

A SIDHA / AYURVEDIC THERAPY
IN THE MANAGEMENT OF HIV INFECTION

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We are a group of professionals consisting of an Allopathic Physician, Ayurveda & Siddha practitioners and a Clinician amongst others who are working together in the use of traditional herbal therapies in alleviating the suffering of AIDS victims and controlling the HIV infection. So far over 300 patients have been subjected to this treatment.

Siddha like Ayurveda traditionally has a holistic approach. Emphasis is now being made in exploring indigenous forms of medicine for treatment of HIV /AIDS in various international conventions.

Our experience in managing the HIV infection have been very encouraging particularly when patients came in for getting relief for various symptoms through an alternate approach. Remarkable improvements were noted in both symptoms and signs of minor and major opportunistic infections in all patients.

Post treatment observations: Perceptible weight gains. Steady decline in the viral load. Improvement in the CD4 and CD8 levels etc. ,

The salient features of the treatment: Treatment period - 4 months. No side effects. Tackling major and minor opportunistic infections within a short period. These patients are currently leading a symptom free life.

Objective: It is our desire to conduct a systematic study in collaboration with NGO's /organizations and reach out to larger sections of society as an inexpensive alternative to modern Medicine.

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INTRODUCTION

We are a group of Ayurveda, Siddha, Allopathic doctors along with a clinician amongst others operating for several years. We now have formed a firm under the name of Vedic Remedies with a goal to alleviating the suffering of HIV infected individuals, Getting here has not been easy as we had to face difficulties, be it.

- 1) Raw material sourcing.
- 2) Standardizing the finished products & dosage.
- 3) Changing the mindset of the patients.
- 4) Managing the opportunistic infections.
- 5) Clinical tests.
- 6) Getting the patients and to top it all funds & lack of information. etc...

Our aim has been to give our observational study a scientific angle while maintaining the traditional procedures with as much evidence based so as to approach the model program laid down by the scientific community. It is our desire to work towards integrating the various forms of therapies available today, for a common cause.

ABOUT THE THERAPY

It is a known fact that there is no cure today except to clinically manage the infection.

Our focus has been to improve and strengthen the immunity of the HIV infected individuals through our traditional therapies. We have worked on various combinations like herbs, herbo-minerals, Unani to arrive at a treatment regime that will contain the opportunistic infection. We have taken the help of patients who have undergone the therapy to help us in counseling the new patients.

We have been observing various patients for several years after a 3-month treatment regime to follow clinical parameters like CD₄ /CD₈ & viral load.

TYPICAL SYMPTOMS ENCOUNTERED

Include – Candidiasis

- Skin pigmentation
- Herpes zoster etc....

PRE TREATMENT INVESTIGATIONS

- a) Elisa
- b) Western blot
- c) CD₄ / CD₈
- d) Viral load

Viral culture has been done as part of post treatment, after viral loads drop to the required levels, Initially for about 15 patients. Blood samples drawn through M/s Ranbaxy Labs, Mumbai, were sent to M/s Speciality Labs, Santa Monica, USA and M/s National Aids Research institute, Pune.

We have been noting that the clinical results of certain patients over various periods of time, some of them up to date, the aim being to study the long-term benefits of this short therapy and also to determine if additional therapy is required in between.

POST TREATMENT INVESTIGATION:

- Test for viral load.
- Test for CD₄ and CD₈ levels.

POST TREATMENT OBSERVATION:

- Perceptible weight gain
- Decline in the viral loads
- Improvement in the immunity levels
- Symptom free and a better quality of life

HIGHLIGHT OF THE TREATMENT:

- Short duration therapy (4 months)
- No side effects observed
- No post treatment required
- HIV I and HIV II infection prevented
- Opportunistic infection contained without any other form of interventions.

We are now confident to under take a larger group to study with any NGO or an organization with an objective to:

- 1) Have an integrated approach to carry out studies on a common platform.
- 2) Multicenter studies following model procedures.
- 3) Give a scientific approach to our traditional remedies.
- 4) Reach these forms of therapies to a larger section of the society at affordable prices.

We have for the last two years entered into an understanding with Dr. C.N Devanayagam, Health India Foundation an NGO based in Chennai, with whom a pilot study has been under taken. They have also been following up our various patients during this time.

We hope that like minded organizations such as theirs will come forward to start a movement to bring recognition to our indigenous therapies and work towards an alternative, which is less expensive.