

Advances in HIV Treatment and Antiretroviral Therapy

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Editorial

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INTRODUCTION

The advent of antiretroviral therapy (ART) has transformed HIV from a fatal disease into a manageable chronic condition. In India, free ART has been available since 2004 under NACO, benefiting millions of patients [1].

ART in India

Currently, more than 1.6 million PLHIV in India receive ART through over 600 centers nationwide [2]. First-line regimens typically include tenofovir, lamivudine, and dolutegravir. Studies show high levels of viral suppression among patients adherent to ART [3].

Emerging Therapies

Long-acting injectable ART and two-drug regimens are under evaluation to improve adherence. Research into broadly neutralizing antibodies and therapeutic vaccines also offers hope for functional cures [4].

CONCLUSION

While India has made significant progress in ART delivery, challenges remain in adherence, drug resistance, and pediatric HIV management. Strengthening adherence support and investing in research are key future priorities.

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