



Abstract no. ThPeB5193

### **Clinical Efficacy Of An Immune Boosting Ayurvedic Preparation 'Reimun' Used Alone And In Combination With d4t&3TC - A Comparative Study.**

Kharkar R<sup>1</sup>, Vaidya S<sup>2</sup>.

<sup>1</sup>Holy Family Hospital Mumbai, India, <sup>2</sup>ATG, Mumbai, India

**Background:** In our clinical practice we have observed that only about 1 in 100 HIV patients can afford triple therapy and therefore this affordable ayurvedic option was looked into. Cellular immune responses are being recognized to be the vital key in enhancing immunologic control in HIV disease. Therefore combination of ART & immune boosting therapies could impede or reverse HIV disease progression.

**Methods:** The study population included HIV +ve patients with advanced disease and CD4 counts below 100 and comprised of 3 groups. Group A (n = 20) received d4T + 3TC, Group B (n = 10) received d4T + 3TC + Reimun and Group C (n = 5) received Reimun alone for variable time ranging from 18 to 24 months. Outcome measures included clinical assessment, serial CD4 lymphocyte enumerations, routine blood chemistry & response to standard therapies for O.Is.

**Results:** Group B showed the best results both clinically & immunologically with significant rise in CD4 counts from mean baseline value of 42 to 150 ( $p > 0.05$ ) at the end of 12 months. Due to financial constraints 9 patients from this group discontinued ART and continued using Reimun alone with mean CD4 count reaching 223 by the end of 18 months ( $p > 0.01$ ). Patients in Group A also showed a significant rise in CD4 counts from mean baseline value of 76 to 140 at the end of 12 months ( $p > 0.05$ ), which further increased to 180 by 18 months ( $p > 0.05$ ). 3 patients dropped out subsequently and the remaining 17 patients discontinued using ART and opted to use Reimun alone with CD4 counts reaching 210 by 24 months ( $p > 0.05$ ). Group C showed a slower but sustained rise in the CD4 counts rising from mean value of 68 at baseline to 105 by 12 months ( $p > 0.05$ ), which further rose to 148 at the end of 18 months ( $p > 0.05$ ).

**Conclusions:** Addition of immune boosting preparations like Reimun to ART was most effective. Especially in countries with low resources formulations like Reimun with control of O.Is can give both increased longevity and better quality of life to immunocompromised individuals afflicted with HIV.