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Immunorestorative Ayurvedic Medicine In HIV/AIDS Patients

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OBJECTIVES: “Rasayan Chikitsa” an important of the ayurvedic treatment, constitutes use of herbals and minerals to stimulate regenerative processes. The present study evaluates a herbomineral preparation based on Ayurvedic concepts (Reimun) in HIV/AIDS patients, assessed on the basis of clinical parameters.

METHODS: 150 HIV positive symptomatic patients of either sex between the age group 18 to 55 years were selected for the study. All patients were counseled about the disease & different therapies available. Patients who opted for were started on “Reimun” as mono therapy, for six months. All patients also received the conventional therapy for the presenting Ols. Clinical examination was performed at baseline and repeated at monthly interval.

RESULTS: Out of 150 patients, 15 were lost to follow-up and 5 patients died during the study period. 92 of the 130 patients showed an improved appetite & regained the lost weight with improvement in pallor. Marked clinical improvement was seen in 120 cases. Oral thrush disappeared in 36 out of 40 cases. 28 out of 35 patients with recurrent fevers & cough showed significant reduction in the number of episodes. 34 of the 44 patients with recurrent episodes of diarrhoeas & abdominal pain also showed significant reduction in both frequency & severity. 70 of the 82 patients with marked muscular weakness showed significant improvement and 34 of 52 patients who were unable to attend to their work stations could report back to duty. The study medication was well tolerated barring three cases who discontinued due to nausea, pain in abdomen and loose motions. Cost of the treatment was Rs. 9,000/- or \$ 190 for a course of 6 months.

CONCLUSIONS: This study indicates that the use of ayurvedic preparation is beneficial in HIV/AIDS patients which brings about improvement not only in subjective feeling of the patients but also in clinically assessed symptoms. Reimun proves to be an inexpensive, easily available and effective alternative therapy with negligible side effects for HIV/AIDS patients.