

HIGHLY ACTIVE ANTI-RETROVIRAL THERAPY (HAART) is the aggressive treatment regimen to suppress HIV viral replication and the progression of HIV disease. The usual HAART regimen combines three or more different drugs such as two NRTIs and a PI, two NRTIs and a nNRTI or other such combinations. These HAART regimens have proven to reduce the amount of active virus and in some cases can lower the number of active virus until it is undetectable by current blood testing techniques.

Principle:

An nnRTI is used always in combination with 1- 2 nRTIs to avoid the rapid development of resistance which occurs when it is used singly. PIs reduce viral load to undetectable levels.

The usual HAART regimen thus combines three (sometimes more) different anti-HIV drugs.

So, what drug combination did you take?

If you are on Protocol 1:

Truvada is an NRTI

Reyataz is a PI

Norvir is another PI

If you are on Protocol 2:

Kaletra is a PI.

Combivir is a NRTI.

Fuzeon is an integrase inhibitor.

If you are on Protocol 3:

Atripla is a fixed dose combination of 600 mg efavirenz (NNRTI), 300 mg tenofovir (NRTI), and 200 mg emtricitabine (NRTI).