

**The 8<sup>th</sup> National Colloquium**  
**on Evidence Based Integrative Medicine for**  
**Lymphatic Filariasis and other Chronic Dermatoses**

**Date:**

January 22<sup>nd</sup> to 25<sup>th</sup> 2018

**Venue:**

Institute of Applied Dermatology  
Uliyathadka, Madhur Road, Kasaragod, Kerala

**Theme:**

Advancing lymphoedema research  
& Integrative medicine through  
Intersectoral collaboration for better patient care



**Institute of Applied Dermatology**

*Effective Care through Integrative Medicine*

Dear Sir/Madam,

The Institute of Applied Dermatology is a non-profit day care clinic devoted in furthering researches in lymphoedema and other chronic skin diseases through the application of integrated medicine. Our therapeutics involves combining biomedicine (allopathy) with ayurveda, yoga and homeopathy for personalized management of difficult-to-treat and neglected diseases. Over the past two decades we have treated more than 10,000 patients using this novel and revolutionized idea of integrated medicine. We have also conducted several public health projects, many of which are considered to be flagship programmes for community dermatology around the world.

In 2015, a workshop involving patients, doctors and scientists was conducted in which we resolved to set up seven future research priorities on lymphoedema through a preferential setting. The program was supported by Department of Health Research, New Delhi and Council for Science, Technology & Environment, Trivandrum. Later, we began investigating three of the seven priority research questions as clinician involved and interdisciplinary research in collaboration with the Central University of Kerala, JSS University, Mysore and PES University, Bangalore. Renowned lymphologists, dermatologists, yoga therapists, data scientists and molecular biologists have given their valuable inputs for these studies. Preliminary works on cellular changes on lymphoedematous leg, bacterial colonization on entry lesions and interoperable electronic medical records to obtain structured big data essential for simplification of lymphoedema treatments have been completed.

In this background, the theme of this colloquium is advancing lymphedema research & integrative medicine through intersectoral collaboration for improved patient care. Collaborators involved in resolving priority research questions (including the use of analytics and Big Data based on clinical data) and other experts in the field will participate in the colloquium to discuss the progress. Brainstorming session is expected to give leads for further studies on other research priorities on lymphoedema and integrative medicine.

The colloquium also organises free medical camps for lymphoedema, vitiligo and other chronic dermatoses patients who received integrated medical treatments.

You are cordially invited to participate in this interactive national platform and contribute to the growth of integrated medicine. We hope that the learning experience from this colloquium that concentrates on evidence based integrated treatment protocols will be unparalleled.

Yours Sincerely,

Dr. S.R. Narahari  
Dr. K.S. Prasanna  
Dermatologists

Dr. M. Guruprasad Aggithaya (Ayurveda)  
Dr. K.S. Bose (Homeopathy)  
Staff, volunteers & collaborators of IAD

Dr.T.A. Bailur & Mr. K. Shashidhara  
on behalf of Board of Directors

### Confirmed resource persons

- Prof Terence Ryan (UK)
- Prof Christine Moffatt (UK)
- Prof Quere Isabelle (France)
- Dr. David Chandler (UK)
- Prof Gail Todd (South Africa)
- Prof Dinkar Sitaram (PES University, Bangalore)
- Dr. Ashok Raman (PES University, Bangalore)
- Dr. Shirley Telles (Patanjali Research Foundation), Haridwar
- Prof Vijaya Basavaraj (JSS University, Mysore)
- Dr. Rajendran (Central University of Kerala)
- Dr. Swapna (Central University of Kerala)

*“ You are what you digest”*

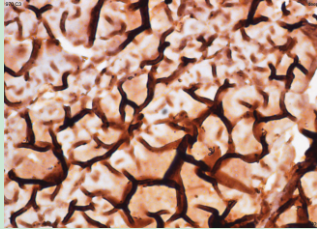
Incorporating disease specific diet restrictions advocated in Ayurveda and homeopathy to Nutrition and Dietetics.

●  
One day is devoted for the brainstorming on findings and future planning for priority research areas in lymphoedema and integrative medicine.

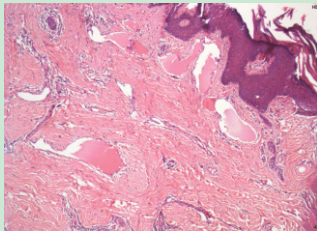
●  
**The 26<sup>th</sup> January 2018:** Inauguration of building extension for hosting Government of Kerala sponsored Centre for Integrated Medicine and Public Health.

### Programme Highlights

- Demonstration of Bahmni based medical records system for lymphoedema clinics worldwide
- Data analytics for integrative medicine
- Cellular and immune-histochemical changes in lymphoedema
- Yoga for lymphoedema and other skin diseases
- Lymphoedema concept labs
- Cutaneous microbiome profiling of Psoriasis and Lymphatic Filariasis
- Daily free medical camps of integrated medicine etc.



Changes in lymphoedema nodule seen through Immuno-histochemistry



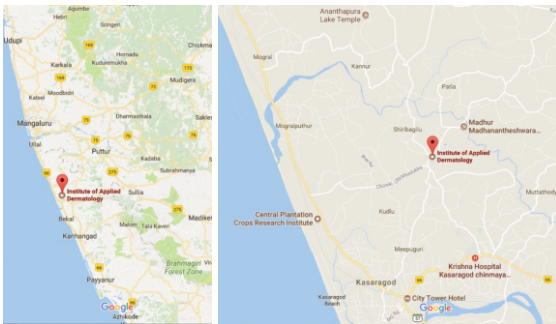
Histopathology and cellular changes in lymphoedema



Changes in lymphoedematous limb after 10 months of integrative treatment



The changes in vitiligo lesions after one year of integrative treatment



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