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## **Effect Of Unique Herbal Formulation In Indian HIV Patients: A Pilot Study.**

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**BACKGROUND:** There is a growing need to scientifically test alternative remedies as immunoadjuvants in HIV disease. One such herbal formulation is evaluated in this pilot study.

**METHODS:** 21 consecutive HIV positive patients were included in an open, label study. The herbal formulation passed through animal toxicity studies and is metal and steroid free. The medication was free of side effects and was well tolerated orally. All patients were evaluated clinically, weight, standard blood chemistry, liver and renal chemistry. Occurrence of opportunistic infection was carefully noted. CD4 counts were also done as surrogate marker. Evaluation was done on Day 0, 30, 60, 90 & 180 days. In 10 cases, evaluation also completed at 300 days. All cases did not lose weight, remained clinically asymptomatic and were free of liver or renal toxicities. CD4 counts in all cases showed a definite and consistent improvement.

**CONCLUSION:** The preliminary results of this open-label study appear promising and needs further prospective validation. The medicine is inexpensive, free from side effects and a promising immunopotentiator and therefore useful in developing countries.