

A Short Term 12 Weeks Study on the “Role of Calotropis Procera {Arka}” An Ayurvedic Drug in HIV/AIDS Patients.

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Abstract

Calotropis procera (Asclepiadaceae) popularly known as ARKA possess unique medicinal properties. Its leaves are used in India from ancient times. The plant contains many bioactive compounds of medicinal significance. This prompted me to study its role in the treatment of HIV patients. A short (12 weeks) study from December 1999 of diagnosed HIV patients, attending OPD of our centre Arogyadham in 20 patients was undertaken. Patients were clinically and systematically examined. They were investigated for routine blood examination, X-ray chest, weight and CD4 counts and CD4 count, weight gain and O.I. (Opportunistic Infection) was done and recorded before and afterwards. The leaves of Calotropis procera which were dried and given in the dosage of grain 3 twice daily to each patient continuously for minimum of 3 months. These leaves of Calotropis procera were collected from the surrounding area of Falna. This study reveals significant rise in weight gain, CD4 counts and significant decrease in opportunistic infection. This proves the effect of Calotropis procera on HIV-1 probably bioactive compounds present in the leaves of Calotropis procera are interfering replication of HIV-1 decrease in opportunistic infection (O.I.) suggests its antibacterial, antihelminthic effect. This also supports its medicinal use in ancient time and in traditional medicine. This short study of the leaves of Calotropis procera is probably first of its kind on HIV patients from our centre Arogyadham.

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