidrosis is also linked to TB and long-term heavy alcohol use. Some individuals may experience symptoms on their forehead, axilla, palm, foot, or forearm. A moderate to severe form of hyperhidrosis around the face and scalp occurs in certain postmenopausal women. On the right side of the arm or face, unilateral hyperhidrosis is more common than on the left, where anhidrosis is more prevalent. The most frequently affected location is the palmar region. Through cholinergic fibers, the sympathetic nervous system innervates the eccrine sweat glands, which then release impulses in response to maintaining body temperature during times of physical or mental stress. The sympathetic innervation of the sweat glands is mediated by the hypothalamic thermoregulatory center. Sweating is brought on by the cholinergic activation of muscarinic receptors. In hyperhidrosis, the sympathetic nervous system is overactive, which results in an excessive release of acetylcholine from the nerve endings. Medication that increases acetylcholine release from the neuron or systemic medical conditions that simultaneously upregulate a sympathetic response can cause this pathologic reaction. Adverse pharmacological reactions from a variety of medications, including cyclooxygenase inhibitors, opioid analgesics, antibiotics, and antivirals, can also result in excessive sweating.

III. MATERIALS AND METHOD

At the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India, females between the ages of 18 to 23 are participating in the study. Verbal consent was gained when the study's purpose was explained.Thirty respondents filled out this survey. The survey consists of thirty questions. The questionnaire's parameters encompassed the following: skin diseases, addictions, habits, illnesses of any kind, stress, and digestive issues. Females participants who were unwilling or uncooperative were not included in this study.

IV. RESULT

The female respondents ranged in age from 18 to 23. There are 30 female in total. Table 1.1 shows that, 36.66% of respondents consume 3 to 4 liters of water each day, whereas 63.33% do not intake 3 to 4 liters of water.50% from sweating on the palms and soles.50% of daily tasks are impacted. The family history of palm and sole perspiration is 63.33% and 36.66% of people do not have a family history of palm or sole sweating. During the rainy season, sweating happens 53.33% and 46.66% do not exhibit this symptom. Displaying symptoms of dehydration, 56.66% and 43.33% do not exhibit any signs of dehydration. Giddiness with 10% and 90% of people not experiencing this symptom. Symptoms of an infection 93.33% and 6.66% do not exhibit this symptom.

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Table 1. The Percentage of Hyperhidrosis in Young Females of Age Group (18-23) Years.

S. No	CONTENTS	YES %	NO%
1	Drink 3-4 Liters of water a day	36.66%	63.33%
2	Irritation due to sweating of palms and soles	50%	50%
3	Affecting daily activities	50%	50%
4	Family history on sweating of palms and soles	36.66%	63.33%
5	Sweating occurs during rainy season	46.66%	53.33%
6	Have the sign of dehydration	43.33%	56.66%
7	Giddiness while sweating	10%	90%
8	Infection occurred	6.66%	93.33%
9	Eating junk food	86.66%	13.33%
10	Mentally disturbed due to sweating of palms and soles	23.33%	76.66%
11	Felt inferiority complex	30%	70%
12	Have Stress	63.33%	36.66%
13	Have Sound sleep	63.33%	36.66%
14	Tensed often	76.66%	23.33%
15	Increased sweating during day time	86.66%	13.33%
16	Increased sweating during night time	16.66%	83.33%
17	Often use mobile	46.66%	53.33%
18	System work often	6.66%	93.33%
19	Have the symptom of Anaemia	50%	50%
20	Dryness of palms and soles	43.33%	56.66%
21	Have the symptom of Constipation	30%	70%
22	Indigestion problem	43.33%	56.66%
23	Excessive salt intake	30%	70%
24	Athlete person	20%	80%
25	Urgency of micturate while sweating	20%	80%
26	Have the symptom of Thyroid issues	Nil	100%
27	Have the symptom of Low blood sugar	16.66%	83.33%
28	Usage of moisturizer	33.33%	66.66%
29	Intake of alcohol	Nil	100%
30	3-5 Times a day coffee intake	13.33%	86.66%

Eating junk food as a habit, 13.33% and 86.66% do not follow this behavior. Nervousness brought on by perspiration on the palms and soles 76.66% and 23.33% do not exhibit this symptom. Sweat causes a feeling of inferiority complex. 30% and 70% did not have a sense of inadequacy.63.33% of people have stress, whereas 36.66% do not have this symptom. Possess 36.66% do not have sound sleep and 63.33% have sound sleep. Frequently tense, 23.33% and 76.66% are not frequently tense. More perspiration during the day, 13.33% and 86.66% do not exhibit this symptom. Increased perspiration at night,16.66% and 83.33%, this symptom is absent. Use phone a lot; 53.33% and 46.66% of people rarely use their phones. 93.3% of computer users and 6.66% of non-users of systems. Possess 50% of the anemia symptoms. Dryness on the soles and palms 56.66% and 43.33% do not exhibit this symptom. Possess the constipation symptom 30% and 70% of people lack this symptom. Feel like having indigestion, 43.33% and 56.66%, there is no sign of indigestion.30% of people consume too much salt, whereas 70 percent do not consume too much salt.80% of people are not athletes, and 20% of people are athletes. Micturate urgently while 20% and 80% of people do not have this symptom. Nobody is 100% free of thyroid symptoms. Possess the low blood sugar sign Of those, 16.66% and 83.33% do not exhibit the low blood sugar sign.33.33% of people use moisturizer, whilst 66.66% don't use it. Nobody drinks alcohol exclusively.13.33% of people have a practice of consuming coffee three to five times a day, whereas 86.66% do not consuming coffee three to five times a day.

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V. DISCUSSION

36.66% of people do not regularly consume 3–4 liters of water.50% of persons experience irritation as a result of 50% of their palms and soles perspiring.50% of the population has an impact on daily activities.36.66% of families have a history of palm and sole sweating. A higher percentage of individuals exhibit dehydration, 43.33%, and infection 6.66%. Junk food consumption is a habit for the majority of people, 86.66%. It is less common 23.33% for palms and soles perspiration to cause mental disturbances. People who sweated 30% more on their palms and soles and 63.33% more on their hands reported feeling inferior. The majority of participants tightened up frequently, 76.66%, and perspired more during the day, 86.66%. This symptom is absent in 83.33% of cases, use phones more frequently, 46.66%.50% of the population has anemia as a symptom. A higher percentage of people, 43.33%, report having dry palms and soles. Thirty percent report having constipation, while forty-three percent report having indigestion. Indigestion is a symptom that 43.33% of people have. 30% fewer people consume too much salt. Micturate with 20% sweating urgency. Nobody is 100% free of thyroid symptoms. Thirty percent of the population experiences constipation. The symptom of low blood sugar is 16.66%. Nobody drinks alcohol exclusively. Thirteen percent of people regularly drink three to five cups of coffee a day.

VI. CONCLUSION

It has been shown that there is not the usual level of information regarding the amount of food and water consumed. Women therefore need more information about the need to drink enough water, eating a healthy diet, using skincare products, maintaining personal hygiene, managing stress, and getting enough sleep. To improve young women's overall health and well-being, these areas should be the focus of future health care programs.

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