

Naturopathy Lifestyle Intervention: A New Dimension in HIV Care

(Arankale Dhananjay, Joseph Babu)

National Institute of Naturopathy, Division of Intramural Research, Pune 411001, India

Abstract

National Institute of Naturopathy, Pune, established a health home for the HIV positives with specialized asymptomatic clinical care comprising routine clinical monitoring and assessment, nutritional assessment and counseling, HIV prevention counseling, promotion of good personal and household hygiene, yoga practices and mild exercise and naturopathy treatment modalities. We report the findings of a female asymptomatic HIV positive participant aged forty years who underwent naturopathy lifestyle intervention at this health home for ninety-six consecutive days. Vital data, height-weight, the basic hematology profile along with specific CD4/CD3 count was recorded on the day of admission, after one week, after forty days, and after eighty-six days of stay at the health home. The CD4:CD3 ratio increased from 0.297 to 0.379 and hemoglobin percentage from 4.4 to 8.7. However, a total weight loss of eleven kilograms over a period of fourteen weeks was noted. She did not report essential tremors after the sixty-first day and also showed positive changes in the quality of life, better mental health and developed a positive insight towards life. Naturopathy lifestyle intervention can be a strong adjuvant to conventional management of HIV, since it does not involve the use of any form of internal medication.

Keywords: HIV care, naturopathy lifestyle