

KILL THE DOUR

◆ **People are going for Botox to stop sweating, says dermatologist**

| NAOMI N |
Chennai, July 7:

Body odour can be a put-off and an inconvenience to the person and those around him/her. Be it at work or social gathering, it can come as a hindrance.



Body odour is associated with lack of hygiene which experts say is false. It is a sweat-related problem which cannot be helped even after using antiperspirant or deodorant.

Celebrity cosmetic dermatologist and founder of Kosmoderma Skin and Hair Clinic, Dr Chytra V Anand, clears some misconceptions about this and gives remedies.

'Approximately 20-30 per cent of the population has problems with body odour and excessive sweating. And many complain that their sweating affects the quality of their personal and professional life. Living with excessive sweating (hyperhidrosis) can be extremely difficult and life and career-altering,' she says.

Sweating is one of the most important ways in which the body loses heat. However, people with excessive sweating (hyperhidrosis) produce sweat in amounts far greater than needed to control their temperature. The



CHYTRA V ANAND

conditions are equally common in men and women.

Chytra says Botox has been approved for excessive sweating. 'The procedure is quick and comfortable. The Botox is

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placed in the underarm area evenly and the treatment becomes effective within several days, leading to a significant reduction in the amount of sweating



HOME REMEDIES

- * A simple way to fight body odour is to apply vinegar. Vinegar, whether it is apple cider or white, can help lower the pH level of the skin for an anti-bacterial environment. A test on a small patch of skin is advised to avoid any reaction.
- * Another remedy is baking soda. Mix a tablespoon each of baking soda and lemon juice. Apply it to your under arms. Leave it on for a couple of minutes and wash it off with water. This works like a natural deodorant and also kills bacteria.

- underarms, palms and soles. In three to five days, sweating will decrease. The improvement can last around four to nine months,' she explains. She also gave some tips to control body odour including shaving underarms. 'This will help as hair traps odorants,' Chytra says.

