

## ITCHY PALMS

The palm is the most active area of the hand. If we analyze the course of human evolution we will find that in the earliest developments of humans, hair covered the palms. Because of the extensive use of the hands and consequently the palm, there was intense sweating. Gradually, the hair disappeared and our species now has hairless smooth palms. This development no doubt expanded the utility of the hands, yet also made the palms more vulnerable to the change in outside stimuli. Itchiness is the most common skin condition, and is even more common when it comes to palms. However, there are certain internal factors, which also cause itchy palms. This article will touch upon both kinds.

### EXTERNAL FACTORS

There are many agents in the outside environment that can trigger itching in the skin. Because hands are usually exposed to things before other parts of the body, palms are most likely to be affected. Every skin type is different and is therefore sensitive to different kinds of causal agents. There may be certain soaps and detergents that cause contact dermatitis, which is a very common skin condition. For people who cook regularly, this can be caused by coming into contact with certain vegetables.

Itching is a common reaction if the skin is infected by bacteria or other microorganisms. There are certain protein antigens that are secreted by the cells under the skin and cause inflammatory changes, leading to itchy palms.

### INTERNAL CAUSES

Itching in the palms can also be an indication of some malfunction in the body's organs and systems. A primary symptom of chronic kidney failure and hyper or hypothyroidism is itchy palms. Itchy palms are also indicative of an HIV infection or Crohn's disease, but that does not mean that you should start to worry about those diseases every time your palms itch. There is a common superstition that itchy palms bring good fortune in terms of money, but that is not true. In fact, it is probably an indication of a severe disease.