



Institute of Applied Dermatology
Centre for Integrated Medicine & Public Health

The 24th Annual Report 2022 -23

Scaling Life Project

Scaling Integrative Medicine using Ayurveda and Yoga for LF MMDP in India

Scaling Life: What is New in the Strategy to Scale LFMMDP?

Lymphatic Filariasis (LF) causes an appalling disability of lower limbs and in men, a genital disability known as hydrocele. Lower limb disease is known as elephantiasis, and hydrocele is grouped under neglected tropical diseases (NTDs) as LF. The Global Programme for Elimination of Lymphatic Filariasis (GPELF) started in 2000 and is distributing free drugs in endemic regions to the entire population to kill microfilariae present in the blood of infected patients to break the transmission of the disease and to facilitate the eventual elimination of the disease. The public health programme of preventive chemotherapy administered as **Mass Drug Administration (MDA)** reduces the prevalence of LF in endemic districts of India.

LF is not effectively treated. Integrative Medicine treatment (IM) for lymphoedema developed by IAD uses a combination of Indian traditional medicine, ayurveda, alongside yoga exercises, compression therapy, antibiotics and antifungals, providing a useful combination where resources are limited and different practices are in use. An agreement for the grant for the project "Scaling Life" (an acronym for Scaling integrative medicine using Ayurveda and Yoga for LF MMDP in India) was executed on June 13, 2022, with the Bill and Melinda Gates Foundation through their New Delhi office. The first installment of USD 300,00 was released on July 1, 2022 and the second installment of USD 600,000 was released on October 1 2022. Therefore, the total amount received till date by IAD's FCRA account

is USD 900,000. The activities of IAD are focused on achieving the major objectives of the project as mentioned below.

1. BMGF-Centre of Excellence for lymphedema established at IAD.
2. Four LF MMDP Care facilities established in LF endemic regions in Phase 1.
3. Clinical improvement recorded through objective measures among LF patients using integrative medical treatment protocol.

On July 1 2023, Team BMGF-Seattle, comprising of Dr Jordan Tappero, Deputy Director, Ms. Molly Mort, Program Officer, Neglected-Tropical Diseases (NTD) team, Seattle, USA, visited IAD for the project launch. By the end of March 2023, we started four LFMMDP (Lymphatic Filariasis Morbidity Management and Disability Prevention of Lymphatic Filariasis) units in Varanasi, Lucknow in UP and Patna and Begusarai in Bihar. Now, patient flow has begun in these units, while Lucknow has no admission facility and operates as a day care centre.

Integrative Medicine for lower limb lymphoedema successfully reduces limb volume and episodes of cellulitis, BEEPs leading to improved HQoL. It aligns with the WHO's LF treatment goals. It is a low-cost, predominantly self-care management protocol. It can potentially change care models and improve lymphoedema patients' lives. We have a new publication (in-press) of ten years of follow-up data from IAD in the British Journal of Dermatology supporting the decision to scale up the treatment in LF endemic areas.

LFMMDP Execution Strategy	What did it achieve?
Demonstration Centre inside the ayurveda medical college's clinical department.	It bypassed the need to include the protocol in the teaching curriculum.
The principal designated the nodal officer, the head of a clinical department who is facilitating the smooth functioning and treatment services for Filariasis/Lymphoedema patients.	The professor of the department is expected to conduct the grand rounds and bedside teaching to students, interns and residents in the demonstration Centre.
The students and interns are invited to the IAD demonstration Centre to observe and learn about the treatment.	Knowledge transfer Self-guided learning on evidence-based Ayurveda practice
Introducing Integrative Medicine	Develops collaboration culture
Sustainability	Treatment for LF patients post-project period in the same department of ayurveda college
Use of ayurveda students as work force.	Swastha Vrutha (community medicine) posting at local VBDC programme: Conduct camps and educate the integrative medicine treatment Students can be permitted to volunteer to treat the increasing burden of patients .

On behalf of the board of directors
Dr. S R Narahari, Dr. K S Prasanna

Directors' Report 2022-23

The board of directors takes pleasure in presenting to you, the **Twenty-Fourth** annual report on the activities undertaken by Institute of Applied Dermatology, along with the audited statement of accounts for the year ending **31st March 2023**.

1. OPERATIONS AND ACTIVITIES

The company is a not-for-profit organisation carrying out activities as agreed in its Memorandum of Association.

The focus of activities for the current year was on:

a. **Research & Development of Integrative Medicine in Clinical Dermatology:**

Providing integrative treatment to patients with Lymphatic Filariasis and other forms of lymphedema.

Forwarding integrative dermatology research on vitiligo, lichen planus, psoriasis and other difficult-to-treat skin diseases.

Publication of research findings in scientific journals.

Consolidating evidence for clinical studies through robust documentation systems, including electronic medical records and data analytics, especially for traditional Indian medicines used for the dermatological diseases.

b. **Community Dermatology; Public Health & Public good activities:**

Providing sponsored treatment to the Lymphatic Filariasis patients from the endemic Indian villages, health education.

c. **Scientific publications & patient support programs:**

Conducting and participating in scientific symposiums/colloquiums.

Continuing training for human resource development of employees.

The following are the details of activities performed during the financial year 2022-23.

1. Setting up BMGF-Center of Excellence for Lymphedema at IAD
2. Establishment of four regional filariasis treatment centers, in association with Govt Ayurveda Colleges
Filariasis Treatment Center-Begusarai, Bihar
Filariasis Treatment Center- Patna, Bihar
Filariasis Treatment Center-Varanasi, UP
Filariasis Treatment Center-Lucknow, UP



Dr. Jordan Tappero, Deputy Director, Ms. Molly Mort ,Program Officer, Neglected Tropical Diseases (NTD) team, Seattle, USA & Dr. Vishal Dogra ,Program Officer from the NTD team, New Delhi visited IAD and IAD's Ayurveda Drug Manufacturing unit.



Dr. Nupur Roy, Advisor, National Vector Borne Disease Control Programme (NVBDCP) and Dr Bhupendra Tripathi, Country Lead, Neglected Tropical Diseases (NTD), Bill and Melinda Gates Foundation (BMGF) India, Dr. Atul Mittal, Associate Director, Technical Support Unit at National Center for Vector Borne Disease Control with Clinton Health Foundation on opening day of training room for the project 'Scaling Life' (Acronym for Scaling Integrative Medicine using Ayurveda and Yoga for Filariasis) . Dr Nupur and Dr Bhupendra inaugurated our class rooms for training sessions under the project.



Scaling Life: Training of Trainees at Center of Excellence

Clinical team of IAD Filariasis treatment Unit, Varanasi learning compression material preparation technique under the guidance of IAD's Dermatology Nurses & members of Training-Monitoring team of the project, Ms Harainskahi, Ms Aneesha and Massage therapist Ms Anitha.



The trainees of IAD Filariasis treatment Unit Varanasi learning the specialized yoga protocol in Integrative Treatment of Lymphatic Filariasis, under the guidance of Dr Uma Bharati, Ayurveda and Yoga Consultant of IAD cum Trainer and Monitoring team member of the project.



Members of IAD-Filariasis unit, Begusarai learning girth & limb measurement techniques from Ms Harinakshi, Dermatology Nurse and Monitoring team member of the project.

Members of Regional Filariasis Treatment Unit, Begusarai practising compression therapy under the supervision of Ms Soumya Maria , Dermatology Nurse, IAD.



Ms. Anitha K, Massage therapist, IAD monitoring a phanta appliaction procedure by the trainees.



Ms. Sruthi Mol, Dietitian, Member Secretary of IAD's Institutional Ethics Committee instructing the trainees on obtaining patient consent





IAD Director Dr. S.R. Narahari providing bedside care training of Lymphatic Filariasis treatment for the trainees of Regional Filariasis Treatment Centres under the project 'Scaling Life'.



Dr Guruprasad Aggithaya, Chief Ayurveda Consultant and Project Lead, Dr Roopa Kamath Ayurveda consultant cum Trainer and monitoring team member of the project, conducting theory training sessions.



Team IAD celebrating the successful completion of training of Begusarai batch.



As part of the final evaluation process the trainees underwent written tests and practical tests. Dr. S.R. Narahari and Dr. K.S. Prasanna, Directors, IAD collected feedback from the trainees

Collaborating Institutions for Project-Scaling Life



Dr. Srinivasa Tripathi the Principal of Government Ayodhya Shivkumari Ayurved College, Begusarai. (GASAY) displaying the MOU, mutually signed by College and IAD. Mr Prajul RK, Administrative Manager of IAD is seen in the picture.



Professor Neelam Gupta, Principal of Rajkeeya Ayurvedic Mahavidyalaya & Chikitsalaya, Varanasi (RACV) displaying the copy of MOU along with Dr. Guruprasad Aggithaya, Program Lead of project and Dr. Padmlochan Sankhua from RACV.



Dr. Om Prakash, Assistant Director In-charge from Regional Ayurveda Research Institution Lucknow, displaying signed copy of MOU with Dr Guruprasad Aggithaya, IAD, Program Leader of the Project Scaling life.



Partnering with Government Ayurveda College, Patna. Dr. Vijay Shankar Dubey Superintendent of the college seen along with Mr Parjul R K Administrative Manager of project.



Educational Training

Dr. Vani Prasad Atluri, Plastic and Reconstructive Surgeon based in Adelaide, Australia and specializing in lymphoedema surgery, training IAD team on real-time lymph flow study using Indocyanine green (ICG) technology, on his visit to IAD. Dr. Uma Bharati, Ayurveda Consultant, Ms Aneesha & Ms Harinakshi, Dermatology Nurses are seen in the picture.



Dr Guruprasad Aggithaya, Chief Ayurveda Consultant IAD sensitizing a group of students on Integrative Treatment (IM) protocol of IAD for Lymphoedema patients during an orientation programme for the students of Malik Deenar College of Nursing, Kasaragod.



Ms Aneesha and Ms Reshma D'souza, Dermatology nurses, IAD demonstrating the compression methodologies and the materials used for compression on Lymphatic Filariasis patients, to the students of Malik Deenar College of Nursing, Kasaragod.



Dr. Kousthubha SN, conducted a voluntary class on ECG recording for the nursing team of IAD. Ms. Soumya Maria, Ms Aneesha, Ms Dona Thomas, lab technician Ms Rajeshwari of IAD and the representatives of device suppliers are seen in the picture.



Representative of Diabetic Foot Care, demonstrating Ankle Brachial Pressure Index (ABPI) device to the technical team of IAD. Ms Sujatha, Janitor IAD, Dermatology nurses MS Harinakshi, Ms Reshma D'Souza and Chief Ayurveda Consultant Dr Guruprasad Aggithaya, are seen in the picture.



Mr. Rajesh Padmar, Faculty Academic Coordinator at Triumphant Institute of Management Education Pvt Ltd, Bangalore, conducting a class for the IAD members and patients on hurdles management and confidence boosting in work places.

Events

Ms.Renuka Udaykumar Poojari lighting the lamp during the Vishu event celebration at IAD. The team enjoyed a feast along with the patients.



On the sudden demise of Dr T.A Bailur, the team along with Director Dr Narahari paid a heartfelt tribute to the former IAD Director and recalled his strong and long association with IAD.



Events

Ms. Sheeba Varghese, Dermatology Nurse receiving a memento from Dr S R Narahari and Dr KS Prasanna, Directors of IAD during the sendoff ceremony of her at IAD. Mr M Bhaskaran, Chief Administrative Officer and Mr Prajul R K, Administrative Manager (LFMMDP) are also seen in the picture.



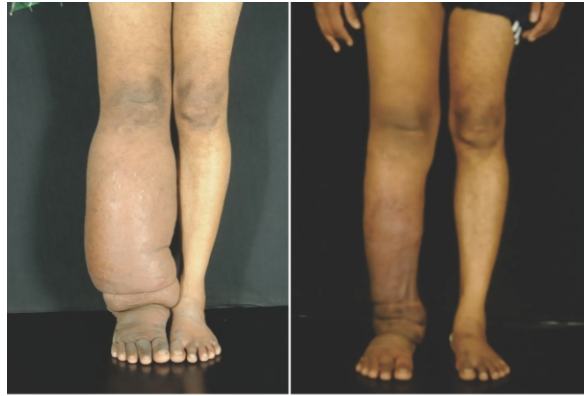
Sri Sivakumar of Ranchi, a Lymphatic Filariasis patient undergoing treatment at IAD, hoisted the National Flag on Independence Day at IAD.



IAD celebrated the Republic Day with the National Flag hoisting by Ms. Mandha Vishwakarma, a Lymphatic Filariasis patient undergone treatment at IAD.



Long term Results of Integrative Medicine Treatment Services



Baseline: 07-03-2022

Follow-up: 21-02-2023



Baseline: 08-12-2022

Discharge: 23-12-2022



Baseline: 23-11-2022

Follow-up: 15-02-2023

Publications (2022-23)

1. Narahari SR. Integrative medicine for global health program of morbidity management and disability prevention of lymphedema. *Int J Ayurveda Res* 2022;3:80-3.
2. Nair LV, Narahari S, Reethadevi U. Strengthen the Indian dermatology services using dermatology nursing. *Indian J Dermatol Venereol Leprol* 2022;88:706-7
3. Gandharva K, Sharma SK, Aggithaya MG, Narahari SR, Valliyodan SM, Telles S. Heart rate variability following an integrative treatment consisting of Ayurveda, biomedicine, and yoga in patients with lymphedema. *Indian J Physiol Pharmacol* 2022;66:153-4.
4. Integrative Lymphedema Treatment – combining Ayurveda, Yoga and Compression Therapy. Pathways, Canada, accessible at [https:// www. canadalymp. ca / pathways-references/](https://www.canadalymph.ca/pathways-references/)

Conferences & Meetings

1. Dr Guruprasad Aggithaya presented “Integrative Medicine treatment for lymphatic Filariasis” at State Ayurveda College, Lucknow on November 11th, 2022.
2. Dr. Sr Narahari attended WHO Conclave on Traditional Medicine in South-East Asia Region' at the 9th World Ayurveda Congress (WAC) on 8th and 9th December 2022 at Panjim, Goa, He presented on the topic “Integrative Research on Lymphatic Filariasis”
3. Dr. Sr Narahari attended the National Symposium-India's Roadmap to Eliminate Lymphatic Filariasis on 13th January 2023. Integrative medicine posters are displayed at the stall.
4. Dr Guruprasad Aggithaya was invited to conduct a Workshop on Integrative Medicine at All India Institute of Ayurveda, Delhi on February 21st 2023.
5. Dr. SR Narahari participated as faculty in a webinar on the Role of Nurses and Community Health workers in confronting neglected tropical disease conducted by IADVL on March 12th 2023.
6. Dr SR Narahari delivered a Guest lecture on Integrative Medicine treatment for Filarial Lymphedema at the XXII Annual Conference cum workshop of the National Sushruta Association on surgical practice in Ayurveda: Strengthening our Identity on 24th to 26th March 2023.

Summary of Activities (2022-23)

Activities	Programmes & beneficiaries
Treatment for Lymphoedema	: 188
Lymphoedema Follow-up	: 316
Lymphedema counselling	: 231
Treatment for Vitiligo	: 41
Vitiligo Follow-up	: 76
Treatment for Lichen Planus	: 05
Lichen Planus Follow-up	: 02
Treatment for Psoriasis	: 13
Psoriasis Follow-up	: 06
Treatment for Leg Ulcers	: 12
Leg Ulcers Follow-up	: 21
Yoga Therapy	: 03
Allopathy treatment & procedures	: 725
Follow-up for Allopathy treatment & procedures	: 143
Ayurveda treatment & procedures	: 160
Follow-up for Ayurveda treatment & procedures	: 127
Follow-up for Homeopathy treatment	: 23
Dietetics consultations	: 488
Follow-up for Diet consultations	: 143
Online consultations	: 201
Panchakarma Admission	: 03
Sponsorship provided to needy patients	: 19

2. The audited financial details and independent auditor's report 2022-23 is attached separately.

Our Collaborators and Advisors

Our Mentor



Prof. Terence Ryan FRCP
Emeritus Professor of Dermatology
Oxford University



Prof. Peter Mortimer
Professor of Dermatological Medicine
St. George's Hospital, London



Prof. Christine Moffatt
Director, International Lymphedema
Framework, London



Mrs. Jalaja Sinha, IAS (Rtd)
Trustee, Life Science Foundation,
New Delhi



Mr. Ashok Raman
Software Developer
and Data Scientist
Bangalore



Dr. Jayadeva Kangila
Physician, Carewell Hospital
Pvt. Ltd. Kasaragod



Dr. Shirley Telles
Director,
Patanjali Research Foundation
Haridwar



Prof. Vijaya Basavaraj
JSS Medical College,
Mysore Head of the Department
of Pathology



Prof. Sahar Mansour
Professor & Consultant
Clinical Geneticist
St. George's, University of London



Dr. Rie Roselyne Yotsu
Department of Dermatology,
National Centre for Global Health
and Medicine, Tokyo, Japan



Dr. Galib
Associate Professor,
All India Institute of Ayurveda, Delhi

We collaborate with the Directorate of Health Services, Ministry of Health & Family Welfare, Govt. of Kerala through the Centre for Integrated Medicine and Public Health hosted in IAD.

Board of Directors



Dr. S. R. Narahari
Chairman & Director



Dr. B. Vishnu Bhat
Director



Anish Ramachandran
Director



Dr. K.S. Prasanna
Director



The Institute of Applied Dermatology (IAD) is recognized as a primary destination for lymphatic filariasis (lymphoedema) treatment in India and South East Asian countries. IAD provides the evidence-based Ayurveda treatments, Yoga and many other traditional medical treatment methods, combined effectively with modern allopathic medicine, to treat difficult to treat skin problems. Integrative medicine treatments provided by IAD have been well researched, published in international scientific journals and acknowledged by peer expert groups.

Through two decades of Indo-European research and experience, IAD, a voluntary non-governmental organization has grown from a small clinic to one of the primary applied dermatology hospitals in the country. IAD offers integrative treatment to various diseases like lymphatic filariasis, vitiligo, psoriasis, lichen planus, wound care, wart and atopic disorders. Started by a group of eminent Indian medical experts, IAD now collaborates with experts worldwide for better care of difficult to treat skin diseases and lymphoedema.

As a not-for-profit organization, its growth and R&D activities depend on generous donors and volunteers from around the world participating in its programmes.

Please follow Integrative approach of Institute of Applied Dermatology on    