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## Protocol for a Cross-Sectional Study to Validate the Role of Viharaja Hetu in Pratishyaya Through Questionnaire Development

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## Abstract

### Introduction:

*Pratishyaya*, a prevalent respiratory condition, is influenced by various factors, notably lifestyle factors (*Viharaja hetu*). In Ayurveda, it is primarily associated with *Vata* and *Kapha dosha* and is considered a precursor to diseases like *Kasa* and *Rajyakshma*. While *Viharaja hetu* has been acknowledged in classical texts, modern medicine often overlooks its impact. This protocol outlines a study aimed at validating a questionnaire to assess the role of *Viharaja hetu* in the pathogenesis of *Pratishyaya*.

### Methods:

This is a cross-sectional study protocol designed to develop and validate a questionnaire that evaluates lifestyle-related risk factors contributing to *Pratishyaya*. The questionnaire will be developed based on a review of classical Ayurveda texts, contemporary literature, and research on *Viharaja hetu*. Subject experts will validate the content, and statistical methods will be applied to test its reliability and

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consistency.

**Results:**

The study anticipates the development of a validated tool that can assess the role of *Viharaja hetu* in *Pratishyaya*. The results will help identify significant lifestyle factors contributing to the disease, promoting awareness and preventive care strategies based on Ayurveda principles.

**Discussion:**

This study aims to bridge the gap between classical Ayurveda knowledge and modern research methods by creating a reliable, standardized tool to assess *Viharaja hetu* as a risk factor for *Pratishyaya*. Through expert validation and statistical testing, the study will provide valuable insights into the prevention and management of *Pratishyaya* through lifestyle modifications aligned with Ayurveda practices.

**Keywords:**

*Pratishyaya, Viharaja hetu, Ayurveda, Lifestyle factors, Questionnaire validation, Pathogenesis*

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