

## **Post-herpes zoster neuralgia- Therapeutic challenge for the dermatologist**

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Aim of the work: is to show the positive effect of a treatment combining per os therapy and biostimulative laser therapy on pain reduction and complete pain relief, after a local and per os virostatic therapy used to treat herpes zoster from dermatological aspect. Material and methods: A total of 10 patients were treated, all of them between the age of 50-70 years old, suffering from persistent post-herpes zoster neuralgia. After 7 days of local and per os virostatic therapy, a combination of laser and pill therapy was applied in order to reduce the pain. Results: The patients were given a 10-day pill therapy combining: Alpha- lipoic acid (ALA) which acts as an antioxidant and improves glucose utilization; Gamma-linoleic acid (GLA) which repairs the damaged membrane, improves blood flow in the vasa nervorum and has anti-inflammatory effect; Complex os vitamin B which is an important nutrient for the nervous system; Selenium and alpha-tocopherol, both acting as antioxidants. A combination including a low-level biostimulative laser like argon infrared light with 830 nanometers which acts through the cell membrane, regulating the nerve cell metabolism and regenerating the nerve structure, results in pain reduction and complete pain relief. Conclusion: The herpes zoster and post-herpes zoster neuralgia often create discomfort in the everyday functioning, especially in elderly patients. For faster and more effective treatment of the primary diagnosis and complications including pain, the neurologist must cooperate with the dermatologist. This will result in pain relief, leading to patient`s comfort and satisfaction.