

Herpes on tongue cure: definitive and fast treatment to fight the virus

Herpes is a viral disease that can affect different parts of the body though the genitals and lips are the most affected. This illness can also affect the tongue and cause very uncomfortable problems of health. In this article I will tell you about the definitive herpes on tongue cure, based on a combined treatment which uses natural remedies and medications. In my presentation I have included answers to the most frequent questions about the topic.

The digestion of the foods we eat begins in the mouth. The tongue plays an important role in this process; its function is to hydrate the mouth and food, swallowing and detecting the taste of everything we eat and drink.

Those who suffer from herpes wish that the tongue was the last place where the disease would appear. But the diseases do not obey to the whims of sufferers, although you can fight them and finally get rid of herpes outbreak.

1. Herpes on tongue signs

The signs of herpes on tongue begin with tingling, itching and burning sensations. Then some blisters appear and eventually these blisters burst and cause ulcers that are very annoying when eating the food.

The above symptoms may be accompanied by discomfort, fever and swollen glands around the neck. These symptoms are also typical of herpes labialis and other manifestations of herpes in the upper part of the body such as herpes on face and herpes in the nose.

1.1. Is herpes on tongue painful?

Herpes on tongue follows a cycle of five stages: prodrome, inflammation, blister, ulcers and healing. Blisters usually appear about three days after prodrome and they are very painful.

1.2. How long does herpes on tongue lasts?

Herpes on tongue can last about 10 days. These are ten days of discomfort and great inconvenience to eat and talk. Blisters and sores may appear on the upper surface of the tongue, on the underside, edges and up to the tip.

1.3. Can herpes on tongue go away?

Herpes tongue disappears after about ten days, even if you did not applied treatment. The illness is recurrent: it can appear again in any moment because the virus that causes it remains in your body.

1.4. What does herpes on tongue look like?

Signs of herpes on tongue can be confused with symptoms of other diseases that damage the body. Sometimes these signs can be confused with signs of so-called canker sores which are sores that appear on the mouth and tongue. The causes of the emergence of these sores are not well known, but specialists believe that these ulcers appear in response to a weakened immune system, stress, hormonal changes or as a manifestation to a deficit of certain vitamins and minerals in the diet.

Ulcers may appear in the tongue due to the ingestion of too much hot food and to the use of certain medications such as aspirin, penicillin, the drugs used in chemotherapy, phenytoin, and sulfonamides.

2. Herpes on tongue causes

The tongue herpes is a viral disease; there are two types of viruses that cause it. The virus that more frequently causes this disease is the herpes simplex virus type 1 which is also the cause of cold sores and other types of herpes that attack the top part of the body and especially the organs that are located above the neck. Herpes simplex virus type 2 (natural cause of genital herpes) also causes herpes on tongue, although with less frequency.

2.1. Is herpes on tongue contagious?

This virus spreads from one person to another by contact with the liquid present in herpes lesions. Any contact that you have with a person carrying the virus could be fatal because the virus is always lurking. Sexual relationships are very conducive to the spread because many times there are people who unknowingly are carriers of the virus.

If you are suffering of herpes on tongue you should avoid to kiss a baby because it is very possible the transmission of virus. You should also avoid sexual relationships during the outbreak because you could contaminate your partner.

2.2. Can you get herpes on tongue?

The probability of getting the illness depends on the sanitary measures that you apply preventively. You should avoid sexual relationships without protection and oral sex because many people are infected by the virus without knowing it.

The virus is present in the bladders and wounds. When you have contact with them the virus is transmitted. Oral sex is one of the infection ways that can produce you herpes on tongue caused by herpes simplex virus type 2.

3. Tongue herpes diagnosis

The diagnosis of herpes on tongue begins with the self-diagnosis of the sickness. When a person has the symptoms of herpes on tongue, she or he should go to the doctor to have it examined. The diagnosis of herpes is done through a blood test.

There are several blood tests to detect the herpes virus, but some of them are not completely reliable because sometimes they do not provide the correct information about the type of the virus. The most reliable blood tests to diagnose herpes include HerpeSelect™ and Herpes Western Blot tests.

4. Treatment for herpes on tongue using medicine

When we are choosing a treatment to fight this disease, it is important to keep in mind that it is caused by a virus. The use of antibiotics to fight this illness is inadequate because the antibiotics are not conceived to fight virus.

Tongue herpes is one of the most challenging deals because external treatments are often ineffective. It is very difficult to apply a cream or ointment on tongue. In tongue, it is not recommended to apply heat which is commonly used to treat cold sores.

For the above reasons herpes on tongue is treated primarily with remedies taken orally. Doctors often indicate taking Acyclovir tablets: a drug that stops the reproduction of the virus, but that has several potential side effects harmful to health which are described in the medical encyclopedia Medlineplus. Acyclovir is a treatment, but it is not the herpes on tongue cure.

Another disadvantage of the consumption of this drug is that it does not eliminate the virus from the body of the patient, so that after a time lapse herpes on tongue can appear again and the patient will again face the troublesome blisters and painful sores.

Although virus researchers were concerned about finding a vaccine against herpes type 1 and herpes type 2, this kind of treatment is not available yet. So there is not preventive herpes on tongue cure. Herpes on tongue medicine fights the illness, but it doesn't eliminate the virus that causes it.

5. Herpes on tongue cure. A combined treatment

Specialists in alternative medicine have advanced in the search for treatments of herpes, and especially herpes caused by type 1 and type 2 viruses. They have been able to provide an answer to the question: how to cure herpes on tongue?

There is an alternative medicine treatment that has had better results, consisting of a protocol created by an experienced British doctor: "The Ultimate Herpes Protocol".

This alternative method to cure herpes caused by the herpes simplex virus type 1 and herpes simplex virus type 2 is based on a sequence of three stages, each of which has a specific purpose (Table 1). In the first stage the patient's immune system is strengthened in which the diet plays an important role. The second stage is aimed at destroying the layer of protection protein of the virus and once this goal is achieved, the third stage is for preventing the development and reproduction of the virus to remove it completely from the patient's body.

The effectiveness of this treatment has been checked by many people for the herpes on tongue cure.

Table 1: Goals and treatments for stages of The Ultimate Herpes Protocol		
Stage	Goal	Treatment
Stage 1	Invigoration of the immune system.	Diet and lifestyle to strengthen the immune system.
Stage 2	Destruction of the layer of protein protector of the virus.	Application of two pharmaceutical products to eliminate the layer of protein protector of virus.
Stage 3	Detention of the reproduction of the virus.	Diet rich in lysine and poor in arginine and anti-herpes nutritional supplements.

This method to treat herpes is exposed in the book "The Ultimate Herpes Protocol" which is available in PDF format on its official website.

Diet is one of the factors you can control to avoid herpes outbreaks. The author of the Book explains the foods you should consume and the foods whose consumption you should avoid.

The diet for a person infected with any of the herpes viruses should be based on foods rich in lysine and poor in arginine. Arginine contributes to the replication of virus and lysine blocks it.

Lysine is in the list of the ten essential amino acids for us the humans; it carries out an important function in the absorption of the calcium and in the production of antibodies.

Arginine is also an amino acid, although it is not on the list of the ten essential amino acids for the human being; it is essential only under certain conditions especially in kids. It was isolated for the first time by the Swiss chemist Ernst Schulze in 1986.

Fish, dairy milky products and meats are foods rich in lysine. In "The Ultimate Herpes Protocol" you can obtain a list of foods in which the proportion lysine-arginine is the highest. Those are the foods you should consume preferably, if you are infected by herpes virus.

If you have been the victim of tongue herpes, you can heal yourself forever using "The Ultimate Herpes Protocol".

6. Natural remedies for herpes on tongue

The curriculum of the degree in pharmacy in its beginnings included botany applied to the pharmaceutical technology. The times changed with the development of the pharmaceutical industry and the pharmacy professional distanced from the medicinal herbs that contain the active principles of many medications.

At present time the medical treatment of herpes is based the use of Acyclovir, Famciclovir or Valacyclovir or its respective commercial names: Zovirax and Valtrex. However, there are more effective natural remedies than these medications without side noxious effects.

These natural remedies don't constitute herpes on tongue cures, but they reduce the time of duration and the frequency of the outbreaks.

The medicinal herbs are included in the natural remedies for herpes on tongue. Here I will analyze the use of two of them: *Andrographis Paniculata* and *Echinacea Purpurea*.

6.1. Herpes on tongue treatment using *Andrographis Paniculata*. Is it herpes on tongue cure?

Andrographis Paniculata is a medicinal plant of very bitter flavor that belongs to the *Acanthaceae*'s family and it is part of the traditional Indian medicine. It grows in a wild way in India and Sri Lanka and it is cultivated in the south of Asia.

How to treat herpes on tongue with *Andrographis Paniculata*?

Herpes on tongue treatment using capsules of *Andrographis* is based on a dose of 60 mg per day during ten days.

Although the level of toxicity of *Andrographis Paniculata* is very low, its use is not recommended in the case of pregnant women, suckling children, people who suffer hypotension and people that suffer gastritis or gastric ulcer.

Andrographis Paniculata is not a herpes on tongue cure because it doesn't eliminate the virus of our body.

6.2. Herpes on tongue treatment using *Echinacea Purpurea*. Why it is not a herpes on tongue cure?

Echinacea Purpurea is a herbaceous plant of black and spicy root originating from the United States of America that grows in a wild way in plains, prairies and hills.

This plant has antivirals and anti-inflammatory properties and it is effective against herpes on tongue.

How to treat the herpes on tongue with Echinacea Purpurea?

The basic forms of Echinacea are the infusions and the capsules. The dose of the capsules depends on the person, age and body weight. We recommend a dose of 800 mg - 2 g per day after the meals and should be taken with abundant water. The time of duration of the treatment should be of seven weeks.

Herpes on tongue treatment with Echinacea should not overcome the recommended dose neither the time required for the achievement of a good effect.

The researches about this plant have not documented adverse interactions with other plants or medicines. Since its use strengthens the immune system, Echinacea should not be used by persons who consume some immunosuppressant medication.

Although the use of Echinacea Purpurea doesn't have noxious side effects, in some people it can cause light digestive problems and nauseas.

Treatment of herpes on tongue using Echinacea doesn't eliminate this virus; it only helps to shorten the duration of the outbreaks and the frequency of their appearance.

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