

A COMPARISON OF CD4+ CELL COUNT OF HIV+ SUBJECTS TREATED  
WITH GLYCYRRHIZIN POINT INJECTION THERAPY,  
GLYCYRRHIZIN TABLETS AND SALINE POINT INJECTION

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by  
Uchenna Evelyn Egwuonwu

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## ABSTRACT

Background: There is currently no cure for HIV/AIDS. Traditional Chinese medicine (TCM) has been shown to be effective in boosting the immune system of individuals living with HIV/AIDS. Glycyrrhizin extracted from licorice has been shown to be antiviral. Stomach 36 and Large Intestine 10 are acupuncture points most often used in TCM to boost the immune system. Point injection is a form of therapy that combines the effect of herbal medicine and acupuncture for the treatment of disease by injecting acupuncture points with sterile extracts from medicinal plants.

Objective: To investigate the effects of three distinct interventions: (1) glycyrrhizin point injection, (2) oral glycyrrhizin tablets, (3) and saline point injection on the CD4+ counts of HIV positive subjects who are currently not on antiviral medication.

Design: Multiple group pre- and posttest design. Subjects were randomized to groups receiving three different treatment methods in order to investigate the cause-and-effect relationship of point injection therapy with extracted glycyrrhizin, glycyrrhizin tablets, and saline point injection to changes in CD4+ lab counts. The study was 4 weeks in duration. Pretests were administered before initial treatment and posttests were administered at the end of the 4<sup>th</sup> week. The outcome measure was the difference in CD4+ count of each subject.

Results: The nine cases presented indicated that five out of six subjects using glycyrrhizin intervention had an increase in CD4 values. Two out of three subjects in the placebo group showed a decrease in CD4 values. The results of this study indicated that CD4 values may have been increased by glycyrrhizin. Further research is needed to determine whether glycyrrhizin intervention increases CD4 values in people living with HIV/AIDS.