Why do we have Body Odor?

Body odor is caused when fluid that is produced by sweat glands under your skin is secreted onto the skin’s surface and combines with bacteria that is already present. The skin has two main types of sweat glands: eccrine glands and apocrine glands. Eccrine glands occur over most of your body and open directly onto the surface of the skin. Apocrine glands develop in areas abundant in hair follicles, such as your armpits and groin, and they empty into the hair follicle just before it opens onto the skin’s surface.

When your body temperature rises, your eccrine glands secrete fluid onto the surface of your skin, where it cools your body as it evaporates. This is sweat, which is mainly composed of water and salt. This does not typically cause body odor. The milky fluid that is produced by the apocrine glands, on the other hand, is secreted when you are under emotional stress. The fluid itself is odorless, but when it combines with bacteria that is already existent on your skin, it will produce body odor.

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