

[Interest of antioxidants in the care of the patients infected by the HIV: the experience of long term administration of *Alternanthera pungens* herb tea].

[Article in French]

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Abstract

The objective of this study was to evaluate the interest of regular consumption of an antioxidant-containing herb tea in the care of HIV-patients. We conducted a 24 month prospective study in 30 patients clinically asymptomatic, infected by the VIH1, with a rate of CD4 above 200/mm³, and naive of any antiretroviral treatment. Every patient received a supplementation in antioxidants by drinking every two days during twelve monthsherb tea issued from *Alternanthera pungens*. Venous sampling of blood was used to measure biomarkers of oxidative (malondialdehyde - MDA - and advanced oxidation protein end products - AOPP), T lymphocytes, amimotransferases and creatinine.

RESULTS:

We observed: (1) a significant decree ($p < 0,001$) in plama levels of studied biomarkers of oxidative stress (AOPP and MDA); (2) a significant increase ($p < 0,001$) of T CD4 and CD8 lymphocytes and (3) the lack of biological hepatic and renal toxicity by the regular consumption of the herb tea. In conclusion, we showed that consumption taking of natural antioxidants through *Alternanthera pungens* herb tea may lead to significant increase T lymphocytes and decrease in biomarkers of oxidative stress, and might help in the prevention of the opportunist diseases by maintaining blood lymphocytes CD4/CD8 rate.

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