

Polio myelitis :-

The term polio myelitis is derived from three Greek words; "itis" meaning inflammation, "Polio" meaning of the gray section while "Myelitis" means spinal cord.

Thus polio is an infectious viral disease of the spinal cord which sometimes causes paralysis. Currently this disease is only found in Afghanistan, Pakistan and Bangladesh.

Causes :-

It is caused by three types of viruses:

Type 1: also called Brunhilde and is the most common one.

Type 2: Lansing.

Type 3: Leon.

Symptoms :-

90-95% of people infected with polio are asymptomatic while 0.5% suffer from paralysis.

as far as symptoms are concerned, polio can be classified into four types :-

(a) Abortive :-

Mild flu like symptoms that resolve within a few days.

(b) Non-paralytic :-

This happens when the sympto virus enters the nervous system. This causes pain and stiffness in the head and neck.

(c) Paralytic :-

It is very rare and is caused by temporary or permanent damage to the neurons in the spinal cord which leads to paralysis.

(d) Bulbar :-

The most severe case of polio in which the brain is affected causing the patient to lose sensory and motor signals to the muscles of the face.

This can also affect the part of the brain that controls breathing.

Treatment:-

There is no treatment for Poliomyelitis if it gets to its severe forms (paralysis). But symptoms can be prevented from being aggravated with the help of medication and physiotherapy.

Prevention:-

Sabin's oral vaccine is the most effective way for preventing this disease.