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## Transverse myelitis caused by *varicella zoster* virus in an immunocompetent patient – A case report

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**V**aricella zoster virus infection causes chicken pox and herpes zoster. Varicella zoster virus can be latent in cranial nerve or dorsal root ganglia. Reactivation after several years/decades later produce rash and post herpetic neuralgia and severe neurological complications like cranial nerve palsies, zoster paresis, meningoencephalitis, cerebellitis, leukoencephalopathy, myelopathy, poly radiculoneuritis, ganglionitis, progressive outer retinal necrosis, stroke, necrotizing angitis etc. Herpes zoster myelitis usually occurs in immunocompromised and elderly patients and is very uncommon in immunocompetent patients. We report here a case of herpes zoster myelitis involving cervical and dorsal cord in an immunocompetent patient. A 55 years old lady admitted in our department with insignificant past medical history with complaints of papulovesicular rash and pain along D4 and D5 distribution. Twelve days later, it was followed by pain, paresthesias, weakness left lower limb and bladder involvement. MRI showed evidence of myelitis in C6 to D11 region. Serum and CSF showed high levels of anti-varicella zoster IgG levels. We treated patient with acyclovir for two weeks and methylprednisolone (1g) daily for three doses. Patient showed significant sensory, bladder and motor function improvement after two weeks. One month after treatment patient became steady and ambulatory. We suggest consideration of zoster myelitis in immunocompetent patient and early treatment with anti-virals and steroids.

### Biography

Bashir A Sanaie (DM, Neurology) is working as Assistant Professor and Head, Department of Neurology, Superspeciality Hospital of Govt. Medical College, Srinagar (J&K) India. Has expertise in dealing with patients of neuroinfections and is founder of Multiple Sclerosis Support Group of Kashmir. He has keen interest in patients' awareness programs in addition to my own work as a consultant neurologist. Has been recently conferred Medical Excellence Award and Gold Medal by Indian Solidarity Council, International Award for Rising Talent in Nepal.

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