

# Religion and science: Cracking the HIV/Aids code

Four decades since the scientific discovery of the HIV Virus and its resultant progression to Aids disease, if not countered, a cure is yet to be comprehensively arrived at, although advanced science has been able to keep the virus at bay using methods like gene editing therapy, treatment by injections, immunotherapy, stem cell transplants, vaccine research etc.

Notwithstanding, there is a less pronounced method of keeping the virus at bay through Christian values held by certain individuals, whose testimonies can be subjected to scientific methods of enquiry and found to be credible.

When I was invited by the Uganda Aids Commission to give a keynote address on November 28, 2025, at

**There is a need to address wrong theological teachings that prescribe only to miracle cure of HIV/Aids and denigrate science as being satanic.**



**Fred Sheldon Mwesigwa**  
**Science & Religion**

Mbarara University of Science and Technology during the National HIV and Aids Symposium, I found it fitting to invite along eight women and two men who have been living with the HIV virus for a period ranging from 16 to 34 years!

The common denominator among all the 10 is their Christian witness that has played a key part in keeping at bay the HIV virus through adherence (apart from one) to religiously taking their Anti-retro Viral (ARV) drugs.

Testimonies were given

about how the Christian faith played a key part in ensuring abstinence from sex for those with HIV but had lost their spouses and faithfulness to one another for the HIV positive couple.

All the 10 were openly free to speak about their HIV status and to explain that their Christian values were responsible for their boldness, motivation not to spread the virus and desire to warn those who were lax about the dangers of the virus.

Even when many were sexually active prior to acquiring the virus and some promiscuous, they had a spiritual transformation that led them to live sexually pure lives. Religious moral values, along with scientific methods, have played a key role in combating HIV/Aids.

In my estimation, I cannot think about a group of people painstaking swallowing daily medicines, with some side effects, but who are jolly and very exuberant with great humour.

The major downside they seemed to agree on was the argument that the TLD medicine they take maybe responsible for high incidences of diabetes and high blood pressure among their population.

Relatedly, there is worry about reduced international funding for HIV/Aids assistance, which is likely to affect the much needed life-saving drugs, community health sensitisation and programmes like HIV testing.

There is a need to address wrong theological teachings that prescribe only to miracle cure of HIV/Aids and denigrate science as being satanic. Wait a moment! Wasn't Luke the author of the Gospel of Luke and Acts referred to as a physician, or better put, doctor?

Didn't Jesus Christ, the son of God, credit medical doctors? He, therefore, approved of their profession when he asked, 'Shouldn't a sick person seek a doctor?' (Luke 5:31-32; Mark 2:17, Mathew 9:12-13).

It is reassuring that one of the most openly HIV positive advocate, Dr Stephen Watiti, is a Born-again Pentecostal medical doctor, who has vouched for science and religion in addressing HIV/Aids.

If HIV/Aids is to be eliminated in Uganda by 2030, combined effort will be needed through increased government funding to bridge gaps of reduced donor support and religious leadership to promote the gospel of sexual purity, faithfulness in marriage, in addition to other government interventions.

**Rt Rev Dr Fred Sheldon Mwesigwa is the Bishop of Ankole Diocese, an Associate Professor of Religious Education and Chancellor of Bishop Stuart University.**

[smwesigwafred@gmail.com](mailto:smwesigwafred@gmail.com)