

Use of traditional Chinese medicine in HIV/AIDS in China*

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ABSTRACT

This paper gives a general introduction of HIV/AIDS treatment with Traditional Chinese Medicine (TCM) in China during the past 20 years. Although the role of TCM in treatment of HIV/AIDS is promising, there is still a long way to go.

Keywords: HIV/AIDS; Traditional Chinese Medicine (TCM)

1. INTRODUCTION

Since the early 1980's over 40 million individuals have infected with HIV worldwide and over 12 million have died. In China there had by 2009 been 319,877 cases were identified as HIV/AIDS [1]. The medical, social and economic implications of HIV infection are devastating.

In 1996, protease inhibitor therapy became widely available for use in the treatment of HIV infection, thus a decline in HIV-related morbidity and mortality had been reported. Over the last decade, more and more Chinese HIV/AIDS patients turn to seek TCM treatment, among the reasons commonly cited for the use of TCM by patients with HIV infection are: expectation of good effect, reduction of symptoms from the disease or reduction of medicine side effect, or desire for improved quality of life and increased control over the disease process. In all, there is a growing need in china for TCM to support people living with HIV/AIDS, to help to alleviate some of the side effects of the drug therapy, to improve quality of life and to assist in the treatment of individuals who are either unwilling, unresponsive or resistant to combination therapy.

This paper gives a general introduction of use of traditional Chinese medicine in HIV/AIDS in China over the past 20 years.

2. TCM VS AIDS

TCM is a complete medical system with its own unique philosophy, diagnostics and treatment methods which is different from conventional therapy. As a kind of medical system with thousands years of history, the reason why TCM could exist after such a long time is efficacy in clinical practice that help ancient people alive under arduous climate conditions. The basis of TCM theory is Yin-yang and five elements which related to the whole universe, so TCM views the human body and nature as integral not divided. A healthy human is under the state of relatively dynamic balance maintained by both inside and outside of the body, if the balance is broken, the illness occurs. TCM aims to recover the balance of human body, just as the old saying in TCM bible "The Yellow Emperor's Classic of Internal Medicine": once Yin balances with Yang, there comes the harmony of the body and the spirit.

Syndrome differentiation and integral regulation are two main characteristics of TCM. TCM focuses on differentiation of syndromes with the holistic and dynamic perspective and aims to the patient with suffering disease instead of only the disease itself. The constitution of the patient is different, the illness phase is various, the body response is diverse, the manifestation is not the same, and therefore the treating principle should be varied.

Because AIDS is a "new" disease, having only been identified in 1981, there is no specific research on the disease from the past or in the classics. TCM does possess a large body of information about infectious diseases and epidemics, and ways to describe the symptoms of those suffering from AIDS. AIDS can be defined in several different ways according to TCM pattern identification. TCM uses the term "yi bing" (infectious epidemic diseases), to describe epidemic diseases such as AIDS, which are caused by invading evils (viruses). AIDS can also be thought of as a "pestilence," The Chinese term for this is "wen yi", such a disease was thought to have a long latency, sudden onset, and severe symptoms. TCM methods used for treating AIDS is di-

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