



The Challenge of AIDS: Medical and Scientific

Excerpted from "The Challenge of Aids" by Swami Rama, *The Heritage*, April 1989

Finding effective treatment for someone with AIDS has been a major challenge for the medical and scientific community. Remarkable progress has been made, through cooperative efforts over the seven years since the recognition of AIDS, to identify and characterize the underlying virus, and to document its patterns of spread. Some progress has been made therapeutically. Temporarily effective approaches exist for the prevention and treatment of some of the associated infections, and one drug, azidothymidine (AZT), though limited by the side effect of anemia from damaging the bone marrow, does appear to halt partially the deterioration of immunity caused by the virus itself.

But an effective and safe cure remains elusive. The possibility of the use of a vaccine to prevent AIDS is also not considered to be available soon.

In the absence of a definitive cure, many patients who are HIV positive, or who have clinical AIDS, are exploring approaches to health and illness that draw from traditional, century-old systems of medicine that are not part of the curriculum or training presently available in most medical schools.

Perhaps as significant as the challenge for finding and developing an effective vaccine and an antiviral drug,—the logical avenue of approach from within the dominant medical models of biochemistry and bacteriology—is the challenge for medical scientists and their funding sources, not to overlook or ignore potentially fruitful avenues for treatment that may emerge from the explorations of the AIDS patients themselves into alternative or traditional systems of medicine.

It is well recognized that even modern medicine carries certain fundamental assumptions that serve to guide its clinical approach and its avenues of inquiry. The modern perspectives of epidemiology, laboratory science and clinical medicine draw from a system of medicine and knowledge which has several identifying characteristics: first, it is strongly focused on the study of illness, rather than health; second, it places a particular emphasis on a specific, potentially identifiable agent of illness, whether a virus, bacteria, or chemical rather than one's own susceptibility to these factors; third, it emphasizes a linear, one-to-one mode of causality linking the presence of a virus, for instance, with the presence of an illness.

In this perspective, obvious lines of attack emerge for guiding scientific or clinical research on AIDS: one, characterize the virus, its patterns of infectivity, and its interactions with the body; two, prevent AIDS by preventing contact with the virus; or developing a vaccine against the virus; and three, seek to cure AIDS by finding a drug which specifically destroys the virus in the body.

This strategy has not yet generated a vaccine or a curative medicine, although great advances have been made in our understanding of AIDS itself. Established, partially effective treatment options include daily maintenance doses of antibiotics to prevent the occurrence of infection, and the use of AZT—the previously mentioned anti-viral drug whose use is limited by its side effect of severe bone marrow depression leading to anemia.

The major intervention available against the disease has been the institution of educational programs identifying the high risk behaviors for becoming infected with the virus. These programs, however, have been only partially successful. Even

when people know that their behaviors and actions may be leading them to exposure to the AIDS virus, they may not change their behaviors—either drug addiction or patterns of sexual activity.

Recently there has emerged an acknowledgement that in some circumstances, it may be helpful to consider the behavioral context in which an illness raises, as, in a sense, a "cause" of the illness as much as the virus itself. Guided by this perspective, research could be justifiably targeted not only at the virus itself, but also at learning what makes some behaviors difficult to modify, and how to help people modify those behaviors which can lead to susceptibility to the virus.

A focus on the behavioral dimensions of illness in general, as well as of AIDS in particular, highlights previously less emphasized or often entirely overlooked aspects of the complex relationship between health and illness.

Medicine has recognized, for centuries, that of the many people who are exposed to an infection, there may be at least a few who do not become sick. They may not "catch" it, at all, or if they do, their symptoms are minimal. Their "resistance" is high.

Certainly the rate of infectivity of the AIDS virus varies in different studies and in different subgroups of those exposed. A study of the marital partners of people who contracted AIDS from blood transfusions previous to 1985, when the blood supply was untested, has shown that they have a much decreased rate of AIDS infection. The frequency of sexual contact, the stage of the infection in the spouse with AIDS, as well as the overall health status of the partner could be factors that influence this lower infection rate.

There have unfortunately not yet been any well documented long term "recoveries" from AIDS infections. The possibility still remains, however, that the pattern of AIDS infectivity and illness may be different in a group of people with an "average" health history, in contrast to groups of patients in whom AIDS follows a period of significant drug use and/or multiple bouts of sexually transmitted or other infectious diseases with their corresponding drug treatments. The ensuing toll that those experiences and illnesses may take on their overall health, strength and vitality may be significant in their susceptibility to the infection.

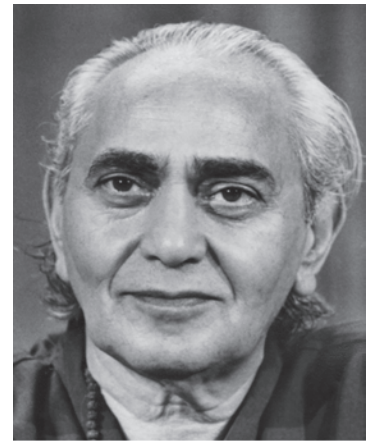
While seeking a drug to inactivate or eliminate the virus, a study of the factors which increase people's natural resistance to viruses, may also be appropriate. Unfortunately, while there has not yet been discovered a modern drug which specifically stimulates the overall strength of the immune system, it is well known that many drugs, both recreational and therapeutic, have been shown to damage certain parts of the immune system as an undesirable side effect.

Searching for a medicine which enhances the immune system might be of great value in many illnesses, for if the immune system could be systematically strengthened, many of the illnesses, such as auto immune diseases, allergies, and chronic low grade viral, bacterial, and yeast infections might be alleviated.

Other avenues may be available for exploration regarding strengthening the immune system. For instance, some traditional systems of medicine pay as much attention to increasing one's strength and

one's overall resistance to illness as to the treatment of the specific illness itself. Ayurvedic medicine, Homeopathy and other systems of medicine have remedies to which have been attributed general rejuvenating effects as well as the stimulation of one's overall health and vitality. Many traditional systems of medicine also give great emphasis and attention to good, regular habits of nutrition, exercise, rest, and a balanced approach to one's worldly responsibilities, sensory pleasures, and one's creative and spiritual growth.

In the search for the effective treatment of AIDS and other viral infections, it would seem most unfortunate not to give clinical evaluation to herbal and mineral remedies of potential therapeutic value in several age old systems of medicine and health, as well as to the role that our behaviors of living can play in influencing immune function.



Dr. Swami Rama

World AIDS Day in HIHT

The Department of Community Medicine, HIMS, organized the World AIDS Day on 1st December 2010, in HIHT hospital, at Rural Health Training Center Rajeev Nagar and Urban Health Training Center



Rally taken out in the field practice areas

Rishikesh with the key objective of generating awareness about Prevention, Treatment & Care of HIV/AIDS. Theme of World AIDS Day was "Universal Access and Human Rights."

Red Ribbons were distributed to all the Medical & Paramedical faculty and staff of HIHT as well as community members to show their solidarity, care and concern to HIV/AIDS patients as well as to remind others of the need for their support and commitment. Some important facts about HIV/AIDS with the help of power point presentations & video clippings were shown in all under graduate classes. An exhibition was held in the hospital premises.

Department of Community Medicine
HIHT University

14th Annual Mahasamadhi Function of H.H. Dr. Swami Rama



Lamp lighting by Hon'ble Harish Rawat, Hon'ble Harbans Kapoor



Hon'ble Harbans Kapoor distributing scholarships



Dr. Jyoti Divedi receiving Best Teacher Award



Dr. Rajesh Maheshwari receiving Best Clinician Award



Mr. Virender receiving Best Non-Clinical Employee Award



Mahamandaleshwara Swami Veda releasing new books



Swami Rama Humanitarian Award presented to SEARCH



People enjoying bhandara



Rajan and Sajan Mishra performing bhajans

Devotees and students of Swami Rama came from all corners of the world to pay their obeisance and share their feelings on 13th November 2010, the 14-year anniversary of Sri Swami Rama's Mahasamadhi. Hon'ble Harish Rawat, Minister of State for Employment and Labor, Govt. of India, was the Chief Guest. Hon'ble Harbans Kapoor, Speaker, Uttarakhand Assembly, was the Guest of Honor. Chancellor Mahamandaleshwara Swami Veda Bharatiji, Vice Chancellor Sri Vijay Dhasmana, Sri Premchand Aggarwal, MLA Rishikesh, Sri Sundarlal Bahaguna, environmental activist, Mr. Idris, Ambassador of Burkino Faso, Swami Jnaneshwara, Dr. John Clarke, and other dignitaries graced the occasion.

The program at the auditorium started with Guru Vandana. Hon'ble Harbans Kapoor distributed Swami Rama Scholarships to approximately 300 students. Some children of the employees, 15-20 students of professional education (medical, nursing, para-medical, and engineering) were also the beneficiaries. The Best Teacher Award was given to Dr. Jyoti Divedi, Asso. Professor, Dept. of Physiology. Best Clinician Award was given to Dr. Rajesh Maheshwari, Prof., Dept. of Orthopedics. Best Paraclinical Award to Mrs. Irin John, Staff Nurse, Pediatric Ward; Best Nonclinical Award to Mr. Virender Mamgain, Sr. Attendant, SRC, and Mr. Vijay Solanki, Ward Boy, OT. Best RDI Employee Award was given to Ms. Nirmala Bijalwan, Field Supervisor. Special Employee

Award was given to Mr. Manoj Bahuguna, PRO. Over 7,000 people enjoyed the bhandara.

Swami Rama Humanitarian Award was given to the Society for Education, Action, and Research in Community Health (SEARCH) in recognition of its innovative village health care and research programs in 150 villages of Gadchiroli, one of the most underdeveloped districts of Maharashtra. Dr. Abhay Bang, Founder/Director of SEARCH, was present to receive the award.

Bhajan sandhya was organized in the evening which featured the acclaimed brothers, Rajan and Sajan Mishra, singers of the khyal style of Indian classical music.

North Zone Task Force CME cum Workshop

The Zonal Task Force CME cum workshop for enhancing the involvement of medical colleges in the North Zone comprised of the states of Uttarakhand, Haryana, Uttar Pradesh, Punjab, Himachal Pradesh, Delhi, Jammu & Kashmir, & Chandigarh was organized by the Uttarakhand State Task Force and State TB Cell in collaboration with the Central TB Division, Ministry of Health & Family Welfare, GOI on 8th and 9th November 2010 at HIHT University, Dehradun.

The inaugural session of the workshop was graced by Sri Vijay Dhasmana, Vice Chancellor HIHT University, Dr. V. Chauhan Dean HIHT University, Dr. Prahlad Kumar, Director NTI, Bangalore, Dr. Behara Director LRS Institute of Tuberculosis and



Respiratory Diseases, New Delhi, Dr. K.S. Sachdeva, CMO CTD, MoHFW, GOI, New Delhi, Dr. S.K. Sharma,

Chairman, NTF Dr. S.K. Jindal Chairman, North Zone or Committee, Dr. Jaikishan Chairman, ZTF North Zone, and Dr. S.L. Jethani Chairman, STF Uttarakhand.

The workshop was inaugurated by Sri Vijay Dhasmana. Dr. S.L. Jethani, Chairman, STF Uttarakhand, delivered vote of thanks and said that CTD should work out some strategy to improve the attendance of participants from all the medical colleges in ZTF workshops.

Scientific session was followed by North Zone or committee meeting & presentations from various STF chairmen about the progress in implementations of RNTCP in their respective states.

Annual Activities of Medical and Paramedical Students 2010

Literary Events



Best painting



Best card



Best sketch

Literary committee of HIHT University organized literary events on 11th & 12th November 2010. MBBS and paramedical students enthusiastically participated in various literary activities like essay and story writing, face-painting, collage, rangoli, mehendi, card-making, sketching, painting, poetry writing, slogan writing, calligraphy, and debate in both Hindi and English. Faculty of HIHT, students of all batches, Dean, MS and other faculty members were excited to see the talent of students. On 12th evening, VC graced the occasion and distributed the trophies and certificates to the winners and volunteers.

The Smile Train Medical Exchange Program

Dr Seema Diwan, Assistant Professor, Department of Dental Sciences visited Bulgaria under The Smile Train Exchange Program from 14-11-2010 to 4-12-2010. She was invited to train orthodontists working in Medical University of Plovdiv/Bulgaria. She gave consultations for 39 patients with clefts and otomandibular syndrome. She also started orthodontic treatment of patients. She got scholarship of \$2000 USD from Smile Train for this visit.

Himotsav



Group song winners (2010 batch)



Paramedical students performing dance



Mr. Akash (2009 batch) receiving first prize in academics



Ms. Neha Dua (2005 batch) receiving Best Graduate Award of the year 2010

On Founders Day, 18th December, Himotsav `10 was celebrated under the chairmanship of Dr. Anita Sharma. Lamp lighting was done by Dean of the University Dr. V. Chauhan and Deputy Deans. Students of MBBS and Paramedical courses enthusiastically participated. The program started with Guru Vandana. Group and solo dances, singing, and skits were performed. Staff, faculty and their children enjoyed the evening. Awards were distributed at the end by Dr. P. Upadhayay, Dr. V. Chauhan, Dr. S.L. Jethani, Dr. D.C. Dhasmana, and Dr. S. Varshney. MBBS student Neha Dua, 2005 batch, was awarded Best Graduate of the year and received two gold medals along with trophy.

Annual Sports Day of Medical Students



MBBS students in parade



Children of faculty participating in athletic event

On 18th & 19th November 2010 annual sports were organized by the sports committee of HIHT University. MBBS students of all batches participated. On 18th evening the award ceremony was conducted in the presence of Vice Chancellor Mr. Vijay Dhasmana, Dean Dr. V. Chauhan, and Chairperson Sports Committee Dr. D. C. Dhasmana. Vikrant Panwar of 2005 batch and Shubhreet Randhawa of 2006 batch were declared as best athletes of the year 2009. All praise was given to the 2006 batch on Awards Night, as they were declared the best team of the year 2010.

Annual Sports Day of Paramedical Students

On 21st & 22nd December 2010 Annual Sports Day of paramedical students was organised. The event was inaugurated by Vice Chancellor of the University. Dean and other faculty members graced the occasion. This was the first annual sports event for paramedical students of different courses. All students participated enthusiastically in all types of athletic and various other sports. In the beginning parade march was held by all the students. On 21st December prizes were distributed to the winners by VC and Dean in the presence of Dr. Anuradha Kusum, Deputy Dean Paramedical, HIHT University.



Celebration of Diwali in Vidya School



The children of Vidya School celebrated Diwali by dressing as different gods and goddesses like Sri Ram, Lakshmana, Sita, Hanuman, Sri Ganesh, Lakshmi, and Saraswati. They enacted the great Indian epic Ramayana, and the meaning of Diwali celebration by playing Ram, Lakshman and Sita returning back to their palace. When Lord Sri Ram along with Sita and Lakshmana came back to Ayodhya, the whole kingdom was filled with lights and people were very happy to welcome their king, Lord Sri Ram. Their younger brother Bharata touched their feet and then he asked his eldest brother Lord Ram to take charge of his kingdom. From that day Diwali is being celebrated.

After the procession the children worshipped Ganeshji and Lakshmi and were showered with flowers and blessings by the other children.

Christmas Celebration



Vidya School children celebrated Christmas in HIHT

Honor to HIHT Students

A debate on "Uttarakhand government's subsidized fee for medical education will attract talent from rural areas who will serve in these areas," was organized in Hotel Aketa, Dehradun by the Pioneer newspaper, Uttarakhand edition, on November 28, 2010.

Participants were from Himalayan Institute of Medical Sciences and from other medical and paramedical science colleges. **Mr. Prateek Srivastava of HIMS (2009 batch)** speaking for the motion got first prize, and **Mr. Mayank Kumar of HIMS (2009 batch)** speaking against the motion also got first prize.

The Chief Guest, Mr. Sanjeev Bagai, CEO of Batra Hospital & Research Centre, enlightened the gathering about challenges and prospects of the medical and health sector.

The team of HIMS was adjudged best in the team event while Mr. Mayank Kumar was announced best speaker of the event.

Annual Activity of Himalayan College of Nursing



A combined program, Freshers' Welcome, Student Nurses Association (SNA) Forward March, and Farewell to 1st Batch of Basic B.Sc.(N) Students, was conducted on 6th Dec. 2010 by Himalayan College of Nursing.

The program commenced with lighting the ceremonial lamp by the Guest of Honour, Dr. J.P. Sharma, Deputy Dean, HIHT University, as well as faculty and students' representatives.

After the welcome address by the Principal, the freshers' introduced themselves. Majority of students were from Uttarakhand state itself.

The Student Nurses Association (SNA) is a functional branch of the Trained Nurses Association of India (TNAI), with the aim of developing students' overall personality and leadership quality, hence run by Students' Government. SNA forward march is the synonym of handing over activity of whole office from the previous academic year to the present year. New office bearers recited the "SNA Pledge" of committed service to the respective offices.

The farewell program of the first batch of basic B.Sc.(N) students was organised, where the outgoing students presented a video show of memories of four years of their life in HIHT. Dr. J.P. Sharma presented the mementos to them.

The whole program ended in a solemn note of parting.

National Service Scheme (NSS) in HIHT



National Service Scheme in communal benefit was organized in HIHT University on 20th November 2010. This was headed by Dr. P. Badoni, program coordinator from HNB Garhwal University. He addressed nursing and paramedical students of HIHT about the aims and principles of NSS. Dr. Vinit Mehrotra, Prof., Dept. of Biochemistry, and Dr. Namita Mehrotra, Asso. Prof., Dept. of Anatomy, have been appointed as program officers from HIHT University.

Dr. P. Badoni said the theme of this program is "You but not Me." Nursing and paramedical students will go to the community as volunteers and collect the data about its basic needs like sanitation, food problems, and education. They will also counsel about protecting the environment. There will be training of two years (120 hours per year). One camp of 7 days will be organised per year. A badge will be provided to each volunteer. This badge is made of red, blue and white colors that signify enthusiasm, universal service with peace. The goals of NSS include development of the personality of the volunteers. To serve the community many projects can be taken from the government. Lastly, Dr. P. Badoni paid thanks to Dr. Vinit Mehrotra who invited him to discuss the details of NSS.

Vice Chancellor of HIHT University, Mr. Vijay Dhasmana, congratulated volunteers for NSS.

Choice

Friends –
In the journey of life
We meet, we relate and depart.
Unknown to us, we leave impressions –
Our unique signatures
On each page of our intellect,
Let us be aware of
The color of our impressions.
Red, blue, green, yellow
Some bright some mellow
The choice is ours to throw away the black.

We all are the little specks
In the vast universal consciousness
Alone bobbing up and down
On crests and troughs of life turbulent,
Let us hold hands and move rhythmically
In the tune of cosmic music
And your joy and your pain
All become mine.

*Dr. Ratna Prakash
Principal, College of Nursing*



HIMALAYAN INSTITUTE HOSPITAL TRUST
Swami Ram Nagar, P.O. Doiwala,
Distt. Dehradun - 248140, Uttarakhand
src@hihtindia.org;www.hihtindia.org
Phone: 135-2471200; 300