DEFINITION

Herpes zoster is a viral disease, caused by herpes zoster virus or HZV, the chicken pox virus, affecting unilateral nerves, characterized by painful skin rash along with blisters limited to one side of the body, often in a stripe like fashion i.e. along the nerve path.

- Eruptions along a nerve path often accompanied by severe neuralgia; a herpes virus that causes shingles
  (wordnetweb.princeton.edu/perl/webwn)

- Herpes zoster (or simply zoster), commonly known as shingles and also known as zona, is a viral disease characterized by a painful skin rash with blisters in a limited area on one side of the body, often in a stripe.
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  (en.wikipedia.org/wiki/Herpes_zoster)

- An acute viral inflammation of the sensory ganglia of spinal and cranial nerves associated with a vesicular eruption and neuralgic pains and caused by reactivation of the poxvirus causing chicken pox.
  (en.wiktionary.org/wiki/herpes_zoster)

- A virus that often appears as an initial indication of HIV disease and begins with itching or pain on only one side of the face or body, followed by a rash that looks like chicken pox or poison ivy.
  (www.ncbi.nlm.nih.gov/bookshelf/br.fcgi)

- A condition characterized by painful blisters that typically appear in a dermatomal (linear) distribution on the skin following nerve pathways; blisters generally dry and scab leaving minor scarring.
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  (aids.hallym.ac.kr/dict/h.html)

- This viral infection consists of a rash of painful, itchy red blisters. It is similar to chickenpox, but only affects older adults. Shingles can be transmitted to another touching the open blisters.
  (www.vaccine-info.com/diseases-glossary.htm)

- An inflammation of the skin caused by a Varicella-zoster virus (also causes chicken pox) characterized by collections of small blisters. Also known as 'shingles.'
  (cas.umkc.edu/psyc/motiv8/glossary.htm)

- (HER-peez ZOS-ter), also known as shingles, is an acute viral infection characterized by painful skin eruptions that follow the underlying route of the inflamed nerve. This inflammation occurs when the dormant chickenpox virus is reactivated later in life.
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  (www.medicaladminonline.com/moodle_docs/AMA/Mod-09/Lymphatic_and_Immune_Systems.doc)

- A painful infection with the varicella virus that normally causes chicken pox. The virus may be dormant for many years in the cells of the nervous system. When reactivated it appears on the skin in various locations as painful sores. Also called shingles.
SYNONYMS
Shingles, zoster, zona, Bhainsia daad, Makdee etc.

CAUSES
Shingles is caused by the varicella-zoster virus, the same virus that causes chicken pox. After a chicken pox infection, the virus lies dormant and years later the virus may reactivate to manifest it.

It can cause a maximum of three episodes in a patient’s life time.

RISK FACTORS
Contact with herpes zoster patient in blister phase can cause the chicken pox. Age above 60 years, children in who contracted chicken pox below the age of one year, history of bone or lymphatic cancer, HIV/AIDS, patients on medications, steroids or chemotherapy and immuno-compromised state are the risk factors for zona.

SIGNS AND SYMPTOMS

COMMON SYMPTOMS
Fever
Malaise
Headache

UNCOMMON SYMPTOMS
Abdominal pain
Drooping eyes
Chills
Difficulty in moving one of the facial muscles
Genital lesions general illness
Joint pain
Hearing loss
Swollen glands
Vision and taste problems
Loss of eye movement

SPECIFIC SYMPTOMS
Itching
Burning pain
Over sensitivity (all severe in the affected area)
Between 1-2 days to 3 weeks after the initial phase there is an appearance of the characteristic rash with pain on the torso but it can appear on face, eyes or other parts of the body. The skin changes are limited to nerve dermatome and the stripe does not cross the midline. The rash gets vesicular and blisters are formed. The blisters become cloudy and dark in color and are painful. Typically the rash occurs on only one side of the body.

After seven to ten days they crust over. The skin heals but sometimes there may be scars and discoloration. The virus may affect eye dermatomes causing long lasting eye inflammation with unbearable pain and sometimes also vision loss. The ear infection by herpes zoster may cause vertigo and hearing loss.

**DIAGNOSIS**

The rash on one side of the body is a characteristic diagnostic sign of herpes zoster.

Tzanck smear test can be done but it cannot differentiate Herpes Simplex Virus (HSV) and Varicella Zoster Virus (VZV).

**Laboratory tests**

- Increased white blood cell count
- Detection of VZV specific IgM antibodies in serum
- Polymerase chain reaction for the presence VZV DNA in the blister lymph
- Identification of the virus by electron microscopy

**MANAGEMENT**

Cool wet bath, colloidal oatmeal bath, starch bath and soothing lotions help in relieving itching. The affected area should be kept clean with plenty of rest.

**PROGNOSIS**

The rash subsides in three to five weeks. But in approximately 20 percent patients, post herpetic neuralgia develops.

**COMPlications**

ZOSTER SINE HERPETE- This is reactivation of herpes zoster with pain, radiating along the path of single spinal nerve without rash.

- Cranial neuropathies
- Polyneuritis
- Myelitis
- Aseptic Ear damage
- Encephalitis
- Loss of vision
- Secondary bacterial infections
- Facial paralysis (Ramsey Hunt syndrome)

There is an increased risk of cancer after herpes zoster.

**TREATMENT**
ACONITE

In the earlier stages, when the neuralgic pain is accompanied by febrile symptoms.

APIS

Burning and stinging pains with swelling; large vesicles, sometimes confluent; better from cold applications.

ARSEN. ALB

Confluent eruption with intense burning of the blisters; worse after midnight, and from cold applications; neuralgia; in debilitated constitutions.

CANTHARIS

Large blisters, burning when touched; smarting and stinging; mostly on the right side; worse in the open air.

CISTUS

Zoster on the back; neuralgic symptoms; in scrofulous subjects.

COMOCLADIA

Zoster on the legs; rheumatic pains aggravated by rest; relieved by motion.

DULCAMARA

Zoster after taking cold from damp air; moist, suppurating eruption; glandular swellings in neighbourhood of eruption; eruption precedes the menses.

GRAPHITES

Zoster on the left side; large blisters from the spine to the umbilicus, burning when touched; worse indoors; better in the open air; dry skin, tendency to ulceration; in blonde individuals inclined to obesity.

IRIS VERS

Zoster, especially on the right side; following gastric derangement; pain in the liver; neuralgic pains.

KALI MUR

Zoster; vesicles encircling half of the body like a belt; white tongue.

KALMIA LAT

Facial neuralgia remaining after zoster; worse at night; palpitation of the heat; rheumatic pains.

LACHESIS

Zoster during spring and fall; the vesicles turn dark and are very painful, all symptoms are worse after sleep.

MERCURIUS

Zoster on the right side, extending across the abdomen; worse at night, from the warmth of the bed; tendency to suppuration; easy perspiration without relief.
MEZEREUM

Zoster in old people; constant chilliness; neuralgic pains; worse at 9 p.m.; burning, changing location after scratching; in scrofulous persons.

NATRUM MUR

Eruptions occurring through the course of any disease.

PEPPERMINT OIL

Peppermint Oil, when applied locally, rapidly allays the pain of zoster.

PRUNUS SPINOSA

Prunus spinosa has succeeded in removing the very troublesome neuralgic pain which often remains when the eruption of shingles has disappeared, by means of Prunus spinosa 30x.

RANUNCULUS BULB

Zoster aggravated by change of temperature; neuralgic sequels; in rheumatic subjects.

RHUS TOX

Burning and stinging pains aggravated by scratching. Small burning vesicles with redness of the skin; confluent vesicles; worse in cold weather; rheumatic pains during rest; sleeplessness with restless tossing about; zoster brought on by getting wet, while overheated.

SEMPERVIVUM TECT

In obstinate cases; may be used internally and locally.

THUJA

Zoster with eruption only on covered parts; better from gentle rubbing; in individuals of lymphatic temperament.

ZINCUM MET

Neuralgia following zoster; pains relieved by touching the parts; worse after dinner and towards evening.

ZINCUM PHOS

When other remedies fail; following brain-fag in literary persons.

REPERTORY OF HERPES ZOSTER

1. ABDOMEN - ERUPTIONS - herpes - zoster, zona ARS. GRAPH. iris MERC. morg-p. PULS. RHUS-T. SIL. SULPH. THUJ.
3. ABDOMEN - ERUPTIONS - herpes ars. graph. iris merc. morg-p. nat-m. pulis. rhus-t. SEP. sil. sulph. syc. tell. thuj. tub.
4. ABDOMEN - ERUPTIONS - herpes Sep.
8. ANUS AND RECTUM – Herpes ip. nat-m. petr.
10. Axillae – herpes carb-an.
Chest - complaints of chest - alternating with herpes rhus-t.
CHEST - CRACKS, fissures - mammae - nipples - herpes - alternating with, with caust.
CHEST - ERUPTIONS - Axilla - nipples - herpes - zone dol.
CHEST - ERUPTIONS - breasts - axilla - zoster - zone dol.
CHEST - ERUPTIONS - Mammae - nipples - herpes - CAUST.
CHEST - External - herpes ARS. Lyc. mag-c. PETER. staph.
CHEST - HEPES, chest - herpes - ARS. dol. graph. lach. mez. nat-m. ran-b. Rhus-t.
CHEST - Mammae - herpes - con.
CHEST - PAIN - herpes zoster, after Mez. Ran-b.
CHEST - PAIN - neuralgic - herpes zoster, zona, after cimic. prun. ran-b. sul-ac. thal.
CHEST - PAIN - chest - herpes, after Mez. morg. morph. Ran-b. rhus-t. vario. zinc.
Con. cop. cortico. cosmo. crot-h. Crot-t. cupr. cyc. dip. dol. DULC. dys. equis-h. eucal. eup-per. eupi. fl-AC. form-ac.
zn-c. zn-val. zinc.
Clinical - herpes, zoster, shingles - neuralgic, pains, persisting, after herpes zoster ARS. dol. Mez. ran-b. Rhus-t. still. zinc-m.
Clinical - Malaria, infection, ague - apyrexia - herpes labialis ip.
Clinical - ulcers, general - herpetic Sars.
thuj. Xero.
Constitutions - HERPETIC, constitutions BOV. Calc. GRAPH. Lyc. Mez. NAT-M. petr. ran-b. RHUS-T.
Constitutions - SCROFULOUS, constitutions - herpes, on face, with dry, croupy cough Spong.
Cornea - herpes on ran-b.
59. COUGH - SPASMODIC - herpes; with facial arm.
60. Cough - whooping - facial herpes, with arm.
61. COUGH - WHOOPING - herpes, with facial arm.
62. EAR - ERUPTIONS - About the ears – herpetic oln.d. psor.
64. EAR - ERUPTIONS - behind ears - scabby – herpes kali-i.
66. EAR - ERUPTIONS - Front of ears; in – herpes oln.d.
67. EAR - ERUPTIONS – herpes am-m. apis bufo caust. cyst. cocc. con. graph. kreos. mag-m. merc. mez. nux-v. Oln.d. phos. psor. rhus-t. sep. tell. teucri.
68. EAR - ERUPTIONS – herpes am-m. caust. cyst. graph. kreos. mag-m. Oln.d. phos. sep. teucri.
69. EAR - ERUPTIONS - in front of – herpes oln.d.
70. EAR - ERUPTIONS - Lobes, on – herpes caust. cyst. Sep. teucri.
71. EAR - ERUPTIONS - Meatus – herpes merc.
72. EAR - ERUPTIONS - meatus,in – herpes merc.
73. EAR - ERUPTIONS - scabby - behind ears – herpes kali-i.
74. Ears - behind – herpes sep.
75. EARS - ERUPTIONS – herpes am-m. apisin. bufo caust. cyst. cocc. con. graph. kreos. mag-m. merc. mez. nux-v. OLND. phos. psor. rhus-t. sep. tell. teucri.
77. EARS - ERUPTIONS - scabby - herpetic, behind kali-i.
78. Ears - HERPES, ears am-m. apis bufo caust. cyst. cocc. con. graph. kreos. mag-m. merc. mez. nux-v. Oln.d. phos. psor. rhus-t. sep. tell. teucri.
79. Ears - lobules - herpes, on sep.
84. EXTERNAL ABDOMEN - Zoster (zona) Ars. Graph. Sulph.
85. EXTERNAL THROAT - ERUPTIONS – herpes CALC. dys. graph. lac-d. lyc. PSOR. sars. sep. sync.
86. EXTERNAL THROAT - ERUPTIONS – herpes dys. lac-d. lyc. PSOR. sars. sep. sync.
91. EXTREMITIES - ERUPTIONS - Foot – herpes ALUM. Mez. Nat-m. Petr. SULPH.
92. EXTREMITIES - ERUPTIONS - Forearm – herpes Alum. Con. mag-s. mang. MERC. nat-m. sulph.
94. EXTREMITIES - ERUPTIONS - Hand - between index finger and thumb – herpetic ambr.
110. EXTREMITIES - ERUPTIONS - Toes – herpes alum.
111. EXTREMITIES - ERUPTIONS - Upper Arm – herpes kali-c. mang. nat-m. sulph.
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139. **Extremities - Eruptions** - Shoulders – Herpes | Kali-Ar. |
141. **Extremities - Eruptions** - Toes - Between – Herpes | Alum. Graph. |
157. **Eye - Inflammation** - Cornea, Keratitis – Herpetic Ran-B. |
162. **Eyes - Inflammation** - Herpetic, Cornea Ran-B. |
Eyes - INFLAMMATION, eyes - cornea - herpetic ran-b.
Eyes - VESICLES above the eyes, bluish black ran-b.
FACET - Chin - herpes BOV. CHEL. nat-m. nux-v. Sil.
FACE - Eruptions - herpes - zoster, zona APHIS carb-o. merc. mez. morph.
FACE - Eruptions - herpes zoster apis mez.
Face - Herpes, zoster, burning and itching, with Mez. RHUS-T.
FACE - PAIN - herpes zoster, zona, after kalm.
FACE - PAIN - neuralgic - herpes zoster, zona, after KALM.
FACE - PAIN - neuralgic - herpes zoster, zona, after Kalm.
Feet - Herpes, feet ALUM. Mez. Nat-m. Petr. SULPH.
FEMALE - Eruptions, genitalia - follicular, herpetic ars. crot-t. Dulc. merc. nat-m. rob. SEP. spira. thuj. Xero.
FEMALE GENITALIA/SEX - Eruptions - Vulva - herpetic nat-s.
FEMALE SEXUAL SYSTEM - Complaints during pregnancy - Herpes sep.
Fever - Eruptions, with fevers - herpes, zoster supraorbital is mez. ran-b. Rhus-t.
Fever - INTERMITTENT, fever, ague, malaria - apyrexia - herpes labialis ip.
GENERALITIES - Pain - burning - herpes, after sphing.
GENERALITIES - Pain - herpes - zoster, zona, with staph.
GENERALITIES - Pain - neuralgic - burning, herpes, after sphing.
GENERALITIES - Pain - neuralgic - herpes - before herpes zoster, zona staph.
GENERALITIES - Pain - neuralgic - herpes - before herpes zoster, zona staph.
GENERALS - NEURALGIC, pain - herpes, before staph.
GENERALS - Pain - herpes; before staph.
GENITALIA - Female organs - herpes bufo dulc.
GENITALIA - Female organs - labia - eruption - herpetic dulc. graph. helo. kreas. sep.
205. GENITALIA - Scrotum -- herpes DULC. petr.
208. Glands - herpes, glands, covered with dulc. graph.
210. Head - DANDRUFF, scalp -- herpetic graph. nat-m.
215. HEAD - External - herpes ALUM. graph. mag-m. PETR. RHUS-T.
217. HEAD - PAIN - accompanied by -- herpes irus.
218. HEAD - Scalp - Eruptions -- Herpes anan. chrysar. nat-m. oln. Rhus-t.
219. HEART & CIRCULATION -- PALPITATION heart -- herpetic after suppressed ars.
225. Limbs - herpetic, on manc.
226. Lips - herpetic, vesicles on Ars. dulc. manc. NAT-M. phos. Rhus-t. sep. sul-i.
227. Liver - ERUPTIONS, liver affections, with - suppression, of herpes, anus or scrotum, after Lyc.
228. LOCOMOTOR SYSTEM - Axilae -- Herpes carb-an.
229. LOCOMOTOR SYSTEM - Knees -- Herpes carb-v. graph. petr.
230. MALE - ERUPTIONS - acme rosacea, putuluted, like herpetic, penis anan.
231. MALE - ERUPTIONS -- herpetic anan. ars. aur. calc. carb-v. CAUST. chr-s. cinnb. crot-h. CROT-T. DULC. eup-per. GRAPH. HEP. jug-r. kali-c. kali-i. lat-h. lyc. MERC. mez. nat-c. nat-m. nit-ac. oln. PETR. ph-ac. phlor. rhus-t. sars. SEP. sil. sulph. syc. syph. TELL. ter. THUJ.
233. Male - ERUPTIONS, penis - herpetic, back of phlor.
237. Male - HYDROCELE -- eruptions - herpetic with GRAPH.
238. Male - HYDROCELE, scrotum - herpetic, eruptions, with GRAPH.
239. Male - ITCHING - penis - prepuce - herpetic, with sars.
240. Male - ITCHING, genitalia - penis, prepuce - herpetic, with sars.
244. MALE GENITALIA - ERUPTIONS - Scrotum -- herpetic anan. Calc. cinnb. crot-h. Crot-t. DULC. Graph. Kali-c. PETR. tell.
245. MALE GENITALIA - HYDROCELE - herpetic eruptions, with GRAPH.
247. MALE GENITALIA/SEX - ERUPTIONS - Penis -- herpetic Graph. phlor. sal-al.

MALE GENITALIA/SEX - HYDROCELE - herpetic eruptions, with GRAPH.


Mammas - eruption - herpes, nursing women, in dulc.

MENSTRUATION - Concomitants before menses - skin itching, eruptions, ulcers, etc. — herp DULC.

MIND - SENSITIVE - noise, to; herpes; with borx.

MOUTH - ERUPTIONS - general — herpes bell-p. cob-n. gaert. hed. nat-m. ran-s. rhus-t. sanic. syph. tarax. tub. zinc.

MOUTH - ERUPTIONS - general - vesicles — herpetic nat-m. zinc.

MOUTH - ERUPTIONS — herpetic bell-p. cob-n. gaert. hed. nat-m. ran-s. rhus-t. sanic. syph. tarax. tub. zinc.

MOUTH - ERUPTIONS - vesicles — herpetic cit-ac.

MOUTH - ERUPTIONS - vesicles — herpetic nat-m. zinc.

Mouth - herpes in, after sea-bathing zinc.


MOUTH - HERPES, Tongue, on Nat-m. Zinc.


MOUTH - ULCERS — herpetic agath-a. ars-s-f.

MOUTH - ULCERS — herpetic ars-s-f.

MOUTH - ULCERS - painless - after suppressed brown herpetic eruption on face phos.

Mouth - ULCERS, mouth — herpetic ars-s-f. nat-m.

Mouth - ULCERS, mouth - painless - after suppressed brown herpetic eruption on face phos.


NECK AND EXTERNAL THROAT — Nape — herpes caust. hyos.

NERVOUS SYSTEM - Neuralgia - Cause, type - Zoster, after Mez. morph.

Nipples - cracked - herpes, around with caust.

NOSE - ERUPTIONS, inside — herpetic mor-g.

NOSE - ERUPTIONS, internal — herpes dulc. morg-g. nat-m. phys. sil. tax.

NOSE - External nose - Alae — Herpes dulc. nat-m. phys. sil.

NOSE - External nose - Eruptions, growths — Herpes acon-l. alum. bell. mur-ac. nat-m. Sep. sulph.

NOSE - External nose - Tip - Eruptions, growths — Herpes aeth. clem. conv. dulg. nat-m.

NOSE — Herpes RHUS-T. Spig.


Orbits - herpes; around hep.

Perineum - eruptions — herpes Petr.

PERINEUM — Herpes PETR.

Prepuce - herpes, on ph-ac. sars.

RECTUM - DYSENTERY — alternating with — herpes rhus-t.

RECTUM - ERUPTION - about anus — herpetic Berb. Graph. lyc. Nat-m. PETR.

RECTUM - ERUPTION - Perineum — herpes kali-c. PETR. tell.

RECTUM - ERUPTION - Anus; about — herpetic Berb. Graph. lyc. Nat-m. PETR.

RECTUM - ERUPTIONS - Perineum — herpes kali-c. PETR. Sep. tell.

Rectum - HERPES, anus, about Berb. Graph. lyc. med. Nat-m. PETR. Thuj.

RESPIRATORY SYSTEM - Cough - Concomitant - Herpes facialis am.

Shoulders - HERPES, shoulder — axilla - herpes zoster dol.

Shoulders - HERPES, shoulder - kali-arig.

SKIN - ERUPTIONS - eczema - accompanied by — herpes petr.


SKIN - ERUPTIONS - herpetic - neuralgia; post herpetic kali.m. mezn. ran-b. still. vario.


REFERENCES


299. SKIN - ERUPTIONS - scaly - herpetic ran-b.


301. SKIN - PAIN - herpes zoster, before staph.

302. SKIN - SPOTS - herpes, like merc. nat-m. sep.

303. SKIN - ULCERS – herpetic agath-a. SARS.

304. SKIN - ULCERS – herpetic merc. SARS.

305. SKIN - ULCERS - herpetic SARS.


307. SLEEP - Falling to sleep, late - prevented by - herpes, itching staph.

308. SLEEP - SLEEPLESSNESS - itching, from - herpes staph.

309. STOMACH - ERUPTIONS - herpes, pit of stomach ARS.

310. STOMACH - NAUSEA - herpes of anus, after ARS. LYC.

311. THROAT - ERUPTIONS - herpes cincinatus syph.


316. Throat - RINGWORM, herpes cincinatus syph.


318. UPPER EXTREMITIES - Eruption - herpes, joints, elbow Sep.
