Monolaurin and Shingles (Herpes Zoster)

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Monolaurin & Shingles

(HERPES ZOSTER)

Shingles

If you've had chickenpox, you may develop shingles later in life. It's unclear what may reactivate the herpes zoster virus (which causes chickenpox and later shingles), but if it reappears it may be in the form of a painful rash on the torso or another part of the body. Even after the rash is gone, pain may persist in the form of post-herpetic neuralgia.

1. **Avoidance**:
    - You can avoid developing singles by receiving a chickenpox vaccine as a child or a shingles vaccine as an adult. If you are unfortunate enough to already suffer from shingles, you have a few options for treatment.
2. **Topical and Drug Treatments:**
    - The most traditional treatment is to manage pain and sooth the rash. These treatments can consist of ointments and creams, but only address the surface issue of shingles. There are also antiviral therapies which include aciclovir or valaciclovir, but these may be expensive or have undesirable side effects.
3. **Natural Alternatives and Dietary Supplements:**
    - Supporting a healthy immune response through lifestyle changes and dietary supplements may help address underlying issues which could contribute to shingles

Introducing Monolaurin

Monolaurin is a medium-chain fatty acid from coconut which may support a healthy immune response. Monolaurin is supported by published research which has demonstrated promising results in with regard to herpes-family viruses in laboratory settings.

settings (Ref # 1, 2). Herpes zoster is a varicella zoster virus (VZV), and one of eight herpesviruses known to infect humans. Herpes zoster, which causes shingles, is an enveloped virus which means there is a fatty lipid sheath which protects the DNA of the virus. Research suggests that monolaurin may work to disintegrate that protective envelope and potentially inactivate the virus (Ref #3, 6).

> *"Monoglycerides of these fatty acids were also highly antiviral, in some instances at a concentration 10 times lower than that of the free fatty acids. Antiviral fatty acids were found to affect the viral envelope, causing leakage and at higher concentrations, a complete disintegration of the envelope and the viral particles. They also caused disintegration of the plasma membranes of tissue culture cells resulting in cell lysis and death. The same phenomenon occurred in cell cultures incubated with stored antiviral human milk. The antimicrobial effect of human milk lipids in vitro is therefore most likely caused by disintegration of cellular and viral membranes by fatty acids. (Ref #6)*

Explore additional research about enveloped RNA and DNA viruses.

Monolaurin Research and Immune Support

Monolaurin, when combined with other substances, may inactivate certain herpes family viruses, including herpes zoster, in laboratory settings (Ref #3, 4, 5).

> *sorbic acid were tested for in vitro virucidal activity against 14 human RNA and DNA enveloped viruses in cell culture. At concentrations of 1% additive in the reaction mixture for 1 h at 23°C, all viruses were reduced in infectivity by >99.9%. Monolaurin with BHA was the most effective virucidal agent in that it removed all measurable infectivity from all of the viruses tested. The compounds acted similarly on all the viruses and reduced infectivity by disintegrating the virus envelope." (Ref #3)*

A further literature review expands on the potential antiviral attributes of monolaurin found in laboratory settings:

> *"Of the saturated fatty acids, lauric acid has greater antiviral activity than either caprylic acid or myristic acid. It has been reported that monolaurin is more effective in inactivating viruses and other ineffective agents than lauric acid ... Monolaurin is a glyceride ester derivative of lauric acid; and activated form of lauric acid. Monolaurin dissolved the lipids and phospholipids in the envelope of the virus causing the disintegration of the virus envelope effectively lysing the plasma membrane. There is also evidence that signal transduction is also interfered with, inhibiting the multiplication of the virus. Some of the viruses inactivated by these lipids are measles virus, herpes cimplex virus-1 (HSV-1), herpes simplex virus-2 (HSV-2), vesicular stomatitis virus (VSV), visna virus, and cytomegalorvirus (CMV)" (Ref #5)*

Additional research is needed to better explore the potential application, if any, in humans.

immune response. The amount and duration of monolaurin used as a supplement will very by individual. Learn more about monolaurin in the detailed Essential Guide to Monolaurin.

As with any health protocol, monolaurin should be taken under the guidance and supervision of a health care professional.

Shop Monolaurin

Looking to try monolaurin? Consider some of the products located on this external site: Shop Monolaurin.

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References:

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PREVIOUS

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Monolaurin - A Potential Surface Disinfectant?

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Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

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