

A Study of Identifying the Common Causes for Dementia

Chandrika R.

Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

Dementia is not an individual disease. The term dementia is used to describe a collection of symptoms caused by disorders affecting the brain's normal health. There are many different disorders causing dementia. The most common are; Alzheimer's disease (50-70%), Vascular Dementia (20%), Dementia with Lewy Bodies (15%), Frontal Temporal Dementia (5%). The word dementia comes from the Latin *de* meaning 'apart' and *mens* from the genitive *mentis* meaning 'mind'. Dementia is the progressive difficulties in cognitive function, the ability to process thought or intelligence. Dementia, unlike Alzheimer's is not a single disease. When dementia attacks the higher mental functions of the patient are involved initially. Dementia is significantly more common among elderly people. However, it can affect adults mind of any age. Dementia has many different causes. Some may be reversible, such as certain infections, drug intoxication, and liver diseases. Of the irreversible causes, the most common in older adults is Alzheimer's disease. Objective of this study was, to show the most common specific causes for adult's dementia patients (over 50 years adults), who attending the Mental Disease Clinic at Borella National Ayurvedic Teaching Hospital. An audit tool was used to review medical records and questionnaire of patients attending the Mental Disease Clinic. Data were collected between 1st of July 2017 to 1st of October 2017. 35 ofpatients participated in this study. During the follow-up period, 35 patients answered to the questionnaire, who was diagnosed with dementia. A total of 15 individuals (42.85%) were diagnosed with dementia. The study found that dementia is more common among the 81 — 90 years of age (25.71%) adults. Conclusion of this survey was that the middle age hypertension was more common in men while it was only associated with risk in women for dementia. The risk of dementia is elevated in urban people, than rural people.

Keywords: Dementia, Alzheimer's disease, Lewy bodies