

**SCIENTIFIC PROGRAMME**

**The 7th National Colloquium  
on Evidence Based Integrative Medicine for  
Lymphatic Filariasis and other Chronic Dermatoses 2015**

13th to 17th April, 2015

***Organised By:***



**Institute of Applied Dermatology**  
*Effective Care through Integrative Medicine*

Institute of Applied Dermatology  
IAD junction, Uliyathadka, Madhur Road, Kasaragod 671124 Kerala, South India  
[www.iad.org.in](http://www.iad.org.in)

**Theme: “Simplification of integrative medicine treatment of Lymphatic Filariasis”**

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Supported by: \_\_\_\_\_

Kerala State Council for Science Technology & Environment, Government of Kerala

**The 13<sup>th</sup> April 2015**

**Registration:**

3.30 PM onwards

**The 14<sup>th</sup> April 2015**

<b>Time</b>	<b>Sessions</b>
8.30 to 8.45 AM	<p><b>Welcome:</b> Mr. K. Shashidhara IAS (Rtd). (5 minutes) Director, IAD, Kasaragod. P.S. to Minister for Tourism, Govt. of Kerala, Thiruvananthapuram.</p> <p><b>Opening of new Integrative Medicine Library</b> (7 minutes) By Padma Bhushan Dr. V.L. Chopra, Honourable Chancellor the Central University of Kerala, New Delhi</p>
8.45 to 10.45 AM Introduction and brain storming on colloquium theme	<p><b>Chair:</b> Prof. Terence Ryan, Emeritus professor of dermatology, Oxford</p> <ol style="list-style-type: none"><li><b>1. Process (method) of simplifying Integrative Medicine treatment for Lymphatic Filariasis</b> (15+5 minutes) Dr. S.R.Narahari, Director, IAD, Kasaragod.</li><li><b>2. Follow up data of concordant and non concordant Lymphoedema patients</b> (25+15 minutes) Mr. Amarnath &amp; team, Statistics division, IAD, Kasaragod.</li><li><b>3. Conducting Focused Group Discussions with Lymphatic Filariasis patients</b> (25+15 minutes)i. Dr. Guru Prasad Aggithaya, Chief Consultant Ayurveda, IAD, Kasaragod ii. Dr. Avinash Kamath, Department of Psychiatry, Kasturba Medical College, Manipal University <i>In the presence of Dr. V.L. Chopra, Honorable Chancellor the Central University of Kerala, New Delhi</i></li></ol>
10.45 to 11 AM	<b>Tea/Coffee/Snacks</b>

Time	Sessions
<p>11.00 AM to 1.30 PM Free LF Medical Camp and Yoga session</p>	<p><b>Lymphatic Filariasis Free Medical Camp</b> <i>(All invited national and international specialist doctors will be available for consultation )</i></p> <p><b>Interaction of Lymphatic Filariasis patients with Dr. V.L. Chopra</b> (20 minutes)</p> <p><b>Yoga lecture &amp; demonstration:</b> Dr. Shirley Telles, Director of Research, Patanjali Research Foundation, Haridwar, Uttarakhand. (formerly Director, ICMR advanced center for Yoga at Swami Vivekananda Yoga University -SVYASA) Dr. Guru Prasad Aggithaya, Chief Consultant Ayurveda, IAD, Kasaragod</p> <p><b>Yoga Therapists:</b> Mr. Jayanth and Mrs. Vasanthi, IAD, Kasaragod</p>
<p>11.00 AM to 1.30 PM &amp; 4.30 to 6 PM Focused Group Discussion with patients on simplification of Integrative Medicine treatment for Lymphodema <b>(parallel sessions)</b></p>	<p><b>Focused Group Discussion with treated Lymphatic Filariasis patients on simplification of Integrative Medicine treatment (part 1): 5 sessions</b></p> <p><b>Moderators:</b></p> <ol style="list-style-type: none"> <li>1. Mrs. Pallavi, Assistant Professor, Malik Deenar School of Nursing, Kasaragod.</li> <li>2. Ms. Liji, Psychologist and Suraksha project manager, IAD, Kasaragod.</li> <li>3. Mr. Ganesh Bhat, SDM Mangal Jyothi Integrative Institution, Mangalore.</li> <li>4. Mrs. Praseeda, Dermatology Nurse, IAD, Kasaragod.</li> </ol> <p><b>Coordination and critical review of data collection and analysis:</b></p> <ul style="list-style-type: none"> <li>• Dr Avinash Kamath, Dr Johnson Alex, Ms. Nitha Kamath and Mr. Dan Issac Pothiyil from the Department of Psychiatry, Kasturba Medical College Hospital, Manipal University, Manipal</li> <li>• Statistics Division, IAD, Kasaragod</li> </ul>
	<p><b>Lunch Break</b></p>

Time	Sessions
1.30 to 2.30 PM	<b>Inaugural Function</b>
2.30 to 4.00 PM	<b>Tea/Coffee/Snacks</b>
4 to 4.30 PM 4.30 PM to 6.00 PM Multi-disciplinary integrative session	<p><b>Expanding the scientific horizon of Integrative Medicine</b></p> <p><b>Chairmen:</b> Padma Bhushan Dr. V.L.Chopra, Honorable Chancellor, the Central University of Kerala, New Delhi  Prof. Ryan, Emeritus professor of dermatology, Oxford, UK</p> <p><b>Introductory remarks: by ChairmenPanelists:</b></p> <ul style="list-style-type: none"> <li>• Prof. Gail Todd, Professor of Dermatology Department, University of Cape Town, South Africa (<b>Public Health</b>)</li> <li>• Dr. Thamban. C, Principal Scientist , Central Plantation Crops Research Institute, Kasaragod (<b>Social Science</b>)</li> <li>• Dr. Blakrishna, Msc, PhD, Inspector of Police, Vigilance &amp; Anti corruption Bureau, Kasaragod (<b>Biodiversity &amp; Ethnotaxonomy</b>)</li> <li>• Dr. Shirley Telles, Director of Research, Patanjali Research Foundation, Haridwar (<b>Yoga therapy</b>)</li> <li>• Dr. Muralidharan , Central Plantation Crops Research Institute, Kasaragod (<b>Statistics and social science</b>)</li> <li>• Dr. Nandini K Kumar, Dr. TMA Pai Endowment Chair &amp; Adjunct Prof. Manipal University (<b>Traditional Medicine</b>)</li> </ul> <p>And Integrative Medicine team from IAD  Faculty from Central University of Kerala are likely to participate</p> <p><b>Lymphatic Filariasis Free Medical Camp</b> (continues)</p>
Transportation arranged at 7.30 AM & 6.00PM	
8.30 PM	<b>Dinner</b>

The 15<sup>th</sup> April 2015

Transportation arranged at 7.30 AM & 6 PM

Time	Sessions
8.00 to 9 AM	'Festival of Vishu' Celebrating 'Kerala New Year' followed by traditional style breakfast
9.00 AM to 11.30 AM Free LF Medical Camp and Yoga session	<b>Lymphatic Filariasis Free Medical Camp</b> <i>(All invited national and international specialist doctors will be available for consultation )</i> <b>Yoga lecture &amp; demonstration:</b> Dr. Shirley Telles, Director of Research, Patanjali Research Foundation, Haridwar, Uttarakhand. (formerly Director, ICMR advanced center for Yoga at Swami Vivekananda Yoga University -SVYASA) Dr. Guru Prasad Aggithaya, Chief Consultant Ayurveda, IAD, Kasaragod <b>Yoga Therapists:</b> Mr. Jayanth and Mrs. Vasanthi, IAD, Kasaragod
9 AM to 1.30 PM Focused Group Discussion with patients on simplification of Integrative Medicine treatment for Lymphodema <b>(parallel sessions)</b>	<b>Focused Group Discussion with treated Lymphatic Filariasis patients on simplification of Integrative Medicine treatment (part 2): 5 sessions</b> <b>Moderators:</b> <ol style="list-style-type: none"><li>1. Mrs. Pallavi, Assistant Professor, Malik Deenar School of Nursing, Kasaragod.</li><li>2. Mr. Ganesh Bhat, SDM Mangal Jyothi Integrative Institution, Mangalore.</li><li>3. Dr.Manjula, Ayurveda Physician, Tejas Holistic Ayurveda, Bangalore</li></ol> <b>Coordination and critical review of data collection and analysis:-</b> <ul style="list-style-type: none"><li>• Dr Avinash Kamath, Dr Johnson Alex, Ms. Nitha Kamath and Mr. Dan Issac Pothiyil from the Department of Psychiatry, Kasturba Medical College Hospital, Manipal University, Manipal</li><li>• Statistics Division, IAD, Kasaragod</li></ul>
11.30 to 12.00 Noon	<b>Tea/Coffee/Snacks</b>

Time	Sessions
<p>12.00 Noon to 1.30 PM Invited Lectures and free papers session</p>	<p><b>1. Simplification of Integrative Medicine for Lymphoedema:</b> Prof. Terence J Ryan, Emeritus Professor of Dermatology, Churchill Hospital, Oxford, UK (15+5 minutes):</p> <p><b>2. Community Dermatology: Why should Dermatologists Delegate?</b> Prof. Gail Todd, Professor of Dermatology Department, University of Cape Town. (15+5 minutes)</p> <p><b>3. Ethical considerations in public health/ Integrative Medicine Studies:</b> Dr. Nandini K Kumar, Vice-President, Forum for Ethics Review Committees in India (FERCI); Member of Presidential Commission for the study of bioethical issues, USA (15+5 minutes)</p> <p><b>Chair:</b> Prof. Gail Todd, University of Cape Town, South Africa</p> <p><b>Free Papers</b></p>
<p>1.30 to 2.30 PM</p>	<p><b>Lunch Break</b></p>
<p>2.30 PM to 4.00 PM Invited Lectures</p>	<p><b>1. Yoga protocol for Breast Cancer related Lymphoedema:</b> Dr. Guru Prasad Aggithaya, Chief Consultant Ayurveda, IAD, Kasaragod (15+5 minutes)</p> <p><b>2. Costing in Lymphatic Filariasis treatment:</b> Dr. K.S. Bose, Principal, IAD, Kasaragod (15+2 minutes)</p> <p><b>3. Physiology of yoga:</b> Dr. Shirley Telles, Director of Research, Patanjali Research Foundation, Haridwar, Uttarakhand. (formerly Director, ICMR advanced center for Yoga at Swami Vivekananda Yoga University -SVYASA) (20+10 minutes)</p> <p><b>Chair:</b> Dr. Shirley Telles, Haridwar</p>

Time	Sessions
4.30 to 6.00 PM Invited Lectures and Free papers session	<p><b>Evidence for Ayurveda: Clinical? Investigative?</b>            Prof. Sanjeev Rastogi, Director, Rashtriya Ayurveda Vidyapeeth , New Delhi (20+5 minutes)</p> <p><b>Therapeutic action of 5 selected Ayurvedic formulations on Vitiligo based on reverse pharmacology (15+5 minutes)</b>            Dr. Ramya, OUSHADHI, The Pharmaceutical Corporation (I.M), Kerala Ltd, Thrissur</p> <p><b>Free papers</b></p> <p><b>Chair:</b> Dr. Nandini , Former Deputy Director General Sr. Grade (ICMR)</p>
8.00 to 8.30 PM Mixed Research Methods session	<p><b>Review of data from Focused Group with Lymphatic Filariasis Patients.</b>            Presentation by Dr. Avinash Kamath and team, Manipal University and statistics division, IAD</p>
8.30 PM	Dinner
<b>The 16<sup>th</sup> April 2015</b>	
<i>Transportation arranged at 7.30 AM &amp; 6 PM</i>	
7.00 AM to 8.00 AM Session for general public	<p><b>Yoga lecture&amp; demonstration for General public &amp; Police</b> at the office complex of District Superintendant of Police, Kasaragod Conducted by Dr. Shirley Telles, Director of Research, Patanjali Research Foundation, Haridwar, Uttarakhand. (formerly Director, ICMR advanced center for Yoga at Swami Vivekananda Yoga University - SVYASA)</p>
9.00 AM to 11.30 AM Free Medical Camp and Yoga session	<p><b>Lymphatic Filariasis Free Medical Camp</b><i>(All invited national and international specialist doctors will be available for consultation )</i></p> <p><b>Integrative session with patients using Yoga for Lymphoedema treatment Yoga protocol for Lower Limb Lymphoedema:</b>Dr. K.S. Bose, Principal, IAD, Kasaragod. (15 minutes) <b>Yoga demonstration &amp; discussion with Dr. Shirley Telles</b></p> <p><b>Yoga Therapists:</b> Mr. Jayanth and Mrs. Vasanthi, IAD, Kasaragod</p>

Time	Sessions
9AM to 1 PM Focused Group Discussion with patients on simplification of Integrative Medicine treatment for Lymphodema <b>(parallel sessions)</b>	<p><b>Focused Group Discussion with treated Lymphatic Filariasis patients on simplification of Integrative Medicine treatment (part 3): 4 sessions</b></p> <p><b>Moderators:</b></p> <ol style="list-style-type: none"> <li>1. Mrs. Pallavi, Assistant Professor, Malik Deenar School of Nursing, Kasaragod.</li> <li>2. Ms. Liji, Psychologist and Suraksha project manager, IAD, Kasaragod.</li> <li>3. Mrs. Praseeda, Dermatology Nurse, IAD, Kasaragod.</li> </ol> <p><b>Coordination and critical review of data collection and analysis:</b></p> <ul style="list-style-type: none"> <li>• Dr Avinash Kamath, Dr Johnson Alex, Ms. Nitha Kamath and Mr. Dan Issac Pothiyil from the Department of Psychiatry, Kasturba Medical College Hospital, Manipal University, Manipal</li> <li>• Statistics Division, IAD, Kasaragod</li> </ul>
11.30 to 12 Noon	<p style="text-align: center;"><b>Tea/Coffee/Snacks</b></p>
12 Noon to 1.30 PM Invited Lectures and Free papers	<ol style="list-style-type: none"> <li>1. <b>Integrative Medicine for public health management in rural India:</b> Dr. P.S Balu, Professor of Community Medicine, JJM Medical College, Davangere, Karnataka (15+5 minutes)</li> <li>2. <b>Standardization of RNA isolation from human skin biopsy samples from lymphoedema patients:</b> Mr. Arun Kumar Vayillath, PhD. Scholar, Department of Molecular Biology and Biochemistry, Central University of Kerala (12+3 minutes)</li> </ol> <p><b>Free Papers</b></p>
1.30 to 2.30 PM	<p><b>Lunch</b></p>



Time	Sessions
2.30 PM to 4.00 PM Interactive session on simplification	<p><b>Interactive meeting with of Lymphatic Filariasis patients, Lymphologists, Scientists, Therapists &amp; Doctors:</b></p> <ul style="list-style-type: none"> <li>• <b>Extracts from Focused Group Discussion:</b> by Dr Avinash Kamath, Dr Johnson Alex, Ms. Nitha Kamath and Mr. Dan Issac Pothiyil from the Department of Psychiatry, Kasturba Medical College Hospital, Manipal University, Manipal (30+10 minuets)</li> <li>• <b>Reflections on treatment simplification</b> by patients (30 minutes)· <b>Comments from Experts</b> (20 minutes)·</li> <li>• Discussion (10 minutes)</li> </ul>
4.00 to 4.15 PM	<b>Tea/Coffee/Snacks</b>
4.15 PM to 5.30 PM Consensus on simplification of Integrative Medicine treatment	<p><b>Simplification of Integrative Medicine for Lymphatic Filariasis: what data speaks?</b> Presentation from IAD team (20 minutes) Comments from experts( minutes):</p> <ol style="list-style-type: none"> <li>1. Dr. Avinash Kamath and team, Manipal University (5 minutes)</li> <li>2. Prof. Gail Todd, University of Cape Town (4 minutes)</li> <li>3. Dr. Nandini K Kumar , FERCI and Manipal University (4 minutes)</li> <li>4. Dr. Shirley Telles, Patanjali Research Foundation, Haridwar (4 minutes)</li> <li>5. Dr. Sanjeev Rastogi, Rastriya Ayurveda Vidyapeet, New Delhi (4 minutes)</li> <li>6. Dr. P.S Balu, JJ Medical College, Davanagere (4 minutes)</li> <li>7. Prof. Terence Ryan, Oxford (4 minutes)</li> </ol> <p><b>Consensus voting</b> (10 minutes)</p>
5.40 to 6.15 PM	<p><b>Closing ceremony:</b> <b>Closing remarks</b> : Dr. Harley Farmer, CEO, NewGenn Ltd., Norfolk, UK (15 minutes) <b>Presiding</b> : Mr. K. Shashidhara IAS (Rtd), Director, IAD, Kasaragod. <b>Vote of thanks</b> : Mr. Sajith, Administrative Officer, IAD, Kasaragod. <i>Transportation arranged at 7.30 AM &amp; Immediately following closing ceremony</i></p>
8.30 PM	Dinner

**The 17<sup>th</sup> April 2015**  
*Transportation arranged at 8.30 AM*

<b>Time</b>	<b>Sessions</b>
9 to 11 AM	<b>Future direction: brain storming</b> Prof. Terence Ryan, Oxford Prof. Gail Todd, University of Cape Town Dr. Nandini K Kumar , FERCI and Manipal University Dr. Shirley Telles, Patanjali Research Foundation, Haridwar Dr. Sanjeev Rastogi, Rastriya Ayurveda Vidyapeet, New Delhi Dr. P.S Balu, JJ Medical College, Davanagere Dr. Avinash Kamath and team, Manipal University IAD team and other invited experts
11 to 11.30 AM	Break
11.30 to 1.30 PM	Future direction: brain storming (continues)
1.30 PM	<b>Lunch, Photo session and departure</b>

**For more details please visit**  
Conference website: [www.indiadermatology.org](http://www.indiadermatology.org)  
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