



Herpes zoster - a serious viral reactivation

› Shingles or herpes zoster is a disease caused by reactivation of the varicella zoster virus. This virus belongs to the herpes viruses and triggers chickenpox when first infected. The virus spreads through the blood in the body and thus reaches the oral mucosa, the lymph nodes and the skin. Here it triggers the typical generalized rash of chickenpox.

Chickenpox is highly contagious; not only can the viruses be transmitted through direct contact with the skin lesions, but also through the air (Koshy et al. 2018). After surviving infection, the herpes viruses remain in various nerve cells in the body. Under unfavorable conditions, reactivation of the viruses can occur. Patients with immunosuppression are most commonly affected regardless of whether the immunosuppression is triggered by natural immunosenescence, extreme stress, or immunosuppressive drugs. Persons over 50 years of age are particularly at risk. In principle, however, anyone who has previously experienced a chickenpox infection can contract shingles. But even if you have been vaccinated against chickenpox, you can still contract shingles. Virus reactivation can also be triggered by a vaccination against another pathogen. This is known to occur after vaccinations against yellow fever, influenza, hepatitis, and rabies. Current data indicate that vaccination against coronavirus can also lead to reactivation of varicella-zoster virus (Müller T. 2022, Hertel et al. 2022).

Symptoms of the disease may be very atypical at the beginning. Some patients show flu-like symptoms such as chills, fever, headache or fatigue. In the region of the body where the typical skin rash later occurs, many patients experience a burning or itching sensation at the beginning. In the course of the infection, various complications may occur, such as eye involvement or, in the worst case, infection of the CNS. Fortunately, these events are rare; however, zoster neuralgia is very common. 22% of shingles patients are affected by such neuralgia, which can be related to significant pain (Koshy et al. 2018).

In SANUM therapy, experience has shown that GRIFOKEHL® is used for infections with herpes viruses.

In addition to oral administration, GRIFOKEHL® D4 ointment can be applied directly to the affected skin areas. FORMASAN® supports the cleansing of the connective tissue. For pain relief of zoster neuralgia, vitamin B 12 can be used to good effect in practice. This was also the conclusion of a 2018 review study, which found that administration of vitamin B12 to patients with post-zoster neuralgia significantly reduced the number of patients who required analgesics (Wang et al. 2018).

Since stress can also weaken the immune system, enough time should always be scheduled for a break, especially now in the run-up to Christmas. Scents help us to come to rest even in stressful phases. Treat yourself to the essential oil blend relaxation and centering with bergamot oil (Citrus bergamia), mandarin oil (Cetraria recutita), rose geranium oil (Pelargonium graveolens) and lemon oil (Citrus limon). This essential oil mixture has on the one hand an anti-infective and



on the other hand a balancing and anxiety-relieving effect. In addition, it also helps you to concentrate again. This is true not only for work, but also for relaxation and restful sleep. The mixture can be used with the help of a cloth for room scenting or also as a rubbing, e.g. in the area of the décolleté. In this way, the scent can be easily inhaled. This can be supported by a steaming cup of tea and a few tasty spice candies.

We wish you a wonderful holiday season and have a good start into the new year!

Recipe spiced taler

- ' 125 g butter
- ' 50 g sugar
- ' 200 g spelt flour (type 630)
- ' 100 g ground almonds
- ' 1 egg
- ' ½ freshly ground nutmeg
- ' a pinch of ground cloves
- ' a pinch of salt
- ' one package of ground lemon peel
- ' 1 flattened teaspoon of baking powder

First mix the butter (soft) with the sugar and egg. Add the spices and baking powder, then the ground almonds and at the very end the flour. Work everything into a smooth dough, and then let it rest in the fridge for min. 30 min. Now form one or more rolls from the dough with a diameter of about 4 cm. Cut the dough into 1 cm thick rolls, press them on the baking tray and bake at 170°C for 15-20 minutes

Trade forms

GRIFOKEHL® D4 Capsules

20 Capsules

Dosage

1-3x 1 capsule daily



GRIFOKEHL® D4 Ointment

9 g Ointment

Dosage

1-3x daily apply thinly

FORMASAN® Drops

30 ml Bottle

Dosage

acute: NMT 12x 5-10 drops daily

chronic: 1-3x 5 drops daily

VITAMIN B12 SANUM Injection

10x 1 ml Ampoules

Dosage

acute: 2x 1 ampoule per week

chronic: 100 µg Cyanocobalamin per month

All preparations are also available in other dosage forms.

[Essential oil blend Relaxation and centering](#)



The VADEMECUM –
From experience to evidence.

Complementary medicine has a future. If we act.

Help to secure the wealth of experience in complementary medicine.