CHAPTER-6

SUMMARY

The Human Immuno Deficiency Virus is belonging to Retro Virus family which is characterized by the progressive destruction of the body’s immune system, rendering the affected individuals is mainly transmitted through sexual contact, exposure to infected body fluids, or tissues and from mother to fetus during prenatal period.

Survey results in Tamil nadu reveal most of the HIV patients belonging to male gender rather than female. Among infected individuals, Sexual transmission is predominant. Vertical transmission constitutes only 6.4% where as rest of the percentage are by sexual route.

Analysis of all 29 districts showed. Namakkal has more HIV infection, than other districts. Because this district has less literacy and the number of daily labours, Drivers and Quarry workers are predominant in Namakkal. Among sexually transmitted infectious individuals, middle age community is affected more.

Compared to population rate, the rate of HIV infection was low in Chennai district, based on the investigation number of HIV infection was low in Coimbatore district than others while comparing it with the literacy rate.

According to the investigation, literacy rate was low in Theni district that increases the HIV infection. The rate of migrated people in Madurai district is very high, that also increased the rate of infection with HIV.

The less availability of literacy and awareness programs increased the rate of HIV infection. Tourism was also one of the reasons which increased the rate of HIV infection in Thanjavur district.
The number of CSW was very high in Virudhunagar district that increased the HIV infection rate in this district.

From the research work therapy in different dimension also tried. Because the present medication has more side effects and High cost. Herbal therapy and physical therapy had been tried among volunteers of infected individuals. This therapy has showed more development in infectious individuals.

Volunteers CD4+ number increased drastically when compared to control. Herbal treatment with Physical exercise increases more CD4+ count. This is because Herbal extract used is Bitter melon to treat HIV infection is economically very cheap and anyone can use.

The antiviral activity of plant extracts have been proved in recent studies, herbal approaches stimulate the immune system and this produces more immune cells and immuno chemicals.

The specific use of antiviral herbs disrupts the replication cycle. The main aim of exercise is to give build muscle mass by strengthening lung and heart. Exercise maintains or build muscle mass, reduces cholesterol and triglyceride levels, increases energy, regulates bowel strengthen bones improves blood circulation, increases lung capacity, helps with sound, restful sleep, lowers stress improves appetite.