



Opinion Article

# Human Immunodeficiency Virus

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## Introduction

HIV is a virus that targets the immune system and causes it to malfunction. HIV affects and destroys CD4 cells, a type of immune cell known as a T cell, if left untreated. As HIV kills more CD4 cells, the body becomes more vulnerable to a number of diseases and cancers. HIV is transferred from person to person by bodily fluids such as Saline, Sperm fluids in the vaginal and rectal canals, Milk from a woman, etc.

The virus does not propagate through the air, or through any friendly contact.

HIV is a lifelong disease because it integrates itself into the DNA cells. There is currently no medicine that can remove HIV from the body, but many scientists are trying to find .It is, however, possible to treat HIV and live with the virus for several years with medical treatment, including antiretroviral therapy .A individual with HIV is more likely to develop complications if they do not receive treatment.

AIDS is a disorder that can evolve in HIV-positive individuals. This is the most advanced level of HIV infection. However, just because someone has HIV does not mean they will develop AIDS; CD4 cells are destroyed by HIV. CD4 counts in healthy adults range from 500 to 1,600 per cubic millimeter. AIDS is diagnosed when a person's CD4 count falls below 200 cells per cubic millimeter. If AIDS develop, the immune system may damage against the diseases and infections such as Tuberculosis, pneumonia, fungal condition in mouth or throat can be caused.

HIV does not transfer through sharing foods or drinks, sweat, saliva.

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## Tests Used to Diagnose HIV

### Antigen or antibody tests

These are commonly used tests. These tests check the blood for antigens and antibodies. An antibody is a type of protein that replicates the infection. on other hand ,the antigens is a virus that operates the immune system.

### Nucleic acid tests

This test is expensive and it is suitable for early symptoms of HIV. This test doesn't look for antibodies; it looks for the virus itself. It takes 5- 21 days to be visible in the blood; it is confirmed by antibody test.

### Symptoms of HIV

Skin rash, Nausea, Headache, Sore throat, chills and fever. During this period their viral stock is high, if there is high viral stock the transmission of HIV is more. HIV symptoms may vary from person to person.

### Treatment for HIV

Treatment should start as soon as possible after diagnosis of HIV and viral stock. The main treatment is antiretroviral therapy this may stops virus from increasing. It also protects the CD4 cells that make the immune system strong against the diseases. This therapy also helps to reduce the spreading of HIV to others. If the treatment is effective and viral load will be invisible. If the person stops antiretroviral therapy the viral stock may increase and again may attack CD 4 cells.

**HIV medications:** Many antiretroviral therapy medications are accepted for the treatment of HIV. These medications also prevent HIV from destroying CD4 cells. There is different type of antiretroviral medication such as:

Fusion inhibitors, Nucleoside reverse transcriptase inhibitors, Non-Nucleoside reverse transcriptase inhibitors, Protease inhibit.

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