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## Fighting against the Myths among HIV Positive Person

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### Review Article

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#### ABSTRACT

This review paper aims to determine fighting with myths of AIDS disease towards its transmission and affected persons. A number of research organizations have investigated that several demographics, such as women, men, spouses, parents to children that every individual who suffered with world's deadliest disease in the early years of AIDS pandemic and many policy makers and scientists often seemed to exist in two different worlds. The overall aims of this systematic review are to collect and synthesize evidence on factors that facilitate HIV disclosure among each individual; to bridge the gap and identify any possible gaps in knowledge for future research in this field. Though overall survey trends were encouraging, usage of injecting drug and sexual intercourse through homosexual or heterosexual route among men with polygamy relationship with prostitutes to meet their sexual desire have emerged as important routes of HIV transmission in different parts of the world.

### INTRODUCTION

HIV transmission is a still global public health issue and it has devastating effects on the socio-economic development in several countries of the world's especially low income countries and middle income countries mostly African and Asian countries. Even though roots of identification started from USA in the year 1986 first case of HIV unveiled <sup>[1-5]</sup>. From the date of identification thirty years have passed but still most of the research focusing on HIV prevention has seen tremendous advancement of biomedical and behavioral understanding among the people the challenges in preventing, diagnosing the virus and treating the particular disease. According to UN Aids, people living HIV estimated between 34.3 million and 41.4 million. The bulk of the world's HIV-positive population is South Africa: 6.3 million, Nigeria the second with 3.2 million followed by India which estimates 2.1 million in the year 2013. India estimated to have 1.8–2.9 million HIV positive persons in 2007 show decline in the HIV positive infected person 2.1 million with an adult HIV prevalence of 0.34%, since then showed a steady decline from an estimated peak of 0.38% in year 2001-03 through 0.34% in 2007 and 0.28% in 2012 to 0.26% in 2015. The sexual intercourse remains to be the major mode for transmitting the disease, through injecting drug use and Men to Men sexual intercourse are on the rise in recent years especially from 2010-2016 <sup>[5-12]</sup>.

In the recent years, the country has observed the significant changing trend in HIV transmission through the sexual intercourse. Early cases were concentrated among males but during the epidemic period, this pattern shifted towards the females with high infection rates. The male/female ratio increased from 9:6 in 2000 to 4:5 in 2010 to 3:7 ratios in 2013 with increase in the female high infection rates. Males have continued to represent its majority (90%) of cumulative HIV cases in India. Among men, 48% of infection spread through by usage of infected injection and 47% through sexual intercourse may be homosexual or heterosexual <sup>[5,7-9,13-19]</sup>. In sexual transmission about 87% infections amongst women occur through mainly heterosexual transmission, i.e., having sexual intercourse with infected men's. While the infection among males shows a significant decline from 2010, the female infection rate is showed a new quite opposite trend has increased among Women and girls increase to 21% of newly infected persons nationwide in 2011 compared which was 5% a decade ago.

## **AIDS & HIV: A missing link**

According to the latest definition of the CDC, that about twenty nine quite similar disease its conditions – including yeast infection, herpes, pneumonias, cancers, salmonella, diarrhoea and tuberculosis which leads to immunodeficiency lead to AIDS, but only if they occur infected people who test positive for antibodies to HIV through diagnosis <sup>[20-26]</sup>. For example, that people who die of cancer or tuberculosis are said to have died of AIDS if you are HIV-positive, if any one died of only tuberculosis if they are not? Does we may missing link to understand between the HIV and AIDS.

HIV is only virus which causes a group of diseases caused by other group viruses and just like viruses attacking viruses which said to be auto or self-disease. Moreover, when we see the diagnosis report of AIDS patients do not have any one of the 29 AIDS-causing or defying diseases in common. In fact, AIDS diseases such as dementia, wasting syndrome and other type cancers do not show in any kind of immune system defects to the body <sup>[13-16,27-32]</sup>.

The CDC has change or expanded its definition of AIDS three times since 1981, again in 1993 the definition was expanded again to include people who have the symptoms but have a CD4+ T-cell count of 200 or more less. Since then, more than half of all new AIDS cases diagnosed each year have been among people who are not ill. However, some countries like Canada and most of Europe region does not recognize the T-cell count criterion for AIDS diagnosis <sup>[33-39]</sup>.

In most of African countries, according to WHO guidelines which allow patients has to be diagnosed with AIDS only if they have combination of three or four symptoms such as chronic diarrhoea, prolonged fever, persistent cough, weight loss of 10% or more, and generalized itching.

## **Pervert the patient's immune system**

AIDS/HIV identification provided tremendous boon for the pharma industry, which produces enormous profits by promoting toxic antiviral drugs. The main impact of these drugs, however, has not been to improve patients' long-term health, but it have given boost the number of 'AIDS deaths' <sup>[40-43]</sup>.

AZT drug is a highly toxic chemical compound which is created to cure cancer treatment and its nucleoside analogue drug which stops DNA replication which it turns destroys all growing cells, including new cells produced in bone marrow where the immune system is generated which was approved by FDA after twenty years as Anti HIV Drugs with in a stage clinical study which produces high boost to pharma company <sup>[16,19,22,44-50]</sup>. AZT is more powerful than the strong stimulant drugs such as cocaine, heroin which are now widely understood to have killed more patients than it has helped.

## **MYTHS ABOUT STRUMPETS AND HIV**

Taking sex work as profession may be or may not be good one, but it has existed for across all continents has an old culture. Nevertheless, so many myths written about sex work and sex workers still persist in the country like India any other south Asian countries. These myths can be denigrate, devalue, and marginalize sex workers. Some widely held and unsupported views hinder HIV responses which driving strumpets away from already scarce HIV prevention and treatment services <sup>[51-53]</sup>. Here, we aim to dispose the most harmful of these myths with evidence-based literature. The first myth is that all strumpets are women. Although most of the world's strumpets are women, sex workers can be male or transgender people.

## **LET US TALK ABOUT SOME MYTHS AGAINST HIV & ITS TREATMENT**

### **Myth 01: HIV does not cause AIDS?**

**Reality:** HIV virus which causes AIDS, if you have AIDS, you must associate with HIV. If you do not have HIV, you cannot get AIDS <sup>[54,55]</sup>.

### **Myth 02: Does HIV been invented?**

**Reality:** We do not have any evidence that HIV virus was invented in the laboratory in results any government conspiracy. A prolong scientific data shown that it cannot be party drugs or bites of mosquitoes. HIV is a blood borne viruses that is transmitted by body fluids including transfusion of blood, semen & vaginal fluid during the sexual intercourse and breast milk during lactation <sup>[1,5,9,56-60]</sup>.

### **Myth 03: Is a death sentence?**

**Reality:** In 1980s and early 90s, this was true because everyone still little known about it how to treat people whom where associated it. Due to the lack of knowledge, absence of most effective medication and it fear, so many people diagnosed with HIV and were died with AIDS. Thankfully, however, this is no longer the case. We know that we have more and better HIV drugs <sup>[44,49,51,61-69]</sup>. If you stick to your treatment regimen and take good care of your body, you can live a long, full life with HIV.

### **Myth 04: AIDS can be cured?**

**Reality:** Unfortunately Answer is No, though research is currently taking place globally to find out the unanswerable to the

unquestionable but some research is based on some cases that provide some hope and clues for the potential cure. For example Berlin patient – a man who was diagnosed with HIV in mid-1995 [36,46,55,70-75], received an HIV-resistant donor's stem cells for his bone marrow transplant in 2007, and is now reported to be HIV-free. Scientists still striving hard working hard to find one, but there is no universal cure yet.

### **The Myth: "Drugs newer can be powerful, let us take a 'drug holiday'"**

**The Reality:** Some people were tempted to stop taking their HIV drugs for a short interval of time because they feel well due to side effects with HIV. However, some studies shown that interrupting their treatment or taking a 'drug holiday' can cause problem in curing the disease [66-69].

AIDS which scientifically defined, that precaution is better than cure; people can live for dozens of year with a good health. Like all other viruses, the presence of some antibodies which are taken as a mean value of that the person concerned is which is least potentially protected. Long-term survival is taken as is taken as proof of immunity or cure. Indeed, in contrast to what is alleged about the 'AIDS virus', no different fatal disease agent is understood to cause death in nearly all infected people; nearly each virus causes disease in precisely a minority of infected people, since the large area unit sometimes healthy enough to mount have a fast immunologic response [76-84].

## **LET US KNOW OUR RIGHT**

It does not matter if any human being is infected or affected with HIV. "*There cannot be any valid or effective response to HIV/AIDS without any disrespect for the human beings, to safe guards his/her fundamental freedom and dignity towards the each among us*" [85-88].

### **Most important rights in the HIV scenario include**

#### ***Informed consent***

The implications of HIV are very different from most other diseases. Testing for HIV needs specific and consent of the person being tested and any analysis on knowledge of HIV positive person [88-91].

#### ***Confidentiality***

A person has the right to keep information confidential. People with HIV are often afraid to go to court to vindicate their rights for fear of their HIV status becoming public knowledge. However, they will take the assistance of Suppression of Identity beneath a nom de guerre. This ensures that PLHA will look for justice without concern of social ostracism or discrimination [46,78,88,92-94].

#### ***Discrimination***

The right to be treated equally is whether it's something as simple as using public toilets as well or something more serious like denial of housing, admission in the college, office [95-97].

He/she can take remedy in a court of law if you are tested for HIV without informed consent, or your confidentiality is breached, or any of rights has been violated. You have the support of the legal system to ensure it if any does these kinds of things

## **CONCLUSION**

A positive HIV test have many psychological risk factors: This may result in stress, despair and panic which impair health. '*AIDS counselors*' urge their patients to prepare for an early death as soon as they have tested HIV-positive! Furthermore, almost everyone with a positive HIV status consumes anti-HIV drugs that are highly toxic destroy the immune and digestive systems, in turn which causes 5 of the 29 official listed AIDS-defining diseases. These drugs become harmful and even deadly when used on a daily basis [16,35,46,95,98].

As far as sexual practices were concerned, that anal sex is more hazardous because the rectal tissues can be easily being torn in which its allows semen to directly into the bloodstream easily without any defense of antibodies against them which triggers suppression of immune system and it is a general rule that exposure to other people's cells triggers an immune response [99]. However, semen can alone particularly in minute quantity that could contact blood through the anal intercourse, is unlikely to have an irreversible effect on the immune system. 'Having a Safe sex' (the use of condoms) has impact in reducing the risk of contracting Sexually Transmitted Diseases and can also protect people from AIDS caused by anti-HIV medication but condoms does have the high breakdown rate in anal intercourse [100].

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