

Red wine's resveratrol 'can stop facial herpes'

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A compound in many plants including red wine, resveratrol, when applied to the facial sores, prevents herpes from entering the body--with a reported 99% success rate.

A note from Dr. Braly:

Along with quercetin flavonoid (a favorite anti-allergy flavonoid supplement), this is the same phytonutrient that previous studies indicates lowers the risk of heart disease, and has potent anti-inflammatory, vasorelaxant, anti-oxidant, antiinfective, heart protective, and anti-cancer actions--see below.

An ingredient of red wine could prevent the spread of herpes, according to scientists.

- Research carried out in the US has found that the compound in red wine, resveratrol, when daubed on infectious sores, can stop a sufferer passing it on and could even lessen the chance of sores developing fully.
- The scientists suggest this compound could also be used to treat facial cold sores if rubbed onto the affected area before the sores appear.

They also suggest it could be put in condoms or contraceptive foams to prevent the spread of genital herpes. Herpes is caused by two different viruses.

1. The first called herpes simplex virus type 1 (HSV-1) causes cold sores.
2. The second is called herpes simplex virus type 2 (HSV-2) or genital herpes.

Neither are curable or fatal if contracted by an adult. Nevertheless, genital herpes can cause painful blisters, ulcers or crusts in the genital area and the buttocks.

It can be dangerous if passed from mother to baby during pregnancy causing blindness and life-threatening illness in the infant.

Genital herpes is a growing problem. One in five people in the US are believed to have been infected by the virus.

However, because of the nature of the virus few are aware they have contracted it. This is because the virus can lie dormant in the body and many of the symptoms can appear sporadically, over weeks, months or even years.

However, scientists at Northeastern Ohio Universities College of Medicine believe their discovery could help doctors to control the virus.

- They maintain that a compound in red wine, called resveratrol, can stop the virus. The compound has previously been found to protect against heart disease.
- After carrying out tests and developing a slightly modified form of the compound, called stil-5, they found that this stopped infection in 99.9% of cases.

The scientists were speaking at the Interscience Conference on Anti-Microbial Agents and Chemotherapy in Toronto, Canada.

More information about resveratrol

- Resveratrol, a polyphenolic stilbene found in many plants, especially grapes, fruits, and root extracts of the weed *Polygonum cuspidatum*, exerts a variety of anti-inflammatory, anti-oxidant, anti-infective, cell growth-modulatory, heart protective, and anticarcinogenic effects.
- Resveratrol has exhibited the ability to prevent coronary heart disease (as a consequence of its anti-oxidant, vasorelaxing, serum lipid lowering, platelet aggregation inhibiting, and/or anti-inflammatory actions).

- Resveratrol is a potent inhibitor of the dioxygenase activity of lipoxygenase in either its reduced or oxidized form (Lipoxygenase is a dioxygenase with peroxidase activity involved in the synthesis of mediators in inflammatory, atherosclerotic, and carcinogenic processes). This suggests that resveratrol may be used as a pharmacological agent to prevent the generation of eicosanoids involved in pathological processes.
- Naturally occurring hydroxystilbenes like resveratrol have been shown to induce vasorelaxation. For example, in guinea pigs Resveratrol induced concentration-dependent relaxation of both mesenteric and uterine arteries precontracted with either noradrenaline or KCl. Resveratrol was 2-fold more potent in inducing relaxation of mesenteric arteries than of uterine arteries.
- Resveratrol is effective in lowering the level of serum lipids and in inhibiting platelet aggregation. Studies have shown that resveratrol inhibits the production of different reactive oxygen species ($O_2^{\cdot-}$, H_2O_2 , singlet oxygen and organic radicals)
- Both reactive oxygen intermediate free radical generation and lipid peroxidation induced by the inflammatory cytokine tumor necrosis factor (TNF) are suppressed by resveratrol.
- Resveratrol is most likely to be in the form of a glucuronide conjugate after crossing the small intestine and entering the blood circulation.