

Pressurized oxygen helps suppress herpes

Herpes thrives in an environment with little or no oxygen, which is why it is not unusual that hyperbaric oxygen therapy can help suppress this virus.

Just like other viruses, herpes is anaerobic, which means that it exists, prospers and procreates where there is little or no oxygen. The herpes virus does not have any genetic material for reproduction, which is why it has to inhabit a cell. The virus robs that cell of its genetic material. It multiplies by attaching itself to the RNA and DNA of normal cells and forcing them to produce more viruses. The virus stays dormant until our resistance drops, at which point it starts to travel from one cell to another, reproducing rapidly, and causes a herpes outbreak.

Chinese study

A Chinese study focused on the effect of hyperbaric oxygen therapy (HBOT) on type of herpes called herpes zoster. The participants were divided into two groups at random – a HBOT and a control group. They treated the control group with only drugs, while the patients in the HBOT group were treated both with drugs and hyperbaric oxygen.

When determining results the authors of the study considered how long it took for blisters to disappear, for the scar to form and how many of the participants in each group developed post-herpetic neuralgia.

Conclusion

After comparing all results, the authors concluded that hyperbaric oxygen therapy “can significantly enhance therapeutic efficacy, relieve pain, accelerate herpes blister healing and lesion resolution, reduce the percentage of patients developing PHN and improve depression in patients with herpes zoster.”

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References:

[Herpes Cure Through Oxygenation](#). Published online on Balanced for Health website.
Peng Z., S. Wang, X. Huang and P. Xiao. [Effect of hyperbaric oxygen therapy on patients with herpes zoster](#). Undersea Hyperb Med. 2012 Nov-Dec; 39(6): 1083-7. Published online. PMID: 23342765.