

Impact of Etiological Factors of *Pakshagatha* among Middle Age Patients – An Ayurvedic Perspective

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Pakshagatha is a clinical condition characterized by loss of function of one side of the body. In Ayurveda it is an important *Vatavyadhi* and is very commonly seen. According to modern scenario it is known as stroke due to cerebrovascular disorders of any combination of cerebral hemorrhage, infarction and ischemia. Pathological studies revealed that 80-85% of cerebrovascular disorders are due to cerebral infarction while, 15-20% is caused by hemorrhage. The objective of this study was to identify etiological and risk factors of *pakshagatha* among middle age patients. This study was a descriptive cross sectional survey in the age group 20-60 years and study population included 100 patients of *pakshagatha* selected from five Ayurveda hospitals. The results showed that highest number of patients were males within the age group of 51-60 yrs and had low socio economic condition. Further, the study showed that *Manasika* (mental), *Ahara* (diet), *Vihara* (behaviors), and Family history played major role for development of *pakshagatha* and hypertension, diabetes mellitus. High alcohol intake and cigarette smoking are found as risk factors of *paksagatha* in middle age patients. In view of the above it is necessary to make policies to provide public health intervention programs, especially to change the dietary habits, mental status, and reduction of weight as well as awareness programs for prevention of Hypertension, and Diabetes mellitus and to prevent further the progression of *Pakshagatha* disease.

Key words: Etiological Factors; *Pakshagatha*; *Vatavyadhi*.