

# KNOW Homoeopathy Journal

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**Title: Herpes zoster (shingles) and its homoeopathic management**

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## ABSTRACT

*“Herpes zoster (shingles) is a major health problem worldwide. It is common among individuals above 50 years of age with weak immune system and those who are on immunosuppressant drugs. It is caused by varicella-zoster virus, same virus that causes chickenpox. Fever, pain, fluid filled blisters and itching are the most common symptoms. Post herpetic neuralgia (PHN) is the most common complication among all associated with herpes zoster. Homoeopathic medicines work wonder in the treatment of herpes zoster (shingles).”*

**Keywords: Herpes Zoster, Shingles, Homoeopathy, Post Herpetic Rash**

## INTRODUCTION

Herpes zoster also termed as shingles.

It is an infectious viral disease caused by reactivation of the chickenpox virus initially infected the body. It is an extremely painful rash.

It usually occurs in areas which are supplied by sensory nerves.<sup>[1]</sup>

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Initially the viral infection causes chickenpox. Then the virus moves to a dorsal root ganglion, in latent state. Later, regression in immune system or stress can trigger a reactivation of the virus causing shingles. The rash appeared with shooting pain, that turns into red, fluid-filled blisters. The blisters dry and become crusty within 7-10 days.<sup>[2]</sup>

## CAUSES

Shingles is caused by varicella-zoster virus, which causes chickenpox. Previous infection with chickenpox, causes virus to remain dormant for years. Reactivation of virus leads to herpes zoster (shingles).<sup>[3]</sup>

## RISK FACTOR

1. Age- 50+
2. Gender- females
3. Family history of zoster
4. Immunosuppressive drugs
5. Steroids
6. Chronic illness
7. HIV
8. Organ transplantation
9. Recent physical trauma
10. Stress

Incubation period-8-28 days

Contagious period-2 day<sup>[4]</sup>

## CLINICAL SYMPTOMS

1. Pain- burning, tingling, pricking
2. A red rash that appears a few days after the pain
3. Fluid-filled blisters that break easily
4. Crusts and scabs
5. Itching<sup>[1]</sup>

Other symptoms are

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2. Headache
3. Sensitivity to light
4. Fatigue
5. Stomach upset

## DIAGNOSIS

The rash of shingles is the unique rash. The rash usually appears as red spots, small fluid- or pus-filled vesicles, crusts or scabs.

## COMPLICATIONS

- a. Post herpetic neuralgia (PHN)
- b. Secondary bacterial skin infection
- c. Viral dissemination
- d. Meningitis
- e. Skin scarring
- f. Herpes zoster ophthalmicus
- g. Cerebellar ataxia<sup>[5]</sup>

## HOMOEOPATHIC MEDICINES<sup>[6]</sup>

### ARSENICUM ALBUM

It is indicated when there is itching, burning, papular eruption dry, rough, scaly; worse cold and scratching, offensive discharge. Debility, exhaustions and restlessness is the keynote.

### DOLICHOS PRURIENS

This remedy is indicated when there is intense itching with no swelling or rash, itching excessively at night. Herpes zoster (shingles).

### MEZEREUM

This is the best remedy for herpes. intolerable itching, worse in bed, Ulcers itch and burn, surrounded by vesicles and shining, fiery-red areola. Herpetic eruption, with burning pain.

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## MORPHINUM

It is indicated when there is zoster-like herpes, intense itching, Neuralgias intensely painful, left supraorbital; Neuralgia after zoster.

## PRUNUS SPINOSA

It is indicated when there is Itching on tips of fingers, as if frozen herpes zoster (shingles).

## RANUNCULUS BULBOSUS

This is the wonderful remedy for herpes zoster (shingles). Burning and intense itching; worse, contact. Shingles, bluish vesicles. Itching in palms. Blister-like eruption in palms. Vesicular and pustular eruptions.

## RHUS TOXICODENDRON

It is indicated when there is intense itching, vesicular suppurative forms, Red swollen burning herpes, Burning eczematous eruptions with tendency to scale formation.

## SEMPERVIVUM TECTORUM

It is recommended for herpes, zoster and cancerous tumors. Erysipelatous affections, Malignant ulcers of mouth. Cancer of tongue, bleeds easily.

## CONCLUSION

This article is an attempt to assimilate herpes zoster (shingles) inclusive of definition, causes, risk factors, clinical symptoms, diagnosis, complications along with homoeopathic therapeutic which found to be useful and treat herpes zoster (shingles) cases fortuitously.

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