

## Is it necessary to isolate patients with acute herpes zoster?

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### Abstract

**Introduction:** Herpes Zoster (HZ) is the virus that causes shingles or chickenpox, characterized by painful skin rashes with blisters in a localized area. Western medicine standard treatment recommends the isolation of patients to prevent dissemination of the virus. According to traditional Chinese medicine (TCM), HZ is caused by energy imbalances leading to Heat and Dampness.

**Purpose:** To demonstrate that herpes zoster has energy imbalances as a root, related to the deficiency of the chakras energy leading to formation of Heat and Dampness.

**Methods:** Two case reports. The first: 70-year-old female, diabetic, with HZ on the back. Chakras measurement was performed, and all chakras appeared in level 1 (minimum level) of 8 (normal level). The second patient: 36-year-old male, having recurrent crisis of HZ on the left armpit. The measurement of the chakras showed extreme lack of energy on six of the seven chakras.

**Results:** Both patients were not isolated, because according to the author, the root of the problem would be an energy imbalance. Chinese dietary counseling, auricular acupuncture, apex ear bloodletting were used with great improvement, without the use of any antiviral medication.

**Conclusion:** The conclusion of this study is that herpes zoster has an internal imbalance as a root, originated from the deficiency of the chakras, leading to an immune deficiency, leading to Heat retention and retention of Phlegm. With this kind of reasoning, there is no need of isolating patients, because it will not be contagious as it is related to the energy deficiency of the patient.

Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress (1998). Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through teachings of Traditional Chinese Medicine and Hippocrates.

### Speaker Publications:

1. "Is it necessary to isolate patients with acute herpes zoster?"; Asia Pacific Journal of Infectious Diseases & Therapy/ V (8), 2020.

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### Biography:

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, General Practitioner and Parenteral and Enteral