

CONTENTS

CERTIFICATE	iii
DEDICATION	v
DECLARATION	vii
ACKNOWLEDGEMENTS	ix
INTERNATIONAL STANDARD TRANSLITERATION CODE FOR SANSKRIT	xi
LIST OF ABBREVIATIONS/SYMBOLS	xiii
ABSTRACT	xv
CONTENTS	xix
LIST OF FIGURES	xxvii
LIST OF TABLES	xxix

1. INTRODUCTION	1
------------------------	-------	---

1.1 HIV/AIDS, an introduction	1
--------------------------------------	-------	---

1.1.1 World Scenario.....	1
---------------------------	-------	---

1.1.2 Indian Scenario.....	2
----------------------------	-------	---

1.2 immune system and Immune Parameters in HIV/AIDS	3
--	-------	---

1.2.1 CD4 cells	4
-----------------------	-------	---

1.2.2 CD8 cells	5
-----------------------	-------	---

1.2.3 CD3 cells	5
-----------------------	-------	---

1.2.4 CD4/CD8 ratio	6
---------------------------	-------	---

1.2.5 Viral load.....	8
-----------------------	-------	---

1.3 Modes of transfer/risk factors of HIV & prevention	8
---	-------	---

1.4 Challenges faced by HIV positive individuals	9
---	-------	---

1.4.1	Quality of Life	9
1.4.2	Depression	10
1.4.3	Cognitive Functions.....	10
1.5	Need for an integrated approach.....	10
1.6	The yogic approach.....	11
1.7	Integrated approach of yoga therapy.....	12
2.	LITERARY REVIEW	15
2.1	Aim	15
2.2	Objectives.....	15
2.3	Methodology of the review	15
2.4	Inclusion criteria	16
2.5	Exclusion criteria	16
2.6	Introduction.....	16
2.7	Immune system.....	18
2.8	Sapta dh_n tus	18
2.9	Formation of <i>ojas</i>	19
2.10	Functions of <i>ojas</i>:.....	20
<i>2.10.1</i>	<i>Sahaja bala</i>	22
<i>2.10.2</i>	<i>K_o laja bala</i>	23
<i>2.10.3</i>	<i>Yuktikrut bala</i>	23
2.11	Depletion of <i>ojas</i> and its impact	23

2.12	Enhancement of <i>ojas</i>	27
2.12.1	Role of food in production of <i>ojas</i>	27
2.12.2	Importance of <i>ukra</i> in production of <i>ojas</i>	28
2.12.3	Role of <i>brahmacharya</i> (Celibacy) in immunity.....	30
2.12.4	Other factors.....	31
2.13	Conclusion	32
3.	LITERATURE SURVEY	33
3.1	Introduction	33
3.2	HIV, immune system and yoga.....	33
3.3	HIV, Quality of Life and yoga.....	35
3.4	HIV, cognitive functions and yoga	36
3.5	Nutrition and HIV	37
3.6	Yoga modules for HIV	38
3.7	Adverse effects of ART	40
3.8	Need for Complementary and Alternative Medicines	41
3.9	A relook at the current approach towards HIV/AIDS.....	42
3.9.1	The condoms formula	43
3.9.2	Sex and nature	45
3.9.3	Sex education	45
3.9.4	Additional concerns:	47
3.10	Need for THE STUDY.....	48

3.11	Aim of the current study.....	49
3.12	Objectives	50
3.13	Research questions	50
3.14	Hypothesis	50
3.15	Null hypotheses.....	50
4.	METHODS	51
4.1	Introduction.....	51
4.2	Study one.....	52
4.2.1	Design of the study	52
4.2.2	Screening and recruitment	53
4.2.3	Randomization.....	54
4.2.4	Ethics clearance and consent	55
4.2.5	Intervention.....	56
4.2.6	Data collection	57
4.2.7	Registration of the study.....	57
4.3	Study two	58
4.3.1	Design of the study	58
4.3.2	Intervention.....	58
4.3.3	Data collection	59
4.4	Data cleansing and analysis.....	59
4.5	Outcome measures	60

4.5.1	Socio-demographic data.....	60
4.5.2	Anthropomorphic variables.....	61
4.5.3	General health	61
4.5.4	Immune responses	61
4.5.5	Quality of Life.....	61
4.5.6	Depression.....	63
4.5.7	Cognitive functions tests	64
5.	RESULTS.....	69
5.1	Study one: Snehad n study.....	69
5.1.1	Socio-demographic data.....	69
5.1.2	HIV status and medical care	70
5.1.3	Immune parameters	71
5.1.4	Quality of life	72
5.1.5	Depression.....	79
5.1.6	Cognitive functions	86
5.2	Study two: Ammamane study	90
5.2.1	Socio-demographic data.....	90
5.2.2	General health condition	90
5.2.3	Immune parameters	90
5.2.4	Quality of Life.....	92
5.2.5	Depression.....	93

5.2.6 Cognitive functions.....	95
6. DISCUSSION	97
6.1 Study one.....	97
6.2 Study two	106
6.3 Comparative discussion of studies one and two.....	114
7. APPRAISAL.....	119
7.1 Summary.....	119
7.2 Conclusions.....	120
7.2.1 Study one:	120
7.2.2 Study two:	120
7.3 Strengths of the current research.....	121
7.3.1 Study one	121
7.3.2 Study two	121
7.4 Limitations of the current research.....	121
7.4.1 Study one	122
7.4.2 Study two	122
7.5 Implications of the current research.....	122
7.6 Suggestions for future work.....	122
8. REFERENCES.....	125
9. LIST OF PUBLICATION FROM THIS RESEARCH.....	139
Appendix I ABOUT THE REHABILITATION CENTERS.....	141

Appendix II	SAMPLE SIZE CALCULATION	144
Appendix III	INFORMED CONSENT FORM.....	145
Appendix IV	ETHICS COMMITTEE CLEARANCE.....	148
Appendix V	SOCIO-DEMOGRAPHIC DATA SHEET.....	150
Appendix VI	QUESTIONNAIRES/ASSESSMENT INSTRUMENTS...151	
 Appendix VI.1	Quality Of Life Questionnaire.....	151
 Appendix VI.2	Cognitive tests questionnaire.....	155
Appendix VII	CDI question-wise average scores	158
Appendix VIII	RAW DATA	159
 Appendix VIII.1	Study one.....	159
 Appendix VIII.2	Study two.....	182
Appendix IX	TYPICAL ‘R’ SOFTWARE CODES.....	190
Appendix X	RESULTS OF ART STATUS BASED ANALYSIS.....	195
Appendix XI	COMPARATIVE RESULTS OF THE TWO STUDIES ..	201
Appendix XII	SAMPLE ATTENDANCE SHEET	204
Appendix XIII	PLAGIARISM CHECK REPORT.....	205