

**Confirmed Resource persons:**

- Prof Terence J Ryan, Oxford
- Prof. Gail Todd, Cape Town
- Dr. Sanjeev Rastogi, New Delhi
- Dr. Harley Farmer, UK
- Dr. Nandini K Kumar, Chennai
- Dr. Shirley Telles, Haridwar
- Prof. P.S. Balu, Davangere
- Prof. Unnikrishnan, Mangalore

**Lymphatic Filariasis :  
Before and after Integrative Medicine treatment**



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**The 7th National Colloquium  
on evidence based integrative medicine for  
Lymphatic Filariasis and other chronic dermatoses 2015**

Date: April 13<sup>th</sup> to 17<sup>th</sup>, 2015

Venue: IAD Junction, Uliyathadka, Madhur P.O., Kasaragod  
Kasaragod-671124, Kerala, S.India

**Theme:**

Simplification of integrative medicine treatment  
of Lymphatic Filariasis



**Institute of Applied Dermatology**

*Effective Care through Integrative Medicine*

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Dear Sir/Madam

Innovation in the treatment of Lymphatic Filariasis (LF) has received low priority from the Governments and pharmaceutical industry. Most medical treatments offered for lymphoedema are too demanding for patients who have low concordance due to complex schedules. A National colloquium was organized at the IAD at Kasaragod, Kerala during 2013 inviting all stake holders in lymphoedema to decide on the future research priorities for lymphoedema and LF. Participants of this priority setting colloquium identified seven top priorities for advancing research in the treatment for lymphoedema, LF and integrative medicine. Some research groups are working on these priority research questions.

The 7th colloquium proposes to review and conduct **interactive sessions with patients and research teams** to evaluate the progress in the following areas,

1. Simplification of Integrative treatment of Lymphoedema and LF and role of each major components (Ayurveda including Yoga, compression therapy and washing) in producing clinical outcomes in different grades of Lymphoedema.
2. Economic benefit with Integrative Medicine for the morbidity reduction of LF for disease affected populations and government.

**Integrative Medicine Team:**

Dr. K.S. Bose (Homoepathy)  
Dr. M.G. Aggithaya (Ayurveda)  
Dr. K.S. Prasanna (Dermatology - Allopathy)

**Directors:**

Dr. S.R. Narahari, MD, DVD  
Mr. K. Shashidhara IAS (Retd.)  
Dr. T.A. Baillur, MD

We are simplifying a complex system of IM to treat LF using a unique patient participatory method. We have the data from baseline to last follow up of all patients. We have done an audit of 1300 case records of our patients. In addition we spoke to hundreds of patients over telephone and regularly collected data on their compliance to treatment. All patients are not fully concordant to treatment regimen. They carry on with a few components of treatment. Currently we are analysing the follow up data of over 1000 patients. During the colloquium we have invited all patients who are currently continuing our treatment. 90 patients are likely to attend the colloquium. They will be arranged in multiple focus groups to discuss the simplification of treatment. Each group will be monitored during the Focused Group Discussion. As their ideas consolidate they will be exposed to the analysed data and larger groups will again discuss the outcomes along with research teams and resource persons. This process will continue for all three days and summarize the data driven discussion as recommendation for simplification of IM treatment.

Please logon to [www.indiadermatology.org](http://www.indiadermatology.org) for details.

Special Yoga Sessions are organised for Students, Women, General public and patients on 14th to 16th April 2015. Dr. Shirley Telles, Head of Yoga Study, Patanjali Yogpeeth, Haridwar will conduct these sessions.

**Components of Integrative Medicine**

