Shingles (Herpes Zoster)

Folk Remedies/Common Sense Remedies for Shingles

Keep the affected area clean, dry, and exposed to air (without clothes covering it) as much as possible. Don't scratch or burst the blisters. If you have difficulty in sleeping because of the pain, bind the area with an elastic sports bandage.

Crush two aspirin, mix them with 2 tbsp rubbing alcohol, and apply the paste to lesions three times a day. This will provide relief by desensitizing the nerve endings. Or see homeopathy below

For relief of itching, :

Mix 1/2 cup of apple cider vinegar with 2 cups of water. Moisten a clean cotton face-cloth with this solution. Wring slightly and rub affected area with the moist towel upwards towards the heart after the shingles attack subsides and the blisters dry up. Repeat this procedure for an hour daily, as needed.

Dust colloidal oatmeal powder on the parts of the body where clothes rub against your skin. This may reduce pain.

Apply aloe vera gel, raw honey, or fresh leek juice over the rash several times a day. You can also use hydrogen peroxide on infected blisters.

Sponge the following over the sores or apply as a cold compress:

- Vitamin E oil
- Apple cider vinegar
- Cool goldenseal, mugwort, or peppermint tea
- A solution of baking soda and water

Take a 20-minute soak in a tub of tepid water enhanced with a cup of colloidal oatmeal or cornstarch. This helps to have a goodnight sleep.

For pain that lingers after the blisters have healed, apply a mixture of 2 tablespoons of hand lotion and a crushed aspirin tablet, or vigorously rub the area with cloth-wrapped ice cubes.

Place plain yogurt mixed with zinc oxide, if available, along the path of the nerve (two to three times daily.) This treatment, if started at the first sign of the outbreak, will often clear up herpes
zoster in twenty-four to forty eight hours. A gel made from licorice root appears to be an excellent topical application. Doctors report that serious pain and inflammation are totally cleared in three days after this application.Pear juice is rich in antiviral caffeic acid. Drink it as a fruit juice and eat lots of pears for shingles.
Avoid foods containing the amino acid arginine, such as chocolate, cereal grains, nuts, and seeds.

Top herbal remedies for shingles
Hypoxis Rooperi (African Potato) contains phytosterols and sterolins, which boost the immune system making it one of the better herbal remedies for shingles. Studies done on a group of volunteers showed a significant increase in the number of T-cells, which are involved in strengthening immunity. Lemon balm, a superb natural cure for shingles, is antiviral & especially good at preventing the internal spread of the virus. Simply make lemon balm tea, drink a few cups a daily & apply the cooled tea bag to the shingles. It is also a sedative & so can help you sleep better. Take 25 - 40 drops of tincture 2x daily or get a cream containing lemon balm & apply 3 - 4x daily.

Agathosma Betulina (Buchu) has antibacterial action good for attacking the herpes virus causing shingles. Echinacea is also also one of the best herbal remedies for shingles. It’s anti-viral & immune boosting. Take ½ tsp extract, 3x daily or 300 mg capsules 10x daily. Goldenseal is a fine shingles treatment due to its antimicrobial, immune enhancing properties. Take prepared supplement as directed.

Solidago Virgaurea (Goldenrod) is an interesting natural remedy for shingles. It helps the body regulate mucus & is a tonic remedy to strengthen the natural protective ability of the body to fight infection.Mentha Piperita is extremely beneficial in supporting a healthy immune system. In fact, while we can’t speak of natural cures for shingles, many other herbs from the mint family - apart from lemon balm, spearmint & peppermint - can be powerfully anti-herpal. Combine some combination of hyssop, lemon balm, oregano, rosemary, sage & thyme for a powerfully therapeutic tea. Then apply the cooled off dregs to the infected area.
**Viscum album** acts as a natural diuretic & immune enhancer. 
**Red pepper** is one of the more powerful natural herbal remedies for shingles as it contains the marvelous ingredient that makes it hot called capsaicin. It is most delicious & effective shingles treatment. Simply purchase creams containing capsaicin & apply directly. Eating hot peppers may also help. Or you can add a bit of hot seeds or powder to aloe creams.

**Schizandra sinesis**, appears to treat many health conditions & is one of the effective natural remedies for shingles due to its ability to assist the body against toxins and cell damage.  
**Aloe vera** is antibacterial & anti-inflammatory making it a perfect choice against shingles. 
**St. John’s-wort** contains hypericum an effective herb against the herpes virus in addition to many other viruses. Make a strong tea & apply cooled tea to infection.  
**Licorice** is one of the most used natural remedies for shingles because it makes the herpes virus inactive. Take prepared supplement as directed & apply creams containing it to affected areas. For short term use only & not for use if you suffer from high blood pressure, heart disease, take diuretics or digitalis or are pregnant.  
**Passionflower** is an important natural shingles treatment because it works on full blown shingles.  
**Mullein** compresses have been shown to kill herpes viruses.  
Finally, eat lots of **garlic**! The great thing about many herbal remedies for shingles & other conditions, is that they are simply delicious, natural foods that we should be enjoying regularly. 

There are many effective homeopathic remedies for the symptoms of shingles, including:  
- **Rhus toxicodendron (Rhus tox)** is useful when blisters emerge that are not only painful but very itchy, and warmth brings relief. The pain is worse at night and less noticeable when moving about.  
- **Arsenicum album** is indicated for shingles with red, burning lesions that are relieved by warmth and are worse at night, causing great restless anxiety.  
- **Mezereum** is indicated if there is severe pain, if the skin burns and itches and forms brown scabs, or if the is person middle-aged or elderly. Lasting neuralgic pains that shoot along the nerve after the skin has healed are often helped by this remedy.  
- **Ranunculus** is useful if there are nerve pains and itching, or the
slightest touch, movement or eating makes the symptoms worse.
Lachesis is prescribed if the left side of the body is affected, plus some swelling, which is aggravated by warm but is relieved by cold.
Apis is used when the swelling and stinging pains predominate, improve with cold and become aggravated by heat.
The best homeopathic remedy for shingles is Ranunculus bulbosus, especially when the shingles are on the trunk of the body. It is indicated for severe burning and itching, which gets worse from touching the skin, moving about or eating. Take a 6C dose up to four times a day as needed for pain. Improvement may be noticed within a couple of days. If not, see your medical doctor or homeopath.
Other remedies that may be useful: Sepia, Natrum mur, Hepar sulph., Caladium, acidum nit.