

*Perspective***A brief note on antiretroviral therapy**

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ABOUT THE STUDY

Antiretroviral Therapy (ART) is the use of anti-HIV medications to treat patients who are infected with the Human Immunodeficiency Virus (HIV). A combination of medications (commonly referred to as “Highly Active Antiretroviral Therapy,” or HAART) that reduce HIV replication is the conventional treatment. To improve efficacy and limit the risk of the virus acquiring resistance, a combination of medications is utilized. ART lowers HIV-infected people’s mortality and morbidity rates while also improving their quality of life. ART also has the benefit of preventing HIV transmission by reducing HIV replication in people who already have the infection. “Undetectable equals to untransmittable” or U=U, is another term for this ART benefit.

ART involves taking a daily combination of HIV medications known as an HIV medical therapy. Antiretroviral medication is recommended for all HIV patients (ART). HIV patients should begin taking antiretroviral medications as soon as feasible. Antiretroviral therapy is not a cure for HIV, although it can help patient’s live longer and better lives. ART also reduces the risk of HIV transmission. The suppression of a person’s viral load to undetectable levels is one of the key goals of HIV treatment. An undetectable viral load indicates that the amount of HIV in the blood is too low for a viral load test to detect. HIV-positive people who maintain an undetectable viral load pose no danger of transmitting the virus to their HIV-negative partners during intercourse. HIV-positive people should start taking antiretroviral drugs as soon as possible. For people with AIDS-defining symptoms or early HIV infection,

starting HIV medications as soon as feasible is critical. Early HIV infection refers to the first six months after HIV infection. Women with HIV who become pregnant and are not currently on antiretroviral therapy should begin treatment as soon as possible. HIV targets and destroys the immune system’s infection-fighting CD4 cells (CD4 T lymphocytes). The body’s ability to fight infections and certain HIV-related tumors is hampered when CD4 cells are lost. HIV drugs limit the amount of HIV in the body by preventing it from reproducing creating duplicates of itself (called the viral load). When there is less HIV in the body, the immune system can recuperate and create more CD4 cells. Even if there is still some HIV in the body, the immune system is capable of battling HIV-related illnesses and cancers. By reducing the amount of HIV in the body, HIV medicines reduce the risk of HIV transmission. One of the main goals of HIV treatment is to reduce a person’s viral load to undetectable levels. An undetectable viral load indicates that the amount of HIV in the blood is too low for a viral load test to detect. HIV-positive people who maintain an undetectable viral load pose no danger of transmitting the virus to their HIV-negative partners during intercourse.

There are several HIV medications available for use in HIV treatment regimens. According to how they fight HIV, HIV drugs are divided into seven drug classes. A person’s HIV treatment regimen is chosen depending on their individual needs. People living with HIV and their health care professionals examine a variety of considerations while deciding on an HIV treatment regimen, including possible HIV medicine side effects and drug interactions.

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