

An Ancient Indian Approach for Prevention and Spread of AIDS

Abstract:

Attempts were made to co-relate an ancient Indian philosophy and related practices which can be used to change attitude positive and behaviorally skilled person, generally be motivated to initiate and maintain HIV/AIDS preventing behavior. MATERIALS & Various ancient Hindu scriptures and Religious instructions e.g. Yoga were used in this exercise in groups, both HIV infected and uninfected volunteers & observations were made. It has been observed that 80% of total volunteers which were divided into five sub-groups were showing positive approach to our hypothesis depending on socio-economic status. 20% misbehaved due to the exposure to the other cultural influences as a result of cosmopolitan living style in Kenya. Above foregoing paper explains how an ancient Indian philosophy will be beneficial for the sub-saharan populace in general to prevent HIV/AIDS spread.