CHAPTER IX

CONCLUSIONS

Pages 172-177
CONCLUSIONS

Polio myelitis is commonly known as Balapakshaghata in Ayurveda. In developed countries, this disease is completely eradicated after extensive immunization programme. Still many cases are seen even today in developing countries posing a great problem to the medical experts. After invention of polio vaccine many scholars are concentrating on immunization programmes to eradicate this disease. The management of Balapakshaghata is equally important because the handicap children should live independently in the society. So an humble attempt has been made to render the medical treatment with panchakarma therapy to make them independent.

The following conclusions have been drawn from the present study.

1. From the present clinical study, it has been observed that, the prevalence of Balapakshaghata is more in male children (63.7%) than female.

2. It is noticed that even after vaccination, many children were seen suffering from this disease, mainly due to improper administration of vaccination i.e. improper storage, transportation, dosage etc. It is therefore, suggested that proper care should be taken for immunization (storage, transportation and dosage).
3. From the results it has been revealed that, the incidence of Balapakshaghata is comparatively more in 'Varsha ritu' than other ritus. In Varsha ritu, physiologically, the body gets weakness due to visarga kala and poor appetite leads to suitable atmosphere for multiplication of any virus (Skandhagraha). Normally in Varsha ritu Vata gets provokeation, in weak body if any trauma occurs further derangement of vata takes place resulting into Vata-vyadhi in that particular organ. Therefore, it is recommended to avoid injections and trauma (Abhighata) especially in Varsha ritu for below 2 years age.

4. In present study it has been revealed that, in pre-paralytic stage many cases (77.45%) reported the history of injection. From this, it can be strongly recommended that, in Varsha ritu, if the child gets fever, treat with simple antipyretic drugs avoiding the injections.

5. It has been observed in this study that, the lower extremities are more affected (91.3%) than upper extremities. From this we can recommend that the care should be taken to avoid injections, trauma etc. particularly to the lower extremities especially in Varsha ritu during the fever stage.

6. The study has established that continuous Bala tail Matra Basti is superior to other treatments practi-
cally in almost all the aspects for acute patients. The statistical and even clinical results indicated that in this treatment recovery is faster than the other treatments. In view of this it is strongly advocated to administrate continuous Bala tail Matra Basti for acute cases to obtain desirable results. This treatment is of simple nature, can be administered even without admitting the patient and even to the children, below one year.

7. With regards to chronic cases the treatment continuous Til tail Matra Basti is recommended for obtaining the faster relief.

8. The study has indicated that the muscles of left Knee extensors have gained significant muscle power with continuous Bala tail Matra Basti in acute cases. Hence it can be suggested that this treatment is advocated for the muscles of left Knee extensors.

9. The clinical study revealed that the continuous Bala tail Matra Basti in acute cases is superior to the other treatments, particularly in the improvement of Hip extensors of left side affected cases. In view of this it is advocated to administer in improvement of Hip extensors of left side affected cases.

10. All the treatments considered in this study have shown statistically significant at 5 % increase in body weight in all the cases in the course of treatment. From
this, it emerges that increase in the body weight implies
the reduction in Vata vyadhies which is a desirable sign.

11. The present study revealed that the reduction
of chesta nivrutti and increase in muscle power in all
cases have turned out to be statistically significant at
5 % level in the course of the treatment. It suggests
that almost all cases have gained the muscle power in each
treatment.

12. In this study Matra Basti treatment has not
shown any complications and side effects during and after
the treatments. From this, it can be recommended that
the Matra Basti can be administered for children even in
O.P.D. level.

Thus, the management of Balapakshaghata (in
acute and chronic conditions) fulfills its aims to maximum
extent of improvement in acute and chronic children making
them independent. After the treatment many children are
walking with minimal to severe limping.

Thus, the thesis is concluded by giving the
following suggestions.

Expectant mothers must be educated about the
importance of balanced diet, role of physical exercise
and proper medical care. Package of treatment normally
practiced for post-natal care in rural areas even today
like oil massage, hot water bath, complete rest, Brimhna diet etc. must be advocated and followed as a preventive measures.

The past experience of the research workers has indicated the following recommendations, if followed in full spirit, prevention of this vital disease can be achieved a greater extent.

1. Child should not be exposed to cold in rainy season.

2. Woolen or warm clothing to the child especially in Rainy and Winter seasons.

3. Apply Til oil to whole body and do light massage every day before bath.

4. Keep Til oil swab on Bramha randhra for 24 hours upto 2 years of age.

5. Pour a drop or two of Til oil every day in both the ears.

6. Before bath apply termeric and Besan powder every day.

7. Give fumigation with guggulu or Sharahapa or Hingu or Vacha every day after bath upto one year.

8. If child gets fever avoid injections particularly during June to September and prefer oral medicines and complete rest.
9. To avoid digestive troubles give hot water.

10. Proper care should be taken to avoid constipation.

11. Avoid fear psychosis.

12. Upto six months mother's milk is preferable after that hot milk and hot diets should be given in the form of liquid.