ANTIRETROVIRAL TREATMENT IN HIV/AIDS-INFECTED PATIENTS USING PINEAPPLE JUICE

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STATEMENT BY THE AUTHOR

I hereby declare that this submission is my own work and to the best of my knowledge, it contains no material previously published or written by another person, nor material which to a substantial extent has been accepted for the award of any other degree or diploma at any educational institution, except where due acknowledgement is made in the thesis.

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ABSTRACT

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Bromelain is a proteolytic enzyme (an enzyme that digests proteins), enzymes that are found in the pineapple plant *(Ananas comosus).* Bromelain has several medicinal effect, recent research even prove the effectuality of Bromelain in treatment of HIV/AIDS patients. Since HIV continues to be a major global public health issue, this research contributes to the improvement of public health by providing a one of a way of new treatment to the HIV/AIDS-infected patients, which is to enable patients to live a long and healthy life. Briefly, 11 HIV/AIDS-infected patients from KPAD Bogor were involved and participated in the antiretroviral treatment using pineapple juice. Participants were schedule to receive 120 mL pineapple juice everyday at approximately 5 – 6 weeks. Before and after 5 weeks treatment, the CD4 count was checked and the patients divided into two groups; 9 patients with CD4 count were in normal range and 2 patients with CD4 count were out of normal range. After 5 weeks treatment, CD4 count in the 11 patients were various, some increased and some decreased. But as study mainly focused on the 2 patients, who have CD4 count out of normal range, the CD4 of the 2 patients were increased. Related to the result, obtained that Bromelain enzyme has the ability to destruct the HIV virus shape.

Keywords: Bromelain, Proteolytic enzyme, Ananas Comosus, HIV/AIDS-infected patients, pineapple juice, CD4.

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DEDICATION

This thesis is gratefully dedicated to my Supreme Being, my Savior, and my King Jesus Christ.

It is also dedicated to my family who sometimes do not comprehend me entirely but always loves me unconditionally.

For all the HIV/AIDS infected patients around the world.

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"I want to know God's thoughts; the rest are details."
Albert Einstein

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