

## Commentary

# A note on human immunodeficiency virus and its symptoms

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## DESCRIPTION

The human immunodeficiency virus (HIV) causes AIDS (HIV). The immune system cells in the body are killed or damaged by HIV. HIV is divided into two categories. Type I and Type II people are the two sorts of people. In India, Type I is more common. Unprotected intercourse with an infected partner is the most common cause of AIDS. It can also spread through HIV-infected people's infected syringes and blood transfusions. The initial indicators of AIDS are flu-like symptoms or swollen glands, however symptoms may not show at all times. After two or three months, symptoms may occur. To confirm the diagnosis, a blood test is frequently conducted. Although there is no cure for HIV, there are numerous medications available to treat and control the disease.

The human immunodeficiency virus causes AIDS, or acquired immunodeficiency syndrome, which is a persistent, sometimes fatal disease (HIV). By damaging your immune system, HIV weakens your body's ability to fight infection and disease (Adewuya AO, et al. 2007).

Although HIV is a sexually transmitted infection, it can advance to Acquired Immunodeficiency Syndrome (AIDS) if it is not treated with HIV medications (Aidala A, et al. 2004). Chlamydia, gonorrhoea, Human Papilloma Virus (HPV) infection, and syphilis are examples of STDs. It can also be transferred by contact with infected blood, as well as through the use of illicit injectable drugs or the sharing of needles (Antinori A, et al. 2007). During pregnancy, childbirth, or breastfeeding, it can also be passed from mother to kid. It could take years for HIV to impair your immune system to the point where you develop AIDS if you don't take medicine.

Although there is no cure for HIV/AIDS, drugs can help control the infection and slow the disease's course (Au A, et al. 2008). AIDS mortality have decreased over the world as a result

of antiviral medications, and international organisations are trying to expand the availability of prevention and treatment in resource-poor nations ( Bancroft J, et al. 2003).

## Symptoms

**Primary infection (Acute HIV):** The human immunodeficiency virus (HIV) is a virus that causes infection in humans. The AIDS virus is caused by this virus. The term "acute HIV infection" refers to the early stage of HIV infection, when you become infected with the virus (Barlow DH, 2002). It's also referred to as primary HIV infection. Within 2 to 4 weeks after the virus enters the body, some HIV patients suffer a flu-like disease. HIV infection that is primary (acute) is a short-term illness that can last a few weeks.

**Possible signs and symptoms include:** Fever, headache, muscle aches, and joint discomfort, to name a few symptoms. Rash, Painful oral sores and a sore throat Lymph glands swollen, mostly in the neck Diarrhea, Losing weight, Cough, Sweats at night Because these symptoms are so subtle, you may not even notice them. However, the amount of virus in your bloodstream (viral load) is currently quite high. As a result, the infection spreads more quickly during the primary stage than it does later (Beck AT, et al. 1993).

**Clinical latent infection (Chronic HIV):** HIV is still present in the body and white blood cells at this stage of infection. However, many people may not have any symptoms or infections throughout this time. If you aren't taking antiretroviral therapy, this phase can last for years (ART). Some people are more likely to get a severe form of the disease than others.

**Symptomatic HIV infection:** You may develop minor infections or persistent signs and symptoms as the virus continues to spread and damage your immune cells – the cells in your body that help fight viruses (Bozzette SA, et al. 1999). Fever, fatigue, and swollen lymph nodes are all common

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early indications of HIV infection. Diarrhea, losing weight, Pneumonia, thrush (oral yeast infection), Shingles (herpes zoster)

## CONCLUSION

The HIV/AIDS unit's ability to play a central role in the overall coordination of all institutional responses is heavily reliant on the dedicated commitment of all individuals, particularly those in top positions. The ultimate responsibility and accountability for preventing new infections and successfully managing individuals who have been infected and impacted by the HI virus is highly reliant on the mind-set and example established by those in positions of leadership.

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