

“ The King of diseases” : My observations and experiences in clinically treating **HIV positive/ AIDS** patients in Mumbai 1992-2002 A.D..

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ABSTRACT:

Though the phenomenon AIDS has been recognised by modern medicine only about 20 years ago, due to the discovery of a strain in a species of monkey found in Africa; Ayurveda appears to have actually established its identity about 2000 years ago. In Ayurveda it has been even been ascribed to unhygienic habits which could even be poor personal hygiene. It is still debatable as to whether modern-day AIDS and the malady described in Ayurveda as RAJAYAKSHMA (‘The king of diseases) are exactly and precisely the same, but this debate is a fruitless controversy. What is vitally important is whether the mode of treatment prescribed against RAJAYAKSHMA in ancient Ayurvedic texts can be applied successfully against HIV positive/AIDS. I am personally of the firm conviction that it can – and my own experience vindicates this belief.

DETAILS

AIDS – that is , Acquired Immunity Deficiency Syndrome is the malady whereby the immunity level of the human body is reduced drastically due to the destructive action of a virus in the bloodstream. This virus is particularly malignant because it impairs and ultimately destroys the functioning of vital bodily organs resulting inevitably in death.

The symptoms described in ASHTANGA HRIDAYAM by VAGBHATA (section: CHIKITSITAM), and its supplementary text, the ASHTANGA SANGRAHAM, as well as another Ayurvedic classic – the CHARAKA SAMHITA (Section : NIDANAM) are :

- a) drastic loss of weight
- b) fatigue and lethargy
- c) susceptibility to allergies and contagious diseases
- d) skin irritations
- e) bronchial disorders, often leading to tuberculosis of the lungs
- f) damage to intestinal flora resulting in diarrhoea,dysentry,gastritis
- g) wide fluctuations in body temperature etc.

The root causes of the disease, according to the aforementioned Ayurvedic texts generally are :

- 1) unhygienic sexual indulgence such as anal intercourse
- 2) having indiscriminate intercourse with many people
- 3) not cleaning the genitals after coitus
- 4) washing the body with contaminated or dirty water
- 5) sexual practices with animals (bestiality) ;and
- 6) transfusion of contaminated blood

THE MODE OF TREATMENT : Initially, the patient has to be given tonics and rejuvenators (RASAYANAMS) to upgrade the immunity level, and subsequently specific medicines to actually counter the virus have to be administered. AJAMAMSA RASAYANAM (prepared with cow's milk ghee and extract of goat's meat) along with INDUKANTHAM GHRITHAM are to be given for strengthening the system and stimulating appetite. Later, RASASINDOOR (prepared with purified mercury) along with a batch of medicines which impart strength to the patient are applied. If this is done for six months (depending on the severity of the case and its associated parameters) success is usually the result . However, the sort of success to be achieved may be qualified by the possibility that the virus has not been completely destroyed or eradicated, but simply rendered ineffective. The virus may continue to lurk in the body, but is unable to do further damage because of enhancement of the immunity level, and strengthening of the internal organs. A situation of peaceful co-existence may be achieved, and this may actually last for the remainder of the life span of the individual.

Once the patient begins to show signs of recovery, SHODHANA (elimination) techniques may be applied to discard the vitiated toxins from the body (detoxification) through enema, purgation, emesis, etc. The medicines given at this stage to the patient should not be hard or hot or drastic. They should be soft, ghee based, ecofriendly so that the patient may comfortably withstand the effect of the medicines. Once the general immunity system has improved, the blood should be sought to be purified with medicines which have a cooling effect on the body. After considerable purification of blood, the patient should be put on a diet which is strengthening , and non-vegetarian food items are recommended. Spicy, oily and acidic food should be avoided, but ghee preparations and soups are recommended. The medicines which raise the immunity level should also be capable of increasing the digestion metabolism, and strengthening the intestinal movements. Only then would the overall constitution be benefited, and this benefit would reach all parts of the body. When non-vegetarian food is taken by the patient, a little alcohol is recommended as ANUPANA (carrier) to aid the digestion process, and also help remove the blocks in the blood vessels, i.e. SROTHORODHAM.

Bath should be taken twice or three times daily with cold water, and after bath sandalwood paste should be applied on the body. This keeps the body and blood cool, and sandalwood penetrates into the follicles and purifies. It is also advisable to take such a bath after vigorous exercise, such as jogging or running so that the blood is warmed up, and some impurities/toxins are secreted through perspiration. Heated blood can also weaken, and even destroy, the virus in certain cases e.g. we have the experience of the athlete Ben Johnson who acquired HIV. If the patient is very weak, and incapable of exercising or running, then steaming, i.e. SWEDANAM is recommended.

CASE HISTORY : About eight years ago, a male AIDS patient came to me – he was around 35 years old, married with two children, and economically poorly –off ,being a water motor operator in Bombay Municipal Corporation. I applied the Ayurvedic therapy in my own way, keeping his symptoms in mind. He used to collapse with high temperature and shivering all over about once a week, though he did not harbour malarial parasites. After one month's treatment, the fever and shivering subsided, and after three months his weight increased from 43kgs To 48kgs He wanted me to do a lab.report on his status, but I asked him to wait for another six months. He continued with my course of treatment conscientiously, and was most regular in taking all the medicines and on time. After a total of ten month's treatment (1+3+6), we did a test on him and the result was negative.

This was my first AIDS patient, and since I was successful I became confident about taking up more cases. Through my first patient, two others came to me and I was equally successful with both of them. Later, an allopathic practitioner who runs a clinic at Bombay , happened to call me to discuss my line of treatment ,after coming to know of my work through one of my former AIDS patients. This doctor asked me to attend his clinic is located in proximity to the so-called “red light area”, had the opportunity to attend to several sex workers, and men who had sexual contact with them.

OTHER CASE HISTORIES

27.04.2001

Rohit Maheswari 2604 40 yrs

Puse 104.BP 112/74

HIV detected 2 ½ yrs ago.Underwent anti coch's treatment.Herpis Maj.on penis.

Recurrent fever upto 103.Wt.from70 kgs.to 53kgs.Hyper acidity.Depression.

Anaemea, 9.4 hb ESR.108.

MahaTiktakam ghritam + Lohabhasmam 101

Gulkand

Alfalfa seeds 2 months.

The fever subsided, acidity subsided; also the symptoms of Herpis.

Hb: 10.2, ESR: 80

Amritha prasha ghritam + pravala bhasmam

Ajamamsa Rs + rasisindoor

Alfalfa seeds

Now the patient is healthier.

19.09.2001

Mrs.Khatija Farooq 2956 52 yrs.

Hb-7.10;40 kgs. Bp.86/54.Pulse 104. CD 4:134.ESR 140.HIV+

Treatment:

Dimis tabs. Allian syrup. Awla honey+Rasasindoor.

After 1 month

BP.104/70;38kgs,9.4 hb;142 ESR.

Nagabala sarpis + rasasindoor. Dimis tabs.

Ajamamsa Rasayanam + Pushyanugam churnam

After 1 month

ESR 68, Calcification fibroid in the lungs. Dimis, Rasa sindoor + Vidaryadi leham
For 1 month.

Report:

Sputum Culture : Smear shows pus cells, epithelial cells, plenty of gram positive lanceolate diplococci & a few gram negative bacilli.

ESR : 78

CHEST : PA TELERADIOGRAM

Fibrotic lesion noted in right upper zone with calcification in left lower zone. No evidence of an active parenchymal lesion is noted in rest of the lung fields. Parenchymal markings appear markedly accentuated generally. No evidence of pleural effusion or lymphnode enlargement is seen in the chest. Heart and aorta appear normal.

Findings are suggestive of old Koch's lesion with possible interstitial lung diseases.

The treatment continued for 6 months in the same pattern, and patient is improving well.

24.11.2001

Mrs.Himanchal Sharma 3195. 56yrs.Wt 35 kgs.

HIV+ CD4 48 -(290-2600),CD8-1047 (190-2120)

Alk.phosphate-985(H). HB-7.8,RBC-2.42, ESR-110

Treatment given for 6 months:

Allian syrup, Dimis tablets, Spirulina powder, Nirocil tablets

After 6 months:

Wt: 39 kgs. CD 4 – 142 , CD8 – 1020, HB: 9.1; RBC: 2.94, ESR: 76

TREATMENT IS BEING CONTINUED, WITH SLOW FURTHER IMPROVEMENTS
IN THE PATIENT.

17.09.2001

Latha 2943 31yrs.

CD 4inducer 13(L),CD8-80(H) WBC 5.9 Hb.12

HIV + since 3 yrs.Has a child of 8 months.

39 kg.126 /80.No specific symptoms.

Indukantham ghritam+Rasasindoor+Lohabhasmam101

Narasimha Rs

For 2 months:

Wt has increased to 42 kgs.

The same treatment continued for 1 year and the patient improves drastically without any complications yet.

The wt is now 44kgs. Since the patient is poor , is unable to perform investigations yet.

Infact there are only few case histories since almost all the patients deny to give their details due to exposure.

But I never guaranteed anyone a negative report at the end of my course of treatment. I simply assured a longer span of life, with a constitution and metabolism which functioned as close to normal as possible. Out of a total number of 104 patients I treated in the course of the previous ten years, 83 are living healthily and normally. Of course, three of my patients died, possibly because they had reached the last, irrevocable stage,and also because of sheer negligence of intake of medicines.
