

Lateral hypothalamic area

The lateral [hypothalamus](#) or lateral [hypothalamic area](#), (LHA) and the lateral preoptic area belong to the lateral zone of the hypothalamus.

The LHA is involved in [hunger](#) and [wakefulness](#).

Damage to this area can cause reduced food intake. Stimulating the lateral hypothalamus causes a desire to eat, while stimulating the ventromedial hypothalamus causes a desire to stop eating.

Neurotransmitters involved in its function are [glutamate](#) and [orexin](#).

see [Lateral hypothalamic area deep brain stimulation](#)

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