

If you have sweaty palms, it may create a problem for you in medical examination which happens after ssb interview for recommended candidates. Medical officer check palms to make sure the candidate is not suffering from **Hyperhidrosis**. Hyperhidrosis is a condition in which you may suffer from excessive sweating of the hands, feet and armpits etc.

To check for Hyperhidrosis, medical officer examines your palms, you may be asked for closing your fist for sometime and later asked to grab a finger tightly in your palm. The medical officer will try to free his finger from your palm, and if it happens easily, its because your palms are sweaty and guess what, you may have sweaty palm. But don't freak out, getting little amount of sweat on our palm is very common, but some of us actually have Hyperhidrosis.

Not going much into medical terms, let me simplify this article, what all we need is a cure for sweaty palm. Before going further, lets see some facts about sweating and sweaty palm.

1. Sweating helps the body stay cool and it is very natural.
2. We sweat more in warm temperatures, when we exercise, or in response to situations that make us nervous, angry, embarrassed, or afraid.
3. Someone with Hyperhidrosis, may sweat without any trigger and he has overactive sweaty glands.
4. Hyperhidrosis affects between 1 and 2% of the world's population.



Treatment for sweaty Palm:

"Having to deal with sweaty palms is a frustrating problem, but luckily there are a number of natural treatments that can help stop or reduce sweating and treat some of the underlying causes. Nat mur. is a great solution that helps reduce excessive sweating and clamminess. Lupulus as well as Castoreum and Argentum Nitricum help to address sweating, especially when related to nervousness, panic, anxiety, or obsessive thoughts. Lastly, the ingredient Syphilinum helps to control fluid levels in the body, while also helping to control body odor, which commonly accompanies excessive sweating."

Bottom Line:

Do not worry, as said, this problem is not so common and if your hands sweat it could be perfectly normal, but if you think it sweats more and looks unnatural, please consult a doctor.

Disclaimer: All treatments mentioned above are just for reference purposes, you are suggested to consult a doctor before going through any treatment process.