

# **A Review On Studies of Depression in HIV**

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**Abstract:** *HIV/AIDS remains a significant global health challenge, particularly in developing countries. The disease is caused by the Human Immunodeficiency Virus (HIV), which targets and destroys T cells, weakening the immune system and progressing to Acquired Immunodeficiency Syndrome (AIDS). According to the World Health Organization, approximately 35 million people were living with HIV in 2013, with nearly 39 million deaths attributed to AIDS-related illnesses since the start of the epidemic. In 2014, the Centers for Disease Control and Prevention estimated that around 1.2 million individuals aged 13 and above were living with HIV worldwide. Highly Active Antiretroviral Therapy (HAART) remains the most effective treatment, combining drugs with diverse mechanisms of action. However, HAART cannot completely eradicate HIV and is associated with long-term toxicity and potential drug resistance. Consequently, there is increasing interest in exploring alternative therapies, such as herbal medicines, which may offer affordable, effective, and safe options for managing HIV/AIDS.*

**Keywords:** HIV, AIDS, T cells, HAART, Herbal Medicines, Immune system, Drug resistance

