



Prevent excessive sweating with medicinal plants

Considering the season we are in, most of us face the problem that sweating causes us discomfort.

Sweat is the mechanism that the body does for various reasons, including temperature adjustment, elimination of toxins, removal of waste materials and other things. Note that when we have a lot of physical activity or are in hot and humid weather, we start to sweat. In these times, the body is forced to use the sweat glands that are activated in the body in order to balance its internal body temperature. Sweating is basically cleansing the body through the skin, which also disinfects the surface of the body's skin with its antiseptic properties. But you can reduce this process a little by knowing the herbal medicine to prevent the body from sweating.

It is good to know that as long as the secretion does not exceed the normal limit and the bad and annoying smell does not bother the person, it is not necessary to take treatment to eliminate it, but when the secretion of the sweat glands exceeds the normal limit, due to the fact that it hinders the easy breathing of the skin and by remaining on the skin provides the basis for the activity of microbes and causes the bad smell to spread from the skin, its solution has become the concern of many people and this is the issue that makes people strive for treatment.

The best way to eliminate the bad smell of sweat is to use plants that have medicinal properties and can help you.

1- Myrtle sheet

In order not to sweat the body, you can wash your skin with a thick decoction of bay leaf powder with water. This leaf has the ability to control excessive sweating of the skin and its aromatic essence makes the body fragrant.

2- Licorice leaf

A thick infusion of fresh licorice leaves can be used two to three times a day to wash the part that sweats a lot to get rid of the bad smell of sweat.

3- *Salvia officinalis*

Salvia officinalis is a herbal medicine to prevent body sweating, which you can boil separately or use with marshmallow. You can prepare an edible syrup using this plant and eat it twice a day to reduce body sweating. Also, sprinkling its powder under the armpits or washing the area of sweat with its thick decoction is effective in removing bad odor and making the skin fragrant.

4- Henna leaves

Henna leaf powder alone or together with cedar leaf powder or baking soda, with the effect of cooling the skin and reducing the activity of sweat glands, leads to the elimination of skin odor. Another way of using henna leaves is that it can be kneaded with sumac decoction or vinegar and applied to the part where sweating occurs, and half an hour later, the area is washed with water or diluted vinegar.

5- Walnut skin and leaves

If you are looking for a medicine to stop sweating and you want to use herbal medicines, walnut leaves have strong antimicrobial properties. Note that washing the area with a thick infusion of fresh walnut leaves is effective in removing the bad smell of the skin. Walnut green skin also plays a very important role in controlling sweat secretion.

6- Mint

It is good to know that fresh mint leaves or its sweat are very effective in removing bad breath. Also, using a mint-infused solution to wash the skin of the body, in addition to removing the bad smell, leads to a pleasant smell of the body.

7- Rosehip

Rose petals are also an herbal remedy for body sweating that you can put on the sweat area. Washing the body with rose water or sprinkling rosehip powder under the armpits is another traditional way of treating sweating.

8- Apple leaf

Using a decoction of fresh apple tree leaves as a body wash is very effective in reducing the bad smell of sweat, especially if a little vinegar is used in this decoction.

9- Rosemary

This plant, which is also known as mountain wreath, has a great effect in reducing body sweating. In addition to the medicinal plants mentioned above, the use of baking soda, white alum and dead stone, which are actually medicinal minerals, have a significant effect in the treatment of sweating and its bad smell.

10- Armenian flower

It is a kind of kneaded pure clay that is effective in healing wounds and disinfecting the skin and eliminating body odor.

The method of using this mineral is that it can be applied dry alone or combined with mint and rosehip powder sprinkled on the area of sweat or combined with some water and vinegar to form a loose flower and half an hour a day. He put it on the sweat position.

Proper nutrition with an emphasis on consuming low-fat, low-salt, and nutrient-rich foods can have a positive effect on reducing sweating. Also, consuming foods containing essential vitamins and minerals such as vitamin B and magnesium can help regulate the activity of sweat glands. In addition to using medicinal plants, stress management techniques can also be effective in reducing body sweat.

Deep breathing exercises, meditation, yoga, and relaxation exercises can help manage stress and anxiety, which in turn reduces sweating.

Although herbal medicines can be useful in controlling body sweat, it is necessary to consult a doctor and nutritionist about their use.

Based on this, the use of herbal medicines in reducing body sweat can help in combination with changes in lifestyle and stress management.