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### **Long Term Experience With Low Cost Immunorestorative Therapy In HIV.**

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**Background:** The latently infected CD4 cells imply long-lived reservoirs of HIV where ARV fails to reach. Soon it was realized that ARV alone may not be a sufficient therapeutic option. The need for immune restoration by cytokines or other cytokine inducers/modulators is being explored.

**Methods:** A low cost immunorestorative herbomineral preparation named REIMUN had shown its safety & efficacy in HIV infected cases in the initial study. Long-term follow-up of 100 cases taking this medicine for the last 3 to 5 years is presented here.

**Results:** 98 of these patients are surviving till today. The patients showed variable weight gain, the increment being more in the patients who had history of weight loss. The gain in weight was maximum in the first 2 months, after which the weight stabilized. The hematocrit response also was good with normalization of Hb. The CD4 counts showed significant increments and then the CD4 counts remained stable as long as the patient was taking the medicine. Patients with higher initial CD4 counts showed faster and larger increments. Due to various reasons, mainly financial, whenever the patients went on drug holidays, the CD4 counts showed a gradual decline. The restarting of therapy restored the CD4 counts. Over 5 years period 7 patients had developed PTB, 2 had H.zoster, 5 cases of episodic diarrhoea. Barring these O.Is, other patients remained free from O.Is.

**Conclusions:** 1) Immune restoration keeps the patients free from O.Is for a long period of time thereby delaying the onset of O.Is, which may be helpful in prolonging the survival time. 2) Such low cost immunorestorative therapies can be more cost effective in the developing world. 3) The adjuvant role of such therapies in conjunction with ARV needs to be studied.