

HIV/AIDS: TRANSFORMATION OF THE CONCEPT OF DISEASE IN MODERN MEDICINE.

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ABSTRACT

Background: HIV/AIDS was historically perceived as a fatal and rapidly progressive disease with no effective treatment options. **Objective:** This study aims to analyze the transformation of the concept of HIV/AIDS in modern medicine, emphasizing biomedical, social, and ethical dimensions. **Methods:** A comprehensive narrative review of international peer-reviewed literature, WHO, UNAIDS, and CDC reports published between 2000 and 2024 was conducted.

Results

The introduction of antiretroviral therapy (ART) has significantly reduced mortality, improved quality of life, and reclassified HIV as a chronic manageable condition. **Conclusion:** HIV/AIDS serves as a paradigmatic example of how advances in medicine redefine disease concepts and healthcare strategies.

Keywords

HIV; AIDS; antiretroviral therapy; chronic disease; disease concept; modern medicine.

INTRODUCTION

HIV/AIDS emerged in the late twentieth century as one of the most severe global public health challenges. Initially associated with high mortality and social fear, the disease profoundly influenced medical science, public health policy, and ethical discourse. The discovery of HIV and subsequent development of antiretroviral therapy transformed clinical outcomes and reshaped societal perceptions. Today, HIV/AIDS is regarded not only as a biomedical condition but also as a complex social and ethical issue requiring multidisciplinary management.

METHODS

This study employed a narrative review methodology. Scientific articles indexed in Scopus, PubMed, and Web of Science databases were analyzed. Authoritative reports from WHO, UNAIDS, and the CDC were included. Selection criteria focused on relevance, publication quality, and citation impact. Articles published in English between 2000 and 2024 were prioritized.

RESULTS

The widespread implementation of ART since 1996 has led to a dramatic decline in HIV-related morbidity and mortality. Sustained viral suppression to undetectable levels has become achievable, significantly increasing life expectancy. HIV infection is now clinically managed as a chronic disease comparable to diabetes mellitus and arterial hypertension. Preventive strategies such as PrEP and PEP have further reduced transmission rates.

DISCUSSION

The transformation of HIV/AIDS illustrates a broader paradigm shift in modern medicine from acute disease treatment toward chronic disease management. Despite remarkable biomedical progress, stigma, discrimination, and unequal access to healthcare persist. Addressing psychological well-being, social integration, and ethical considerations remains essential. Comprehensive care models integrating medical, social, and educational interventions are critical for long-term success.

CONCLUSION

HIV/AIDS exemplifies the dynamic evolution of disease concepts in modern medicine. Advances in treatment and prevention have transformed HIV from a fatal illness into a manageable chronic condition. Continued progress requires integrated biomedical innovation, social support systems, and global health cooperation.

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