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SHORT PROGRESS REPORT OF STUDY PATIENTS ON ANUPAM MEDICATIONS(by 1st July 2014)

This is just a short report of the progress of patients who are being studied for the response on Anupam herbal medicines.It should be noted that these a just case reports as the drugs were for (3)patients only.

Preamble:Selection was arbitrary,inorder to give a picture of the general presentations of the patients in our community.The selection was not easy since the patients had to accept and consent as per the research protocol.Only CD4 and viral loads are reported,although the assessment is very comprehensive and include full blood picture,bloodsugar,urinalysis,weight,XRays of the chest and renal function tests

1.Mr CM,an adult male,54 years,diagnosed as HIV positive in 2004,September.
His CD4 count was 81,CD8 336,Viral load 11,000IU/ML
Since then was kept on ARVs(triple therapy)and have not absconded from therapy
Reviews every 6 months,CD4 increased to 136 in 2010
Finally,before Anupam herbals,on May 2019,CD4 205
Anupam started on 30 June,2013,CD4 was 276;CD8 485
Rechecked on 27th July,2013,CD4 was 350,CD8 666
Therefore,after 4weeks of therapy,there has been an increase of CD4 (from 276-350)and CD8(from 485-666)

2.MrSH,an adult male,45 years,diagnosed HIV positive,July 2009.
His CD4 count was 26,CD8 79,viral load 43,000IU/ML
He improved dramatically on ARVs and his follow-ups

1)By September,2010
His CD4 was 200,CD8 311 with a viral load of 27,000
Then defaulted,went for local (traditional)medications for 6 months,became sick with huge haemorrhoids and a review in 2011

2)His CD4 was 06,CD8 110 viral load 37,400!
Was counselled,and brought back to ARVs (second line)and in 2012

3)His CD4 was 47,which increased to 145 by end of 2013.The haemorrhoids were managed conservatively(after surgical consultation recommended a conservative approach).This condition fully abated on medications only.

He is currently on second line ARVs and was started Anupam on 26 June 2013.During this time,his CD4 was 68 and CD8 was 189 with a viral load of 23,000

On 30 July,4 weeks after Anupam,his CD4 was 118,CD8 was 266(which means an increase from 68-118,CD4 and 189-266,CD8).Viral load has decreased to 16,000.The only problem he has is morning diarrhoea(which is being managed by diet and small doses of antidiarrhoea drugs-Imodium,2mg daily)

B.We are still counseling a new patient,who is not on ARVs(refused due to religious reasons),so that we have a case without ARVs.She is a woman,Mrs JN,56 year old and was treated for early Tuberculosis-and now cured.We hope that she will agree.Her CD4 is 287,CD8 is 414 and viral load is 14,000.

Hopefully,with these three patients,we shall have a whole range of the various kinds of patients who are seen in our clinics and that we can show whether the drugs are effective or not.

CONCLUSION:It seems that with Anupamherbals,the effect is dramatic(within 4 weeks)and that if this trend is continued,then we have a better response.

Sincerely,

Dr Godfrey Mbaruku,MD