

# Ojokshya

**HIV / AIDS**  
(Acquired Immuno Deficiency Syndrome)



Further information can be obtained from :

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CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES  
Ministry of AYUSH  
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)  
Government of India

## What is HIV / AIDS-OJOKSHYA ?

HIV / AIDS is caused by Human Immuno deficiency viruses-HIV-1&HIV-2, which damage immune system and lead to various complication, comparable to Ojokshya / balakshya mentioned in Ayurvedic Literature.

## What are the Cause for its transmission ?

It can spread from an infected person to other through

- Unprotected Sex
- Infected blood transfusion
- Sharing infected needles
- Transplacental (During pregnancy)

## What are its Features ?

Following infection, most of the individuals become asymptomatic for several years

- |                           |                                     |                                 |
|---------------------------|-------------------------------------|---------------------------------|
| <b>Acute HIV Syndrome</b> | <b>Chronic HIV syndrome / AIDS*</b> | <b>Some Common Complicatons</b> |
| • Fever                   | • Seborrhic dermatitis              | Kaposi's sarcoma                |
| • Malaise                 | • Oral / hairy leucoplakia          | Recurrent Herpes Zoster         |
| • Lymphadenopathy         | • Oral oesophageal thrush           | Neuropathy                      |
| • Sore throat             | • Aphthous ulcer                    | Tuberculosis                    |
| • Rashes                  | • Herpes Zoster                     | Cytomegaloviral retinitis       |
|                           |                                     | Pneumocystic carinii Pneumonia  |

\*A Known HIV person with CD4 count below 200 or with other specific conditions like Pulmonary T.B., recurrent bacterial pneumonia or invasive cervical cancer is classified as having AIDS

## What are the preventive measures ?

- Be faithful to one partner
- Avoid unsafe sex
- Do not share injectable needles
- Check the blood samples before transfusion
- HIV positive mother should consult the doctor



## Stress management

Sadvritta / Achar rasayana (Ayurvedic code of good conduct)

1. Live Spiritual Life
2. Respect elders
3. Maintain cleanliness
4. Avoid overstrain










Psychological support/Counselling

## Ayurvedic Management

Symptoms	Formulations suggested*
Weight loss ( <i>Karshya</i> )	Aswagandha churna, Amalki rasayana, Chayavanprash avaleha
Diarrhoea ( <i>Atisar</i> )	Sanhivani vati, Kutaj ghan vati, Dadimashtak churna, Jatiphaladi churna
Fever ( <i>Jvara</i> )	Shanshamni vati, Sadang paniya, Ayush -64
Cough ( <i>Kasa</i> )	Sitopaladi churna, Lakshmi vilas rasa, Drakshrishta Kantakari avaleha, Vyoshasdi vati
Itching all over body ( <i>Twak kandu</i> )	Panchnimba churna, Haridra khand, khadirarishta
Lymphadenopathy ( <i>Lasika granthi shoth</i> )	Kanchnar guggulu
Loss of appetite ( <i>Aruchi</i> )	Dadimashtaka, churna, Hingvashtaka churna, Lasunadi vati, Chitrakadi vati, Draksharishta
Night sweats ( <i>Ratri swed</i> )	Chandanasav Guduchi satva
Oral - thrush ( <i>Mukh Paka</i> )	Gargling with triphala decoction, Gargling with Irimadadi tail, Khadiradi vati

## Ayurvedic Herbal Drugs to improve quality of life :

The following drugs are found to be promising

Amalaki ( <i>Emblca officinalis</i> ) Immunomodulator, antioxidant, increases body resistance	Fruit find	
Haritaki ( <i>Terminalia chebula</i> ) Immunomodulator	Fruit find	
Guduchi ( <i>Tinospora cordifolia</i> ) Immunomodulator, protects against infection	Root	
Yashtimadhu ( <i>Glycyrrhiza- glabra</i> ) Immunomodulator, Anti HIV activity Immunostimulant	Root	
Pippali ( <i>Piper longum</i> ) Immunomodulator	Fruit	
Shatavari ( <i>Asparagus racemosus</i> ) Immunomodulator	Root	
Aswagandha ( <i>Withania somnifera</i> ) Immunomodulator, antistress, antioxidant, adaptogenic	Root	
Tulsi ( <i>Ocimum sanctum</i> ) Immunomodulator, antiviral, antistress	Whole plant	
Punarnva ( <i>Boerhoeva diffusa</i> ) Immunomodulator, antiviral, antibacterial	Root	
Draksha ( <i>Vitis vinifera</i> )	Fruit	