

## SWEAT A LOT

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### ABSTRACT:

Excessive sweating of the whole body (hyperhidrosis) can be caused by various diseases. Night sweats or unusual sweat odors are often a sign of health problems. For example, excessive sweating is observed in serious diseases such as cancer, diabetes, tuberculosis or hyperthyroidism.

**KEYWORDS:** sweating, disease, obesity, temperature, hyperhidrosis

Increased sweating when the ambient temperature is high is a physiological condition, such a condition is known to everyone. The side effects of taking some drugs are manifested by increased sweating, such drugs include antidepressants, NYQP, antihypertensive, antitumor, and some drugs used in diabetes.

Women may experience excessive sweating during pregnancy and menopause due to changes in the hormonal background. Some sources say that excessive sweating in girls can be related to falling in love.

But excessive sweating can be a symptom of some diseases, in such cases, if other symptoms are observed, it is recommended to consult a doctor as soon as possible.

### DISEASES RELATED TO EXCESSIVE SWEAT

Heavy sweating is a common symptom of many diseases. But this is only one symptom of the disease, below are other symptoms of certain diseases accompanied by excessive sweating, which may help to clarify the cause of excessive sweating.

Diseases with fever — that is, diseases with an increase in body temperature and the entry of pyrogens into the body (often viruses). Sweating is the body's response to heat - it tries to cool itself down. The higher the body temperature, the more a person sweats. When the body temperature drops, the most sweating is observed.

Obesity. In overweight people, every movement requires a lot of effort. The body gets hot and sweats easily.

Hyperthyroidism. Sweating increases throughout the day. In addition, the disease is accompanied by decreased appetite and weight loss, weakness, nervousness, palpitations, trembling of hands, and sometimes bulging eyes.

Tumors of the lymphatic system. Leukemia and lymphoma begin with weakness and loss of appetite. The skin becomes pale, and the lymph nodes enlarge. At night, there is a strong sweating of the whole body.

Tuberculosis. Night sweats, constant cough, weight loss, weakness, slight increase in temperature or its changes.

Diabetes. Severe sweating occurs when the blood sugar level drops sharply (hypoglycemia). The patient turns pale, his heart beats faster, his muscles tremble. Dizziness, weakness and hunger are observed.

Pancreatic cancer. There are symptoms similar to hypoglycemia: sweating, weakness, hunger pangs, muscle tremors, nervousness.

Central nervous system disorders. Sweating is not balanced, in which one side of the body sweats more. Alopecia - hair loss can be observed in some parts of the body.

Parkinson's disease. Profuse sweating with slowness of movements and a noticeable smell. A progressive strengthening of the muscles and tremors are noted. The face is covered with sweat and there are signs of seborrhea (pimples, oily skin, redness).

Acromegaly is a slowly developing adult disease caused by pituitary dysfunction. Thickening of the fingers, legs, lower jaw, lengthening of the arch of the eyebrow and profuse sweating are observed.

Heart attack. Pain with a burning sensation behind the sternum, sweating, anxiety, shortness of breath and sometimes nausea.

#### WHAT TO DO TO STOP SWEAT

If excessive sweating is not caused by a serious illness and the doctor says there is no cause for concern, excessive sweating can be treated at home.

Special attention should be paid to the fabric of clothing worn on hot days. The fabric should be breathable and the skin should "breathe" through it. Clothes made of cotton fabric are the same.

If only some parts of the body sweat a lot, separately you can follow the recommendations given in the articles, these are sweaty feet and sweaty armpits. If a lot of sweating is bothering you at night, you can get acquainted with recommendations on night sweats.

Common tips for getting rid of profuse sweating include:

Antiperspirants are not very suitable for those who like spicy food. Substances in aromatic spices stimulate not only the taste receptors of the tongue and palate, but also other areas of the skin. Getting into the sweat glands covered with antiperspirant can cause severe inflammation. It is better not to use antiperspirants on the day you expect to eat spicy food. Also, if you want to avoid excessive sweating, eat less onions, garlic, and spices.

Follow the "dry law". Cold (but not ice) water is the best way to quench thirst and replace fluids lost through sweating. Alcoholic drinks stimulate blood flow to the skin, so even an alcoholic cocktail with ice can quickly cause sweating.

Avoid coffee and cola. The caffeine contained in them increases the contraction of the heart and forces it to work as it does during labor.

Get rid of excess weight. Fuller people sweat more, any physical load in the heat is difficult for them - the heart cannot cope with blood circulation.

Calm down. In anxious people, even a small worry causes a lot of sweating. It is necessary to learn not to be nervous in vain, sedatives, self-training, breathing gymnastics will help for this. Among folk remedies, you can distinguish peppermint. It has calming properties, relieves nervousness and excitement, improves sleep, reduces heart palpitations. To prepare the remedy, put 1 teaspoon of mint leaves in a glass of boiling water and leave for 20 minutes. It is taken 40 minutes before breakfast.

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