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# Vitamins & Minerals That Help Fight the Pain of Shingles Disease

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Vitamins &amp; Minerals That Help Fight the Pain of Shingles Disease

treatment of shingles and postherpetic neuralgia.

## Vitamin B12

Some physicians have seen positive results in treating postherpetic neuralgia and shingles pain with the use of vitamin B12 injections, though have not found any effect with oral B12 supplementation. Vitamin B12 is used by the body to regulate neurological function, so the belief is that it helps aid the nervous system that is being attacked by the virus.

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## Vitamin C

A Taiwanese study published in the September 2009 issue of "The Clinical Journal of Pain" showed a connection between low levels of [vitamin C](#) and postherpetic neuralgia patients. The double-blinded, placebo-controlled study showed that treatment with vitamin C was able to help with spontaneous pain that occurs but was not beneficial in brush-evoked pain, or pain caused by an outside stimulus such as touch.

## Vitamin D

According to Dr. Jacob Teitelbaum's book "Pain Free 1-2-3," [vitamin D](#) has been shown to decrease diabetic neuropathy pain and may help with the pain of shingles. He has shown that 2,000 IU of vitamin D a day resulted in a decrease in nerve pain. A comparative analysis of vitamin D levels from more than 18,000 participants in the Third National Health and Nutrition Examination Survey, NHANES III, published in the March 23, 2009 "Archives of Internal Medicine," showed that as many as 77 percent of Americans are deficient in vitamin D. It's a good idea to have your vitamin D level evaluated and consult with your physician on the use of vitamin D supplements.

## Vitamin E

Some physicians have found vitamin E to be beneficial in the treatment of shingles pain and postherpetic neuralgia. The recommended treatment, according to a small study by Los Angeles dermatologists Samuel Ayres, Jr., M.D., and Richard Mihan, M.D., originally published in 1973 in the "Archives of Dermatology," is 1,200 to 1,600 IU of oral vitamin E per day. They have also found that vitamin E oil, applied to the skin, can be beneficial. The effects of vitamin E treatments may not be seen for several months and require long-term treatment.

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## Overview

Shingles is caused by the same virus that causes chicken pox, the varicella-zoster virus, and can cause burning pain and blisters similar to chicken pox. The most painful part of shingles, however, happens after the blisters heal and go away. This condition, called postherpetic neuralgia, or PHN, can cause severe pain for months or even years after the blisters have healed. According to the National Institute of Neurological Disorders and Stroke, scientists believe that after the initial outbreak of shingles, the virus moves on to the nervous system, causing the extensive nerve pain that can be mild or intense, to the point that a simple breeze on the skin can cause pain. Numerous studies have shown that the use of vitamin [supplements](#) can aid in the



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#### About this Author

Deborah Braconnier is a freelance writer with more than 20 years of experience in the medical field and as a small business owner. She has covered business, current events, health issues and science for various online publications, including PhysOrg.com.

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