



---

## **Sweaty Palms and Soles: Decoding A Repertory Rubric**

*Dr. Komal Munavat<sup>[1]</sup> & Dr. Jagdish Darakh.<sup>[2]</sup>*

<sup>[1]</sup>MD Part 1 (Repertory), Guru Mishri Homoeopathic Medical College & Hospital, Shelgaon, Jalna, Maharashtra, India.

<sup>[2]</sup>Professor, HOD, Dept. of Repertory, Vice Principal of Guru Mishri Homoeopathic Medical College & Hospital, Shelgaon, Jalna, Maharashtra, India.

---

### **Introduction-**

Sweaty palms and soles, medically known as palmar - plantar hyperhidrosis, can be a source of significant discomfort and embarrassment for many. While everyone experiences some degree of perspiration, excessive sweating in these areas can interfere with daily activities and affect social interactions and overall quality of life. In homoeopathy, this symptom holds valuable information and the repertory rubric "Perspiration, palms and soles" becomes a key to unlocking individualized treatment.

This article delves into the significance of this rubric exploring its nuances and how it guides homoeopathic practitioners in their quest for the simillimum.

---

### **Understanding Language of Sweat-**

The repertory isn't just list of remedies; it's a detailed map of symptoms and their corresponding medicines. The rubric "Perspiration, palms and soles" isn't simply about where the sweating occurs. It's about the character of that sweating.

---

### **Homoeopathic practitioners consider several Key aspects-**

#### 1. Quantity-

Is the sweating profuse, wetting clothing or dripping or is it moderate, just moistening the skin? Perhaps its Scanty, hardly perceptible? The quantity gives a clue to the severity of the imbalance.

#### 2. Quality –

Is the sweat watery, thin and transparent? Or is it sticky, thick and even staining? Is it oily, leaving a residue? Is it cold, even though the surrounding temperature is not? Each quality points to a different range of remedies.

#### 3. Timing-

When is the sweating taking place? Is it constant, always with you? Does it recur and remit, coming and going? Is it worse at night, on waking or with certain activities? The timing gives information about the underlying patterns.

#### 4. Concomitants-

When there are other symptoms in addition to the sweaty palms and soles? Are there other excessive sweating areas? Does the person have anxiety, tremors, or palpitations? Are there digestive issues? These concomitant symptoms are the key to personalizing the case to the individual.

#### 5. Modalities-

What are the things that are better or worse with the sweating? Is it temperature-dependent-hot weather worsening it, cold weather improving it? Are emotions a trigger stress, excitement, or fear worsening the sweating? Knowledge of the modalities helps in determining causative factors.

#### 6. Odor -

Is the sweat odorous? Is it offensive, sour, or even Fishy? The odour gives another piece of information, usually pointing to specific remedies.

---

### **Beyond the Physical: The emotional and Mental Connection-**

Sweaty palms and soles are not always merely a physical issue. They can be closely associated with emotional and mental states. Anxiety, nervousness and stress can trigger or exacerbate the sweating, forming vicious circle. The repertory is aware of this connection, including rubrics pertaining to emotional causes and related mental states. A homoeopath will explore these connections is asking the patient about his emotional state, his fears, anxieties, and overall mental state. This is holistic understanding that the physical symptom is often a consequence of a deeper imbalance.

---

### **The Repertory as a Guide-**

When the patient presents with sweaty palms and soles, the homoeopath takes a complete case history, inquiring about all the areas mentioned above.

This information is then utilized to refer to the repertory. The rubric "Perspiration, palms and soles" is merely the starting point.

The homoeopath will often cross-check with other rubrics like "Anxiety", "Fear", "Heat", "Cold" or specific modalities like "worse from exertion". This narrows down the number of potential remedies.

---

### **The importance of individualization-**

No two cases of sweaty palms and soles are identical one person may have copious, cold sweating that worsens with anxiety whereas another may have moderate, sticky sweating with no specific aggravators. This is where the art of homoeopathy comes in. The homoeopath doesn't merely treat the symptom, they treat the person experiencing the symptom. The repertory is tool to find the remedy that best matches the totality of the patients symptoms-physical and mental.

---

### **Examples of remedies-**

While a homoeopath will choose the remedy based on individual case, some remedies are frequently associated with sweaty palms and soles.

- 1- Calcarea Carbonica- often indicated for profuse sweating especially in children, and may be associated with other symptoms like chilliness and a craving for sweets.
2. Lycopodium - May be helpful when the sweating is worse on the right side accompanied by digestive issues, and aggravated by warmth.
3. Silicea - can be considered for offensive, cold sweating, often worse at night and may be linked to a lack of Self-confidence.
4. Thuja- May be indicated for oily, sticky sweating, potentially associated with wart's or other skin conditions.

---

### **Conclusion-**

Sweaty palms and soles, while seemingly a simple symptom can be a window into a person's overall health and well-being. By carefully decoding the information within the repertory rubric and considering the individual's unique experience, homoeopathic practitioners can offer personalized treatment that addresses not just the symptom but the underlying imbalance.

The holistic approach acknowledges the interconnectedness of mind, body and spirit, offering the potential for last relief and improved quality of life.

---

### **Reference-**

- 1.Essentials of medical physiology by K Sembulingum and Prema Sembulingum.
- 2.Repertory of the homoeopathic materia medica by J.T.Kent.
- 3.Boericke's new manual of homoeopathic materia medica with repertory by William Boericke.
- 4.A dictionary of practical materia medica by John Henry Clarke.