

A study of provoking factors of the incident for *Azhalkeelvayu*

**¹Dhasaliny, T. and ¹Paheerathan, V.*

¹Unit of Siddha Medicine, Trincomalee Campus

According to Siddha system Keelvayu is a general term which includes all kind of joint disorders. Azhalkeelvayu is one of the 10 types of Keelvayu. The sign and symptoms of Azhalkeelvayu similar to osteoarthritis of the knee joint in Allopathic medicinal system. There are several literatures mentioned about the Azhalkeelvayu and it causes. This is the meta analytical study to determine the associated factors between the Azhalkeelvayu and following, Seasonal variation, diet, physical act and Hereditary. Thirty patients were selected based on inclusive and exclusive criteria and who were interviewed as per the questionnaire. Symptoms of Azhalkeelvayu increases with the intake of the followings; Food such as ash plantain followed in the descending order by 25(25:83.3%). Of ash pumpkin, 23(23:76.7%) for bread fruit and curd, and 22(22:73.3%) for pumpkin, snake gourd, potato, mutton 21(21:70%), cold water 19(19:63.3%), sweet potato, beef 18(18:60). In physical excursion in past and present leads to aggravation of the disease and the sign and symptoms of the disease that shows 12(12:40%) were housewives, followed by 8(8:26.7%) were hotel workers, about 5(5:16.7%) were farmers and 4(4:13.3%) were fisher man. In seasons such as 26(26:86.7%) had increase in symptoms during the season Kuthirkalam (October-November), followed by 24(24:80%) patients during the season Karkalam (August-September), 22(22:73%) of patients during the season Muthuvenilkalam. 12 (12:40%) patients had a positive family history of AzhalKeelvayu. Based on the result, it provides the successful proof of the traditional literature about the Azhalkeelvayu.

Keywords: Azhalkeelvayu, Osteoarthritis, Provoking factors