

**CASE STUDY****OVERCOMING HERPES ZOSTER THROUGH HOMEOPATHY: A CASE REPORT****\*Dr. Kanu Priya, BHMS**

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**ABSTRACT**

With Herpes zoster, or shingles, is a viral condition that can cause intense pain and discomfort, often leading to long-term complications like post-herpetic neuralgia. Conventional treatments typically manage the symptoms but may not prevent these lingering effects. However, homeopathy has demonstrated significant efficacy in treating herpes zoster, providing rapid relief from symptoms and preventing chronic pain. This case study of a 37-year-old female shows how a single homeopathic remedy led to complete recovery within three months, with no residual pain, burning, or itching.

**Citation:** Dr. Kanu Priya, BHMS. 2025. "Overcoming Herpes Zoster Through Homeopathy: A Case Report", *Asian Journal of Science and Technology*, 16, (01), 13353-13355.*Copyright©2025, Dr. Kanu Priya, BHMS. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.***INTRODUCTION**

Herpes zoster, is a viral disease caused by the reactivation of the varicella-zoster virus, which remains dormant in the nerve ganglia after a previous chickenpox infection. It predominantly affects adults and the elderly, particularly when the immune system is weakened. The infection typically presents with a painful rash, often accompanied by fever and malaise, and progresses through pre-eruptive, acute eruptive, and chronic phases. Complications include secondary bacterial infections, post-herpetic neuralgia, and in severe cases, disseminated zoster, which can involve multiple organs and lead to serious outcomes like encephalitis.

**CASE PROFILE**

A 37-year-old female, presented with vesicular eruptions starting on her left shoulder blade and spreading downward to her chest, accompanied by intense burning, itching, and pinpoint pain described as needle-like pricking. She also reported fatigue for the past five days and a fever of 102°F. She had recently returned from a vacation to south india, and her symptoms began within a week of her return. On examination, she was diagnosed with herpes zoster. Initial homeopathic treatment led to a slight spread of the lesions but significantly reduced the burning and pain. Over the course of one month, the lesions dried up, and she experienced only minor discomfort with heavy lifting. After three months of treatment, kanika fully recovered with no residual pain, burning, or itching.

**Examination:** Physical examination revealed red, small vesicular eruptions on the left shoulder, forming a clustered pattern along the nerve distribution. The vesicles were oozing a watery discharge, with clusters spreading downward to the breast area.

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Surrounding the eruptions, there was noticeable red inflammation of the skin. The affected areas were notably painful to the touch.

**Physical Generals**

Appetite	Normal
Desire	Sweets
Aversion	Cold food
Thermal Reaction	Hot thermal
Thirst	Thirsty
Stools	Normal bowel movements
Urine	Normal
Perspiration	Normal
Sleep	Normal cycle
Dreams	No dreams

**Mental Generals:** Kanika Roach, coming from a family with a history of hypertension in her mother, diabetes in her father, and an appendectomy in her brother, has faced various personal challenges. As an average yet diligent student, she was once known for her calm and obedient demeanor, though recently she has become more short-tempered. Emotionally sensitive, Kanika often cries easily and struggles to express herself, tending to internalize her feelings. She is introverted and finds it difficult to share her emotions, particularly with her husband, whom she feels does not understand her. Her anxiety is heightened by concerns over her son's education and a general sense of insecurity. Kanika experienced a stressful period due to an abortion, which she was forced into by her husband despite her reluctance. Additionally, she faced a significant hurdle when trying to conceive, as tuberculosis was detected in her uterus seven years after marriage. Despite her disciplined and punctual nature, these emotional and personal challenges have contributed to her current state of heightened sensitivity and stress.

**Past History:** History of traveling to South India on vacation, and she developed symptoms of infection within one week of returning.

1. Seven years after marriage, she conceived despite a diagnosis of tuberculosis in the uterus.
2. MTP in 2018, which involved D&C

## DISCUSSION & CONCLUSION

This case demonstrates the effectiveness of individualized homeopathic treatment for herpes zoster, with significant improvement in symptoms.

**Family History:** Family members-mother hypertensive father-diabetes.

## CASE ANALYSIS

### Repertorial totality

Repertory used	Rubrics selected
Repertory Name	GENERALS- FOOD AND DRINKS – sweet desire GENERALS –WARM - agg MIND- EMOTIONS –suppressed MIND-AILEMNTS FROM – anger suppressed MIND – AILMENT FROM – anger SKIN –ERUPTIONS – blisters - itching

### Repertory screenshot

### Selection of Remedy

**Constitutional:** Nat mur 200 single dose.

**Acute:** Rhus tox 30

**Miasmatic approach**

Symptom	Psora	Sycotic	Syphilitic	Tubercular
Food & Drinks – Sweet Desire	✓			
Warm - Aggravates	✓			
Emotions - Suppressed	✓			
Ailments from Suppressed Anger	✓			
Ailments from Anger		✓		
Skin - Eruptions (Blisters, Itching)	✓		✓	

## RESULTS

Month	Progress	Prescription
1st Month	Blisters started settling down within 2 weeks. Intensity of burning and itching reduced. Inflammatory signs reduced.	Nat Mur 200 – single dose Sac Lac 30 – twice daily
2nd Month	Eruptions completely settled down. No itching or burning. Slight stretching feeling in the arm when lifting heavy weights.	Sac Lac 30 – twice daily
3rd Month	No visible eruptions. Only scarring visible. No itching, burning, or arm pain.	Sac Lac 30 – twice daily

### The transformation



The positive outcomes observed support further investigation into the role of tailored homeopathic remedies for managing this condition.

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