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

Thaksen Vishnu Suryawanshi

Researcher at Shiv Harbal Laboratory, Umbraj, District-Pune, State-Maharashtra, India-412412.

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 Immunodeficiency 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-hyperlipidmic, 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 illnesses that cause fever, aches, and pains or a rash.

- Fever with any of the following:
  - Headache
  - Sore throat
  - Ulcers in the mouth
  - Swollen lymph glands
  - Chills

2. The most common symptoms of HIV are:

- Headache
- Rash
- Sore throat
- Ulcers in the mouth
- Swollen lymph glands
- Fatigue
- Thrush
- Joint and muscle pain
- Weight loss
- Diarrhea
- Cough

3. Symptoms of severe HIV/AIDS:

- Night sweats
- Candidiasis
- White spots in mouth
- Pneumonia
- Persistent coughing
- Memory problem
- Ulcers on the genitals
- Breathing problem
- Genital sores
Toxoplasmosis  Bacterial gastroenteritis  Pneumocystis
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:
   - Control the growth of the virus.
   - Improve how well your immune system works.
   - Slow or stop symptoms.
   - Prevent transmission of HIV to others.

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 advance that it is safe or effective as a therapeutic agent.

CUMIN SEED -

<table>
<thead>
<tr>
<th>CARBOHYDRATES</th>
<th>44.24 gm</th>
</tr>
</thead>
<tbody>
<tr>
<td>FAT</td>
<td>22.27 gm</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>17.81 gm</td>
</tr>
<tr>
<td>ENERGY</td>
<td>1567 K</td>
</tr>
<tr>
<td>VITAMIN B&lt;sub&gt;1&lt;/sub&gt; (Thiamine)</td>
<td>0.628 mg</td>
</tr>
<tr>
<td>Nutrient</td>
<td>Value</td>
</tr>
<tr>
<td>---------------</td>
<td>--------</td>
</tr>
<tr>
<td>VITAMIN B&lt;sub&gt;2&lt;/sub&gt; (Riboflavin)</td>
<td>0.327 mg</td>
</tr>
<tr>
<td>VITAMIN B&lt;sub&gt;9&lt;/sub&gt; (Folate)</td>
<td>0.010 mg</td>
</tr>
<tr>
<td>VITAMIN C</td>
<td>7.700 mg</td>
</tr>
<tr>
<td>VITAMIN E</td>
<td>3.330 mg</td>
</tr>
<tr>
<td>VITAMIN K</td>
<td>0.005 mg</td>
</tr>
<tr>
<td>CALCIUM</td>
<td>931 mg</td>
</tr>
<tr>
<td>IRON</td>
<td>66.36 mg</td>
</tr>
<tr>
<td>MAGNESIUM</td>
<td>931 mg</td>
</tr>
<tr>
<td>PHOSPHORUS</td>
<td>499 mg</td>
</tr>
<tr>
<td>SODIUM</td>
<td>168 mg</td>
</tr>
<tr>
<td>ZINK</td>
<td>4.8 mg</td>
</tr>
</tbody>
</table>

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

**PROPERTIES OF CUMIN:**

*Cuminaldehyde, cymene* and *terpenoids* are the major volatile components of cumin<sup>2</sup>. Cumin also contains *petroselinic acid* (Placek 1963). Cumin seeds have an essential oil composed of terpenoids and have been used as energy and immunity enhancing, diuretic, anti-parasitic<sup>3</sup>. Cumin fruit has an anti-microbial activity agent several bacteria, yeast, and mold species was observed (Place1963) Cumin fruit has an sophorolipids and has been shows anti-microbial, dermatological, Immunoregulatory, spermicidal, anti-viral activity<sup>4</sup>. 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 radicals<sup>5</sup>. Cumin’s traditional use as a seasoning may restrict the growth of infections, bacteria and fungi. This may reduce food borne illnesses<sup>6</sup>. Test tube studies shows cumin extracts inhibit inflammation<sup>7</sup>. 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 posses oleanolic acid as aglycone. Ecdysterone, an insect moulting harmone and long chain alcohols are also found in ACHYRANTHES ASPERA L. ⁸.

ACHYRANTHES ASPERA L. JUICE:

Nutritional values (in %)

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>54.26 %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fats</td>
<td>0.90 %</td>
</tr>
<tr>
<td>Proteins</td>
<td>20.54 %</td>
</tr>
<tr>
<td>Energy</td>
<td>294 KCal</td>
</tr>
<tr>
<td>Sodium</td>
<td>1119.67 mg/kg</td>
</tr>
<tr>
<td>Calcium</td>
<td>5385.23 mg/kg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>5446.08 mg/kg</td>
</tr>
<tr>
<td>Potassium</td>
<td>1343.60 mg/kg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>1447.50 mg/kg</td>
</tr>
</tbody>
</table>

Table 2: 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-hyperlipidmic, anti-bacterial, anti-leprotic, antispasmodic, cardiotonic and antiviral agents in traditional systems of medicine. It is also used as anti-asthmatic, anti-tussive and bronchitis, diarrhea and abdominal pain\textsuperscript{9,10,11}. This herb is reported to have various pharmacology actions such as anti-inflammatory\textsuperscript{12}, analgesic and anti-pyretic activities\textsuperscript{13}. Leaves possess antibacterial activity against (1) \textit{S. aureus} (2) \textit{Escherichia coli} (3) \textit{S. mutans}\textsuperscript{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 medics to control HIV and AIDS.

PREPARATION OF MEDICINE:

Procedure for making one time medicine.

MATERIAL-

1. \textit{CUMIN POWDER} - 10 gm
2. \textit{ACHYRANTHES ASPERA L. JUICE} - 8 gm
3. WATER – 2 to 3 ml.

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:
Table 3: CD4 count before and after treatment.

<table>
<thead>
<tr>
<th>PERSON NAME</th>
<th>AGE</th>
<th>CD4 COUNT BEFORE TREATMENT</th>
<th>CD4 COUNT AFTER TREATMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>28</td>
<td>300</td>
<td>560</td>
</tr>
<tr>
<td>B</td>
<td>32</td>
<td>200</td>
<td>510</td>
</tr>
<tr>
<td>C</td>
<td>29</td>
<td>250</td>
<td>500</td>
</tr>
<tr>
<td>D</td>
<td>30</td>
<td>210</td>
<td>550</td>
</tr>
<tr>
<td>E</td>
<td>38</td>
<td>310</td>
<td>580</td>
</tr>
</tbody>
</table>

OBSERVATIONS:

1. Sore throat stopped. Skin rash reduced.
2. Swelling of lymph nodes decreased.
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.

REFERENCE LIST:

2. Bettaieb et al., 2011
4. Delbeke et al. 2019; Motha et