

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**

Formulations suggested*

Chayavanprash avaleha

Jatiphaladi churna

Kanchnar guggulu

Aswagandha churna, Amalki rasayana,

Shanshamni vati, Sadang paniya, Ayush -64

Kantakari avaleha, Vyoshasdi vati

Chandanasav Guduchi satva

Sanhivani vati, Kutaj ghan vati, Dadimashtak churna,

Sitopaladi churna, Lakshmi vilas rasa, Drakshrishta

Panchnimba churna, Haridra khand, khadirarishta

Dadimashtaka, churna, Hingvashtaka churna,

Ayurvedic Management

Symptoms

Weight loss (Karshya)

Diarrhoea (Atisar)

Fever (Jvara)

Cough (Kasa)

(Twak kandu)

Lymphadenopaty

Loss of appetite

(Aruchi)

Night sweats

(Ratri swed) Oral - thrush

(Mukh Paka)

Itching all over body

(Lasika granthi shoth)

Amalaki (Emblica oficinalis)

Haritaki (Terminalia chebula)

Guduchi (Tinospora cordifolia)

Anti HIV activity Immunostimulant

Shatavari (Asparagus racemosus)

Aswagandha (Withania somnifera)

Immunomodulator, antiviral, antistress

Immunomodulator, antiviral, antibacterial

Immunomodulator, protects against infection

Immunomodulator

Pippali (Piper longum)

Tulsi (Ocimum sanctum)

Punarnva (Boerhoeva diffusa)

Immunomodulator

Immunomodulator

Immunomodulator, antioxidant, increases body resistance

Yashtimadhu (Glycirrhiza- glabra) Immunomodulator,

Immunomodulator, antistress, antioxidant, adaptogenic

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

Fever

Acute HIV Syndrome Chronic HIV syndrome / AIDS* Seborrhic dermatitis

Some Common Complications

Malaise

• Oral / hairy leucoplakia

Kaposi's sarcoma **Recurrent Herpes Zoster**

Lymphadenopaty Sore throat

Oral oesophageal thrush

Neuropathy **Tuberculosis**

Rashes

Apthous ulcer Herpes Zoster

Cytomegaloviral retinitis Pneumocystic carnii Pneuonia

*A Known HIV person with CD4 count below 200 or with other specific conditions like Pulmonary T.B., reccurent bacterial penumonia 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 3. Maintain cleanliness 2. Respect elders 4. Avoid overstrain

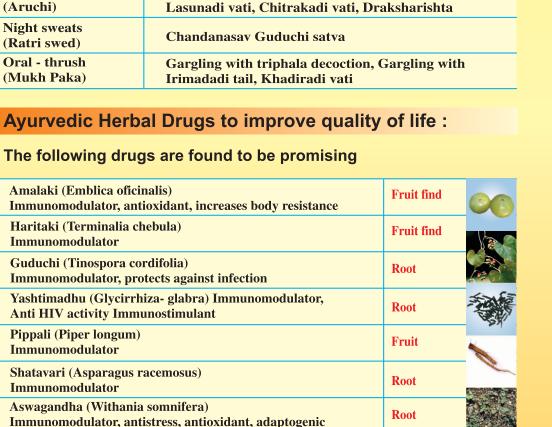
Psychological support/Counselling











Whole plant

Root

Fruit

