



HIV AND AIDS CAN BE CONTROL BY USING A MIXTURE OF CUMIN POWDER AND ACHYRANTHES ASPERA L. JUICE AQUIOUS.

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ABSTRACT:

HIV (Human Immunodeficiency Virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to AIDS (Acquired Immuno Deficiency Syndrome). HIV can be controlled by using the mixture of *CUMIN* powder and *ACHYRANTHES ASPERA L.* juice. Properties of the mixture are anti-inflammatory, antimicrobial, anti-oxidant, hypoglycemic, anti-hyperlipidemic, spermicidal, cardio-tonic, antiviral agent, antibacterial, anti-asthmatic, anti-pyretic and analgesic.

INTRODUCTION:

All about HIV and AIDS-

SYMPTOMS:

1. Mild symptoms of HIV can be confused with other illness that causes fever, aches and pains or a rash.

fever with any of the following:	Headache	Fatigue
Sore throat	Rash	Thrush
Ulcers in the mouth	Joint and muscle pain	Diarrhea
Swollen lymph glands	Weight loss	Cough
Chills		

2. The most common symptoms of HIV is

3. Symptoms of severe HIV/AIDS:

Night sweats.	Pneumonia	Ulcers on the genitals
Candidiasis	Persistent coughing	Breathing problem
White spots in mouth	Memory problem	Genitals sores

Toxoplasmosis

Bacterial gastroenteritis

Pancreatitis

Mycobacterium avium complex (MAC) infection

TREATMENT:**1.** There is no specific medicine to treat HIV/AIDS.**2.** The most effective

treatment for HIV is anti retroviral therapy (ART). This is combination of several antiviral medicines. They also reduce the risk of spreading the virus to others.

The main goals for these medicines are to:

growth of the virus.

immune system works.

- Prevent transmission of HIV to others.

- Control the

- Improve how well your

- Slow or stop symptoms.

NEW MEDICINE (COMBINATION OF *CUMIN* AND *ACHYRANTHES ASPERA L.*) USED FOR THE TREATMENT TO CONTROL HIV AND AIDS:**INTRODUCTION:**

CUMIN and *ACHYRANTHES ASPERA L.* has been long history of medicinal plants. The wide number of phytochemical constituents have been isolated from the plants. The isolated constituents are mainly flavonoids, tannins, terpenoids, saponins, phytosterols and phenolic compounds. Which possesses activities like antimicrobial, anti-inflammatory, anti-oxidant, hypoglycemic, anti-hyperlipidemic, spermicidal and other various important medicinal properties.

***CUMIN*:**

CUMIN is flowering plant in the family *APIACEAE*. Seed of cumin is thought to have uses in traditional medicine, there is high quality evidence that it is safe or effective as a therapeutic agent.

CUMIN SEED-

CARBOHYDRATES	44.24 gm
FAT	22.27 gm
PROTEIN	17.81 gm
ENERGY	1567 K
VITAMIN B ₁ (Thiamine)	0.628 mg

VITAMIN B ₂ (Riboflavin)	0.327 mg
VITAMIN B ₉ (Folate)	0.010 mg
VITAMIN C	7.700 mg
VITAMIN E	3.330 mg
VITAMIN K	0.005 mg
CALCIUM	931 mg
IRON	66.36 mg
MAGNESIUM	931 mg
PHOSPHORUS	499 mg
SODIUM	168 mg
ZINK	4.8 mg

Table 1:Nutritional value per 100 gm (reference 1)

PROPERTIES OF CUMIN :

Cuminaldehyde, cymene and *terpenoids* are the major volatile components of cumin². Cumin also contain **petroselinic acid** (Placek 1963). Cumin seeds has an essential oil composed of terpenoids and has been used as energy and immunity enhancing, diuretic, anti - parasitic³. Cumin fruit has an anti- microbial activity agent several bacteria, yeast and mold species was observed (Place1963) Cumin fruit has an sopherolipids and has been shows anti microbial, dermatological, Immuno-regulatory , spermicidal, anti-viral activity⁴. Cumin has anti-oxidant property, which reduce damage to your body from free radicals. Free radicals are lone electrons that causes inflammation and damage DNA. Cumin contains antioxidants that stabilize free radicals⁵. Cumin's tradional use as a seasoning may restrict the growth of infections, bacteria and fungi. This may reduce food borne illnesses⁶. Test tube studies shows cumin extracts inhibit inflammation⁷. Researchers believe that cumin could help kill harmful bacteria that's trying to attack your immune system. Researchers have evaluates cumin extract for treating the cramps, digestive spasms, nausea and bloating associated with irritable bowel syndrome.

ACHYRANTHES ASPERA L. :

58 important compounds have been isolated and identified from *ACHYRANTHES ASPERA L.* Plant. These isolated constituents are mainly flavonoids, tannins, terpenoids, saponins, phenolic compound etc. Which possesses activities like anti-inflammatory, anti-microbial, anti-oxidant, hypoglycemic, spermicidal and other important medicinal properties. *ACHYRANTHES ASPERA L.* Contains triterpenoid saponins which possess oleanolic acid as aglycone. *Ecdysterone*, an insect moulting hormone and long chain alcohols are also found in *ACHYRANTHES ASPERA L.*⁸.

ACHYRANTHES ASPERA L. JUICE :

Nutritional values(in %)

CARBOHYDRATES	54.26 %
FATS	00.90 %
PROTEINS	20.54 %
ENERGY	294 KCal
SODIUM	1119.67 mg/kg
CALCIUM	5385.23 mg/kg
MAGNESIUM	5446.08 mg/kg
POTASSIUM	1343.60 mg/kg
PHOSPHORUS	1447.50 mg/kg

Table2:Nutritional value of ACHYRANTHES ASPERA L. Leaves juice.

PROPERTIES OF *ACHYRANTHES ASPERA L.* :

The plant is reported to have several medicinal properties and used as purgative, diuretic, antimalarial, anti-hyperlipidemic, anti-bacterial, anti-leprotic, antispasmodic, cardiogenic and antiviral agents in traditional systems of medicine. It is also used as anti-asthmatic, anti-tussive and bronchitis, diarrhea and abdominal pain^{9,10,11}. This herb is reported to have various pharmacology actions such as anti-inflammatory¹², analgesic and anti-pyretic activities¹³. Leaves possess antibacterial activity against (1) *S.aureus* (2) *Escherichia coli* (3) *S.mutans*¹⁴.

Because of all the above beneficial uses of cumin and *Achyranthes aspera L.*, we have used the mixture of cumin and *Achyranthes aspera L.* as medicine. Due to the properties of this mixture, this mixture has been used as medicine since ancient times. Now a days, this medicine used in traditional methods to reduce viral infections. At present, antiviral medicines are used for the treatment of HIV and AIDS. So, we used this medicine for the treatment of HIV and AIDS. We got a good results of the medicine to control HIV and AIDS.

PREPARATION OF MEDICINE:

Procedure for making one time medicine.

MATERIAL-

1.CUMIN POWDER - 10 gm

2.ACHYRANTHES ASPERA L. JUICE - 8 gm
ml.

3.WATER – 2 to 3

PROCEDURE-

Take a clean and dry glass bottle. Put *ACHYRANTHES ASPERA L.* Juice in the bottle. Then add CUMIN powder. Keep stirring until the mixture is well mixed. Stir approximately for 10 minutes to 15 minutes. Add 2 to 3 ml water in it. Again stir it. Medicine is prepared. The prepared medicine is for one time.

METHOD OF TAKING MEDICINE :

This medicine should be taken every morning on an empty stomach. Do not eat anything for two hours after taking the medicine. The medicine should be taken daily for at least 3 months or upto 6 months. Until the treatment continues, do not eat too much oily, spicy, salty and sour food. Also avoid non-veg food.

CASE STUDY :

We administered this medicine two five persons named A,B,C,D and E for six months. Names have been changed due to non-disclosure. After six months they improved. The observations recorded are as follows:

PERSON NAME	AGE	CD4 COUNT BEFORE TREATMENT	CD4 COUNT AFTER TREATMENT
A	28	300	560
B	32	200	510
C	29	250	500
D	30	210	550
E	38	310	580

Table3:CD4 count before and after treatment.

OBSERVATIONS :

- 1.Sore throat stopped.Skin rash reduced.
- 2.Swelling of lymph nodes decreased.
- 3.Night sweats stopped.Fatigue reduced.
- 4.Breathing problems reduced with reduction of persistent cough.
- 5.Infection,bacterial and fungal growth is inhibited.
- 6.Reduced cramping,digestive spasms,nausea and bloating associated with irritable bowel Syndrome.
- 7.Genital ulcers and sores disappeared.
- 8.Inflammation and stomach pains are reduced.
- 9.The viral load level decreased(negligible). The virus is still present,but the viral load level is low enough that HIV is considered controlled.
- 10.Immunity level and Energy increased.The CD4 count also increased (above 500,Table no.3) due to the increase in energy and immunity.Immune system is able to recover and become stronger,it means that have a very low risk of becoming ill because of HIV.

CONCLUSION:

From the above all observations it is shown that the use of medicine made from a combination of *cumin* seed and *achyranthes aspera l.* Juice.No major side effects of this medicine have been observed.

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