

# Postherpetic neuralgia

I was contacted in October 2021 by a woman whose husband (aged 82) had been suffering from postherpetic neuralgia since January 2021. Since that time he had endured sharp, constant pain in his left side every day. He had been prescribed multiple medicines by his GP, including: Lidocaine patches and spray; gabapentin; tramadol; carbamazepine; duloxetine; pregabalin; amitriptyline; co-codamol; and ibuprofen gel. Nothing had proved successful, and he stated that these had given him 'very bad side effects'.

# Postherpetic neuralgia

His past medical history included a triple bypass and aortic valve replacement 5 years previously, and he also suffered from type 2 diabetes and hypertension. He was taking many other medicines including anticoagulants, antihypertensives, statins, insulin, and proton pump inhibitors.

Three weeks ago he had become very breathless, and had to spend 6 days in hospital having 10 litres of fluid drawn off his lungs. While in hospital he caught Covid, but survived.

# Postherpetic neuralgia

## *Treatment*

EO *Pelargonium asperum*\* (Geranium)

Apply several drops neat to affected area twice daily

## *Outcome*

A few days later his wife emailed to say that the essential oil had been very successful in reducing pain.

\* Greenway F et al. Temporary relief of postherpetic neuralgia pain with topical geranium oil. *American Journal of Medicine*, vol. 115 (2003): 586.