

Oral Herpes - Symptoms and Treatment

Oral herpes is a very **common viral infection** that accompanies certain **bodily conditions**, and most commonly occurs as a **side effect of immune-affecting infections** and **heavy menstrual bleeding, stress, fear, anxiety or irritability**.

Primary infection usually **occurs during childhood**, while **viral reactivation may occur years later**. After the primary infection, the **virus remains in the nerve cells** and can be **activated periodically**, causing the **symptoms to reappear** – usually in the same area or near it.

Oral herpes is contagious and is most commonly **transmitted** by means of **infected saliva, kissing, coughing or sneezing, eating and drinking**. The carrier of the virus can infect another person even when there are no blisters, but the biggest chance of infection is in the period between the appearance of blisters and the appearance of scabs.

The HSV-1 virus can also be **transmitted through oral sex** and thus **cause genital herpes**.

Symptoms of Herpes

Oral herpes usually pops out of nowhere. One to two days before the **first symptoms** appear, you can experience **itching, pain** and rather **unpleasant tingling**.



Not much after that, **small blisters** filled with **light liquid** appear on the **swollen, red and painful skin**, most often on the **outside of the mouth or lips** and **beside them**. Blisters pop over time, giving way to **yellow scabs** and then **small wounds** which usually **heal after 7 to 10 days**.

The first infection may also be accompanied by general symptoms of contagious diseases such as **high body temperature, fatigue and swollen lymph nodes**.

Herpes Treatment

Herpes usually **goes away spontaneously** and **does not require special treatment**. However, in very frequent recurrences, **antiviral drugs** are **available on prescription**. In such cases, **treatment should be performed immediately** after the **onset of the symptoms**, so it is good to have a medicine box (which the doctor prescribed) at home.

Antiviral treatment shortens the **duration of herpes outbreaks** and **recurrence length**, reduces relapse and helps healing.

When it comes to topical medications, **aciclovir is commonly used**, as well as numerous other remedies in the form of neutralizing viral gels, external therapy with **zincoxide creams, tea tree oil**, and the like.

When it comes to herpes, it is advised to **avoid stress**, to **rest and eat light food**. In addition, it is recommended to consume **sage, rosemary, burdock root or meadow clover tea**.

To **mitigate the symptoms of herpes** you can also use a **slice of fresh garlic**, which should be left on the lips for about five minutes; this procedure should later be repeated for one minute with fresh garlic. It is also recommended to hold an ice cube at the herpes outbreak area.

As a prevention against the occurrence of herpes, it is good to take measures to strengthen the immune system.