



HYPERHIDROSIS

HOME-MADE IONTOPHORESIS DEVICE: AN AFFORDABLE BOON FOR UNDER-PRIVILEGED.

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BACKGROUND: Palmoplantar hyperhidrosis (PPH) is a potentially distressing disease both physically and emotionally. Tap water iontophoresis (TWI) is a promising therapy for palmoplantar hyperhidrosis (PPH). Iontophoresis works on principle of passing low voltage direct current into the affected skin through ions generated in tap water. Marketed iontophoresis devices are costly, cannot be afforded by many sufferers. We designed an economic device using strip light adapter based on same principle.

OBSERVATIONS: A 220 Volts – 12 Volts alternate current to direct current semiconductor-diode based transformer (Strip light adapter) gives 12 volts DC output. Cost of the assembling whole device was Rs. 310 (approximately 4 USD). TWI through our device was offered to 22 patients who received thrice a week 15 minutes' sessions for 2 months followed by once a week session for maintenance. Mild electric pricking sensation was felt by all patients. All but three patients noted subjective reduction in sweating at 8th session. Two patients did not benefit at all and were prescribed glycopyrrolate 1 mg bd. One patient stopped TWI in between due to redness and pain after sessions. There is no calibration for intensity in our device.

KEY MESSAGE: TWI using our device is an affordable and efficacious option for PPH with minimal adverse effects.

