Abstract:
AIDS is one of the serious global health concerns. India has an estimated 2.5 million of HIV infected persons. From the advent of highly effective antiretroviral therapy (HAART), the Traditional Indian Medicine (TIM) practice has been declined in treating HIV positive individuals. Though HAART is successful it is expensive, inaccessible in many parts of our country and the drug resistance is being the major drawback. The 5000 year old TIM comprising of Siddha and Ayurveda focuses on rejuvenating treatment and improving the quality of life in HIV positive individuals. Efficacy of siddha formulations by ICMR designed protocol regimen-RAN Therapy comprising three drugs Rasagandhi Mezhugu(RGM),Amukkara Chooranam (AC) and Nellikai Lehyam(NL) were useful in HIV patients both in clinical improvement and elevation of CD4 counts and plays a complementary role in improving clinical and laboratory parameters in HIV patients. Studies conducted by Deivanayagam et al in 2000 enrolling 16 HIV seropositive individuals showed improvents in weight gain, average increase in CD4 counts 34 cells/μl and reduction in viral load. In vitro studies suggests that ayurvedic extracts comprising of Glycyrrhizin, found in Glycyrrhia plants and extracts of cactus Opuntia streptacantha extended the life of retrovirus infected mice. However a little is known about TIM use, safety, efficacy in HIV/AIDS management in India. The purpose of this
review is to throw light and to assess the quality of TIM for HIV/AIDS management.