PREFACE

Treatment of ailments by using natural herbs and plants is as old as humanity itself. Systematic description of the diseases, diagnosis and their management procedures can be seen in Charak Samhita, the first and foremost available Ayurveda classical text. Not that, the medicine did not exist before Charak Samhita was written, but there was no systematic knowledge with principles and prescriptions. The Vedic Literature which had been written quite early to Charak Samhita, contains descriptions of many drugs to be employed for the treatment of many diseases. Nevertheless, Charak Samhita and the subsequent books on Ayurveda contain a vivid description of diseases and their treatment. Even though several ailments are mentioned briefly and in aphoristic manner, they are scattered in the texts. Hence their certain aspects remain obscure. It is extremely necessary to elaborate and revive such diseases in all aspects. Well planned clinical observations based on fundamentals of Ayurveda with the help of modern Western science can provide some contribution in literary aspects of many diseases.

Inclusion and incorporation of new diseases and their managements which are prevalent in their periods is not new to Ayurvedic science. Time to time many Acharyas
have included new diseases and their treatments. Balapakshaghata (Polio myelitis) is one of the such diseases not described clearly in classics can be included and elucidated with present available modern medicine.

Even today millions of children, particularly in developing countries are being affected by the Balapakshaghata (Polio myelitis) and remained as a big problem before medical experts. It is a curse to the affected individuals making their lives more miserable and dependable on others. The negligence by the parents at this critical stage results into severe deformities due to muscle spasms and contractions. Even though, the Polio vaccine is invented quite long ago, no researcher has so far come out with a suitable theory to cure the disease. With the result, there is lacula in the management of this horrible disease with medicines either in Ayurveda or modern medicine. Keeping the importance of this vital problem in the view, an attempt has been made in this present study to search a suitable and appropriate line of treatment using available medicines at hand and also to evolve methodology for prophylactic measures to control Balapakshaghata. Aims and objectives of present study are as follows.

1) To choose a suitable and proper line of treatment using different oils with matrabasti.
2) To study the recovery behaviours of the individual affected muscles.

3) To assess the improvement in the strength of muscles in terms of muscle power which is measured on a five point continuous scale.

4) To find out the methodology for prophylactic measures in preventing the incidence of polio myelitis.

5) To study the association between incidence of diseases with important factors like season, vaccination, damage due to injection in varsha ritu etc.

6) To study the behaviours in the recovery of acute and chronic cases among treatment groups.

7) To observe the side effects, if any of basti treatment to the children of different age groups.

8) Conceptual correlation and in corporation of Balapakshaghata in comparison with Polio myelitis as described in modern western scientific medicine.

In present study, it has been given due consideration to the therapeutic efficacy of Bala Mool (Sida cordifolia) which is having antivagic effect. Bala tail is prepared in Til taila used for Matrabasti is one of the safest methods of Basti treatments and also established treatment for Vatavyadhis. Hence the
efficacy of the 'Balatail' which has been found in comparison with simple til tail matrabasti. These two drugs Balatail and Til tail used for Matrabasti were also administered alter natively to observe the side effects as well as to see the efficacy in comparison with continuously given Balatail and til tail.

Pinda sweda prepared with shali and balsamools is also given for one group to see the efficacy of pinda sweda in comparison with Balatail Matra basti. Own scoring method has been evolved to collect the data before and after treatments. To assess the individual muscle improvement scored the data every fortnight on the basis of 'Muscle Power'. The results have been discussed in the light of the clinical data collected at various stages of treatments.

The thesis embodies the above ideas in Three Major parts, the first part devoted Historical considera-
tions, Review of Ayurvedic and modern literature, conceptual study of prevention of Polio as a prophylaxis measure, details of the drug and its analysis on Ayurvedic lines. The second part covers the clinical study done to choose the proper and appropriate drug along with discussion. The third part included the conclusions and implications.
At the end, selected bibliography and references have been included in this thesis.

In present thesis I have tried to come out with a scientific hypothesis regarding Balapakshaghata samprapti and preventive measures and evolved the efficacy of Til tail and Jalatail Matra basti in acute and chronic cases.