

# AIDS AND HOMOEOPATHY

## INTRODUCTION

This article is based on a new research work on AIDS by RRIH. It shows some of the possibilities for spreading this dangerous disease. However, alongwith the danger of sharing of contaminated needles and syringes the danger of using the same blade in Hair cutting saloons should also be added. The part played by mosquitoes in spreading AIDS also cannot be completely ignored. The Homoeopathic science clearly states that HIV can enter a body only if the body loses its immunity to such virus. The HIV is not the latest virus discovered by modern scientist nor it destroyed the immunity. No virus or bacterias is newly created. The existing virus may change its shape or new mixed one may emerge. When the immunity is lost, a number of new germs or bacteria enter the body and produce different symptoms of diseases. The human body has different stages of immunity deficiency which is differentiated by gradulation. The immunity deficiency of the body even before the entrance of the viruses of Measles and Chicken Pox is included in the small grade while that stage before the entrance of the HIV into the human body is put under the highest grade. There is a possibility that a virus more harmful and dangerous than the HIV may enter soon and the human body will be susceptible to it. AIDS can be prevented only if we could find out and control the condition which helps human body susceptible to HIV. One important reason is the unnecessary use of high dosage of allopathic medicines. Use of insecticides and artificial manure and chemicals by profit motivated farmers also contributes much for creating such conditions.

Comments are welcome on the views expressed in this thought-provoking article.

CHIEF EDITOR

**AIDS** is an infectious disease caused by virus known as the Human Immuno-deficiency Virus.

Normally we can fight any infection with the help of a specialised cell which is present in our blood.

However, when an individual gets infected, this HIV kills the specialised cell responsible for fighting infection, as a result of which the individual becomes susceptible to various infections.

Once the person becomes infected, he becomes a carrier i.e. he carries the virus within his body and is capable of infecting others. Normally after a person is infected it takes 2-10 yrs before he develops what is known as AIDS.

### The virus can spread by :

1. Sexual intercourse (homosexual or heterosexual) with an infected partner,
2. Transfusion of infected blood or blood products,
3. An infected mother to her unborn child,
4. Sharing of contaminated needles and syringes.

### How it does not spread :

The virus is not spread through normal social contact, e.g.

- Shaking hands,
- Living together,
- Playing together,
- Eating together,
- Food/water,
- Insect bites, e.g. mosquito bites,
- Toilet seats,
- Kissing.

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**The first case of AIDS** was tested positive for HIV antibodies amongst homosexuals in US in 1981, and the first case in South-east Asia was a male prostitute in Thailand in 1985. Whereas in India the first case was a female prostitute in Madras in 1986. Since then, it has spread rapidly.

According to W.H.O. approx 12 million people worldwide are infected with HIV. By the year 2000, it is estimated that 40 million people worldwide will have the HIV. 10-11 million people may have AIDS virus in one decade. Over 5000 persons are infected by HIV every day on the planet earth. It may cause an economic crisis and collapse of medical infrastructure.

In India since 1986, 242 full blown cases of AIDS and 10,073 HIV +ve cases have been reported from 32 States and Union Territories. The sero-positivity rate is 7.19/1000 but several estimates suggest that the number of HIV infected persons ranges between 300,000 and 1,000,000.

**Diagnosis of AIDS -**

To make a diagnosis, we can do a blood test, which is known ELISA and then confirm it with Western Blot method. Usually it takes about 2-6 weeks for a person to test +ve for HIV after they have been infected.

If these tests are not available easily, we can suspect a person to be infected, if he has atleast 2 major and 1 minor signs, viz. :

**Major signs :**

1. Loss of more than 10% of body weight,
2. Chronic diarrhoea for more than 1 month,
3. Prolonged fever for more than one month,

**Minor signs :**

1. Persistent cough for more than one month,
2. Generalised itching skin disease,

3. Recurrent herpes zoster,
4. Chronic, generalised herpes simplex,
5. Thrush in mouth and throat,
6. Swollen glands.

**What infections can be seen in a patient with HIV infection?**

A HIV infected individual can fall prey to virtually any infection. However, the common are :

1. Diarrhoea;
2. Tuberculosis;
3. Pneumonia;
4. Oral thrush;
5. Herpes zoster infection;
6. Unexplained fever;
7. Meningitis etc.

**Classification of HIV induced diseases:**

In 1986, the US Centre for Disease Control (CDG) gave the following classifications :

1. Group 1 acute infection,
2. Group 2 asymptomatic infection,
3. Group 3 persistent generalised lymphadenopathy,
4. Group 4 other diseases
  - A. Constitutional disease,
  - B. Neurologic disease,
  - C. Secondary infectious diseases,
  - D. Secondary cancers,
  - E. Other conditions.

This Classification is primarily for epidemiologic studies, it is of limited use in clinical practice because it does not include the level of immune-depletion.

In 1986, the Walter Reed staging system was published incorporating assessment of immune function by Delayed-type hypersensitivity skin testing and CD4 cell count. The clinical data are best presented within four broad bands corresponding to primary HIV infection and to CD4 cell count ranges of:

- (i) More than 500/uL, (ii) 200 to 500/uL,

(iii) <200/uL.

The cut-off points of CD4 cell counts of 500 and 200/uL correspond to points of current therapeutic intervention, with Anti-retroviral drugs and Anti-microbial prophylaxis respectively. Also a CD4 count of >500/uL has an approximate survival time of 10-11 yrs, whereas for a count <200/uL it comes down to 1-2- yrs.

The Sero-conversion illness of HIV was described in Australia. It usually starts 2-4 weeks after infection.

The asymptomatic syndrome is followed by early symptomatic infection often termed as AIDS related complex (ARC) and characterised by mucocutaneous infections with Candida and/or Varicella zoster, Leukoplakia, Psoriasis, Peripheral neuropathy, etc. Serum p24 antigen is increased with a concomitant fall in anti-p24 antibodies. This stage of HIV infections terminates in Full-blown AIDS with continued increase in HIV p24 antigen and almost complete absence of anti-HIV p24 antibody, although anti-HIV envelop antibodies are present.

#### Treatment :

The only drug which is specific for AIDS at present is RETROVIR (Zidovudine). This is not a curative drug but it helps to improve the patient's condition. It substantially, helps him fight other infections and prolongs the patient's life. All other opportunistic infections are treated depending upon the causative organism. However, the ultimate outcome is still death.

#### Precautions one should take to avoid getting infected by AIDS :

1. To provide effective education and preventive programmes.
2. Voluntary testing of High-risk individuals. (Sex workers, Professional blood donors, IV drug abusers).
3. Have sex with only one uninfected faithful partner,
4. Use latex condoms during sexual intercourse and do not use a lubricant,
5. Avoid contact with contaminated blood,
6. Blood and blood-product transfusion to be strictly done after testing them for HIV.
7. Treatment of STDs, since they greatly increase the transmission of HIV.
8. Medical care/social services.

#### Role of Homoeopathy in the management and treatment of AIDS cases :

When I read about AIDS I am reminded of the time of discovery of Homoeopathy and the circumstances in which it was discovered. The then prevalent therapies

for various problem diseases were incompetent. Syphilis was the main scourge of mankind. And it is AIDS today. I quote :

"And this disease of which I speak, this syphilis too, will pass away and die out, but later it will be born again and be seen again by our descendants just as in bygone ages, we must believe, it was observed by our ancestors."

- Girolamo Fracastoro (1484-1553)

Syphilis too, has a Latent state, one without any clinical picture, save that of the serological presence of Treponema. It triggers off with Primary and secondary manifestations in various parts of the body, at different periods of time, and involves the person as a whole. Syphilis, likewise, is inherited. Till date, homoeopathy offers the best treatment for Syphilitic miasmata.

**AIDS has no treatment** available so far. AIDS is immune-depletion at its height. Homoeopathy offers restoration of health by rebuilding of the depleted-immunity. As such an effective intervention by suitable constitutional remedy, even as early as in the Group 2 - Asymptomatic infection period, that lasts from 2 to 10 years, may modify prognosis for the better.

The treatment of AIDS patients shall remain same as for the other miasmatic disorders with acute exacerbations, be a constitutional anti-miasmatic remedy followed by acute episodal prescriptions.

**Following is a list of rubrics** picked up from the repertory that are of use in dealing with AIDS and its related disorders :

Reaction, lack of, remedies to : Carb-v., Laur., Op., Teucr.  
Reaction, lack of; acute danger: Ambr; Ars; Camph; Lyc.  
Irritability; excessive physical; when too much medicine has produced an oversensitive state and remedies fail to act : Ph-ac., Teucr.  
Weakness ; enervation ; reaction with lack of ; fat people in : Caps.  
Weakness; enervation; reaction with lack of : Am-c., Laur., Op., Sulph., Valer.  
Chronic diseases, to begin treatment in : Calc., Calc-p., Nux-v., Puls., Sulph.  
Many symptoms : Agar., Tub.  
Reactions violent : Bell., Cupr., Nux-v., Zinc.  
Tuberculosis, Prophylaxis, for : Bac., Sulph., Tub.  
Skin eruptions; herpetic; chronic; Alnus.  
Skin eruptions, herpetic; zoster, zona; chronic : Ars., Semp.  
Pneumonia ; imperfect restoration : Sang., Sulph.  
Pneumonia; never well since : Kali-c.  
Mouth, discoloration, tongue, white (Thrush) : Sulph., Merc., Calc., Bry., Puls. Nit-ac.

I must conclude with the thought that the time has come when homoeopaths should brace themselves up with various, facets of the monster, AIDS, its prevention and treatment since it will very soon be knocking at their doors. ●