



The team IAD that faced the COVID crisis



Institute of Applied Dermatology
Centre for Integrated Medicine & Public Health

The 22nd Annual Report 2020-21

Our Mentor

Professor Terence Ryan
FRCP



Prof. Terence Ryan, Emeritus Professor of Dermatology, Oxford University, in conversation with the Prof MS Bhagel, Former Director, IPGTRA, Vice-Chancellor (I/C), Gujarat Ayurved University, Jam Nagar and Dr. SR Narahari, Director, IAD.

IAD is a success story of volunteerism. Doctors, scientists, paramedical experts, social workers, and intellectuals worldwide contribute their time, knowledge, and expertise to shape the programs of this not-for-profit research institution. IAD is an institute where the best of modern medicine is combined with established traditional healing practices. Studies/research conducted here have immensely benefited, physically and psychologically, patients suffering from chronic skin diseases and Lymphatic Filariasis.





We Combated Covid and Financial struggles

The Covid 19 pandemic affected IAD adversely among the millions world over. We had shut down our organisation for the first time in its history for about one and half month. Still, we ran our pharmacy with local staff members to serve essential medicines for patients far away from our place. The deputed officers from the Police, Fire force, NCC cadets & volunteers authorised by the Government collected medicines from us and delivered them to the needy patients in neighbouring districts. The day which the first lockdown was called for, we had two patients to leave. The first one just managed to cross the Karnataka border by the time the lockdown was declared, on the way to his home in Mysore on his two-wheeler. The second one, an elderly patient from Jharkhand, remained with his son in Chatra, a facility provided for poor patients by IAD freely on sponsorship by a philanthropist. The father and son had booked their tickets to return home on a train for the following day. Since the lockdown was imposed, they got stranded here for two months before returning by a train arranged by the District Administration for the travelers to their state. IAD's janitor, Ms Baby, the volunteers of the locality, supplied them with food grains, vegetables and groceries in addition to what they had secured before the lockdown. A part of their expenses were taken care of by a well-wisher of them from Bangalore.

Though we opened after the lockdown, the patients could not reach IAD because of the local lockdown in their states, and the trains, buses and flights did not operate for a more extended period. Till March 2021, glitches were experienced in operations and definitely on income generation. Amidst this, with forethoughts, IAD had formulated plans during the lockdowns that were executed once the lockdowns were abated. The first was the wholesome review of employees and restructuring their work and assignments to extract the essentials to compensate for the lost working days. This refreshment in work approach was to levitate and equip each one to manage some future projects of which the plans were progressing parallel. Among those, the WHO and medi for help projects were realised and started during the period.

Post opening, the Team IAD worked on them without losing any temper on patient treatment which is our primary motto. We extended online consultations for those who needed treatment advice online.

IAD could fully pay all the salary and related benefits without excluding a single staff member as a regular working period during the lockdown. Indeed, meeting all its expenses for beyond two months put us in trouble, and IAD had to go for working on rotation for staff for two months in addition to cutting short all its routine expenses. Furthermore, due to travelling and other constraints, the full time working of staff members was compromised. These all added up the delays, outputs quantity and hence caused further losses.

Those who saved IAD from the lashes of the unprecedented pandemic are a few donors to whom we are much more than just grateful forever. Upon the request of and circulation of our appeals online, donations majorly came from Prof Christine Moffatt, CBE, SCJM Charitable trust from the UK, Mr Kraus from Germany, Mr Gerben Schrale from the Netherlands, K Mohan Kishore from Hyderabad, International Lymphoedema Foundation (ILF) (CAP Partner). The total donations received amounted to 30% of our self-generated income in the last financial year. A portion of the donations received was transferred to the S Janardhan Endowment Fund of IAD, a joint initiative for poor filariasis patients by IAD and a philanthropist from Bangalore in memory of her late husband. Apart from that, the projects from medi for help supported IAD and its staff members to move forward. Deepest thanks to all our generous donors, supporters, volunteers and the almighty to keep us afloat in the Covid flood.

Dr. S.R. Narahari, MD.DVD. (Modern Dermatology)
Chairman & Director

Directors' Report 2020-21

The board of directors takes pleasure in presenting to you, the **Twenty-Second** annual report on the activities undertaken by Institute of Applied Dermatology, along with the audited statement of accounts for the year ending **31st March 2021**.

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.

c. Scientific publications & patient support programs:

Conducting and participating in scientific symposiums/colloquiums.

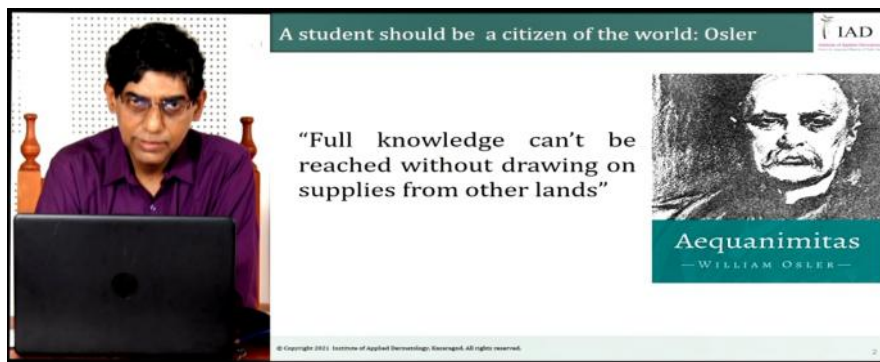
Continuing training for human resource development of employees.

The following are the details of activities performed during the financial year 2020-21.



Presentations and Webinars

Dr S R Narahrai delivered a keynote speech at the conference on Dermatology in Ayurveda held in Datta Meghe Institute of Medical Sciences, Wardha, Maharashtra, in January 2020. Pro chancellor of the deemed university, Dr Ved Prakash Mishra, is seen in the picture.



Dr. S.R. Narahari, gave an online lecture on integrating different healthcare approaches in clinical care on 19th March 2021 for the academic programme of the Department of Integrative Medicine, National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore

Presentations and Webinars

Dr SR Narahari made a presentation on 'Management of Lymphatic Filariasis' in the e-CME on "Tropical Dermatology" jointly conducted through Hassan Institute of Medical Sciences and Adi Chunchanagiri Institute of Medical Sciences, BG Nagar and Indian Association of Dermatologists, Venereologists & Leprologists (IADVL) in March, 2021.

Dr SR Narahari, presented in the online webinar on the topic 'Integrative management of lymphoedema' conducted by Mission Samridhhi on 11th November 2020.

Dr SR Narahari, presented on 'Integrated approach for Morbidity control and management of Filariasis' in the online National Level training of master trainers of AYUSH Helath & Wellness Centres team under Ayushman Bharat on 3rd June 2020 conducted by the Ministry of AYUSH.

Dr SR Narahari, Director, IAD participated and spoke about 'physicians of Allopathy and AYUSH work together as a team with due respect and appreciation for each other's principles leading to the development of mutually acceptable clinical outcomes' in the webinar titled "Strengths and Constraints of AYUSH Health Systems: Way Forward For Public Health And Covid Management in India" held in Chennai jointly by Mission Samridhhi and Jeevaniya Society on 24th May 2020.



Bhaghel ji in our memories

Obituary for Prof MS Baghel: The team IAD paid obituary for Prof MS Baghel, Former Director, IPGTRA, Vice-Chancellor (I/C), Gujarat Ayurved University, Jam Nagar, on receiving the sad news of his demise.

Indian Ayurveda fraternity and thousands of students have mourned for Prof MS Baghel, Former Director, IPGTRA (an Institute of National Importance), Vice-Chancellor, Gujarat Ayurved University, Jam Nagar who passed away on Saturday 9th January 2021 at the age of 67 years.

As Ayurveda Chair, Medical School, University of Debrecen, Hungary & Director of WHO collaborating centre on Ayurveda, he strongly supported inclusion on Ayurveda as Integrative Medicine that should benefit patients and Ayurvedic Science. He received the prestigious national Dhanwanthari award in 2018. He held many academic and administrative positions in his 36 years of career including the member of the governing body of All India Institute of Ayurveda, New Delhi. In the E-data compilation era, Baghel's Hand Searching method is still relevant to locate ayurvedic studies.

His appreciation of the Institute of Applied Dermatology's data-driven & evidence-based integrative medicine will be our future energy to carry on. He was concerned that the benefits of evidence-based Ayurveda should reach all patients. He assures patients not to fear about filariasis and lymphedema. He explains Ayurveda and Integrative Medicine as a clinician in one hour oration during the 9th National Colloquium on Evidence-Based Integrative Medicine



Ensuring standards in Safety, Security & Hygiene

Mr Gokul Raj from IMAGE-IMA conducts a class on biomedical waste segregation for the staff of IAD.



Dr Kairul Kurshida, Homoeopathy Consultant, IAD, leads a training session with Dr Roopa Kamath, Ayurveda Consultant, IAD, to manage fire catch followed by a 'Code Red' alert which is the emergency code for fire catch inside a hospital.



Ms Vasanthi, Multipurpose Health Worker, IAD is attending a Basic Life Support (BLS) training held in IAD by doing a CPR exercise. The training was provided by Tech2people Health Care and Education Pvt Ltd representatives for the staff members.

Publications (2020-21)

International Publications:

1. Narahari SR, Ryan TJ. Morbidity management and disability prevention: An agenda for developing nations initiated in India. *Lymphology*. 2020;53:157-161. (Editorial).
2. Ryan TJ, Narahari SR, Aggithaya MG and Swamy GK. Setting up an Integrative Medicine Clinic for Self-Care of Lymphoedema in Indian villages (Chapter 19). In Keast DH, editor. *Wound and Lymphoedema Management*, 2nd ed. Frederiksberg, Denmark: World Alliance for Wound and Lymphoedema Care;2020.p.151-155.

Indian Publications

1. Narahari SR, Ryan TJ. Mainstreaming of an Integrative Medicine Protocol for Morbidity Management and Disability Prevention of Lymphatic Filariasis: An opportunity for establishing AYUSH based National Health Programme. *AAM*. 2020; 9: 108-115. doi:10.5455/AAM.95165.
2. Narahari S, Aggithaya MG and Ryan T. Yoga as a Therapy for Lymphedema In *Research-Based Applied Psychophysiology* Editor: Shirley Telles IGI Global 2019.

In press

1. Prevalence of atopic disorders in 10-15 years age group students from Kasaragod district, Kerala: A cross-sectional study □ *In Clinical Epidemiology and Global Health*.

Award

1. 2020: Prof BV Satyanarayana Oration of Andra Pradesh state Cutaneous Conference (IADVL-Cuticon).

Our Volunteers

Mr. Raghuram Sham Bhat, Senior Director & Head of Cognizant Consulting, ASEAN, Singapore

Mr. Gopal Somani, Morya Constructions, Mumbai

Mr. Mohsan Malik, King's College, London

Mr. Nikhil Shirali, India Communications Specialist, Intel Technology India Pvt. Ltd., Bangalore

Ms. Avril Lunken, Occupational therapist, Australia

Ms. Rosemary Kelly, Laughter Yoga Trainer and certified Laughing Lymphercise instructor and trainer, Toronto, Canada

Dr. Timothy Maiden, Podiatrist, Singapore

Mr. Hashim Mundol, Network Server Admin, Autodesk, Switzerland

Mr. Ishwara Bhat, Mangalore.

Dr. Muralidhar Moorthy, M.D., Orthopedic Surgeon, Walnut Creek, California, USA

Dr. Mohibaa Tareen, Dept. of Dermatology, Columbia University, USA

Ms. Janneke Van Zee, a skin therapist & oedema-specialist, Dutch expert centre for lympho-vascular medicine, The Netherlands

Dr. Lauren Kate Thomas, Flinders University in Darwin, NT Australia,

Dr. Priya (Gatti) Rao, Dental Surgeon, Toronto, Canada

Mr. Brijesh, Writer & Proprietor, Kasaragod Pharma, Kasaragod

Mr. Andrew Stephen Fischer, final year medical student, Baylor College of Medicine, USA

Mr. Aneesh, CEO (Hon.) One Billion Literates Foundation, Formerly VP, Intel Corp, Bangalore Urban, Intel South Asia, Bangalore

Ms. Nafeesath Faheema, Ms. Jesna Jose and

Ms. Fathimath Muneesa, Department of Zoology St. Aloysius College, Mangalore

Ms. Jody Lucus, Podiatrist, Wound Care, London

Mr. S.N. Kousthubha, student, SDM Medical College, Dharwad, India

Mr. Srikumar, senior manager, Systopic Pharmaceuticals, New Delhi

Ms. Liselotte, Physiotherapist Copenhagen, Denmark

Dr. Manjula, Ayurveda Physician, Bangalore

Mr. Satyanarayana Mahidasan, Senior Manager in Symantec Inc, Hyderabad

Ms. Vijitha Perisamy, Researcher at Royal Dutch Shell Bangalore Urban, Karnataka

Ms. Iwona Dorn, Department of Podiatry Brighton University, United Kingdom

Mr. Amarnath Chandragiri, Technical Officer (Rtd), CPCRI, Kasaragod

Ms. Radiance, Department of Podiatry, Brighton University, United Kingdom

Mr. Christopher Botros Rizk, Baylor College of Medicine, Houston, Texas, USA

Dr. Sarah Morrow, Chelsea and Westminster NHS Trust Hospital, London

Mr. Gourees, "Radha Nilaya", Indiranagar, Varamballi Village, Brahmavar, Udipi district- 576213

Mr. Deepak Tuli, Systopic Pharmaceuticals, New Delhi

Dr. T. Vijayakumar, President and CEO of SHEACO Consultancy Services, Chennai

Dr. S.N. Sourabha, RNS Flats, Yeshavanthpur, Bangalore

Ms. Cristina Thomas, Northwestern University, Chicago, IL, USA

Ms. Karen Elise Coffman, University of Arizona College of Medicine, USA

Dr. Casper Reske-Nielsen, MPH, Boston University School of Medicine, USA

Ms. Silvia Giolo, Physiotherapist, Schopfheim, Baden-Württemberg, Germany

Ms. Sanju Arianayagam, Dermatology Registrar at Oxford University Hospitals NHS Foundation Trust

Mr. Reghu Menon, JB Chemicals and Pharmaceuticals Ltd., Calicut

Mr. Sudhakara, Malanad Graphics, Kasaragod

Ms. Lisa Van Luijk, Skin and Oedema therapist, The Netherlands

Ms. Erna Troels, Lymph Drainage Therapist and Reflexologist from modum Vodder, Denmark

Mr. A. K Balan, Anooth nivas, Panakkad Perumba, Menhanniam, Kozhikode, Kerala

Mr. Muralikrishna, Infinera India Pvt., Bangalore

Mr. Gerben Schrale, Physiotherapist, The Netherlands

Mr. Hugo Grenier, Esquirol institute of Nursing, France

Ms. Myriam Fathehi, Esquirol institute Nursing, France

Ms. Carolyn Mahoney, registered Nurse from Western Australia

Mr. William Michel, Cambridge University, UK

Dr. Jennifer Reske, MPH, Boston University School of Medicine, USA

Ms. Doortje van den Dungen, Skin therapist, Holland

Dr. Julian Pearce, St. Geroge's, London, UK

Ms. Hanna Gail Pfershy, MI College of Engineering, University of Michigan

Mr. Arjun Kumar, University of Southern California

Dr. RV. Nair, Formerly Head of the Department of Biotechnology, CPCRI Kasaragod

Dr. C.H. Kunhi Kammaran, Associate Director (Retd.) of Liquid Propulsion System Centre, ISRO, Dhavan Scientist at ISRO, Thiruvananthapuram




Dr. Christopher Ritz, Elite Dermatology, Houston, Texas

A random list of people who volunteered at IAD. We acknowledge their contributions towards the growth of IAD and are grateful for their generous service to the institution. We wish to emphasize that none of them received remuneration of kind or ownership for the copy right of publications achieved through their voluntary work. They managed travel expenses on their own; only accommodation and food was provided by IAD.

If you wish to volunteer with us visit:
www.indiandermatology.org
www.systematicreviewinayurveda.org

Our Projects

The Medi Project



The Medi for Help project aims to equip IAD staff with training on compression therapy with specially made compression garments from the medi Company based in Bayreuth, Germany. They also donated compression garments as part of the project, which around 120 lymphoedema patients of IAD could use. The medical team of IAD will be trained on using these high-end compression bandages by the USA wing of medi, and the gained knowledge will be imparted to the patients of IAD.

Infection Control Measures during Covid pandemic

IAD followed the guidelines prescribed by the I-safe committee of IMA, Kerala, to manage the infection control during the Covid pandemic. We participated in the meetings conducted in connection with the launch of I-safe in May 2020 through Zoom. The guidelines for infection control was provided in that meeting. The second meeting through Zoom from I-safe on infection prevention and control measures for small hospitals and clinics was conducted in June 2020. In addition, IAD participated in other webinars held by I-safe on infection control in September 2020.

Also, the following meetings were attended and the guidelines proposed are practised by the staff members of IAD. Zoom meeting from Government Hospital Kasaragod for infection control measures during Covid 19 pandemic in July 2020.

Zoom meeting Covid 19 waste management in September 2020 by Tonics link, a not-for-profit environmental organisation. IAD has implemented and followed all the necessary precautions in the context of a daycare treatment centre.



The team IAD focused on the digitalization of the clinical data and its audit as part of WHO supported programme

The Project with the World Health Organization (WHO)

IAD signed the agreement with the World Health Organization (WHO)'s- South East Regional Office "To assess integrative medicine data-set from existing clinical practice" do the clinical audit of IAD's integrative medicine data. The project is on the move now.

Summary of Activities (2020-21)

Activities	Programmes & beneficiaries
Patients who received integrative treatment	Lymphatic Filariasis: 130 Vitiligo: 39 Lichen planus: 3 Psoriasis: 6 Leg Ulcers: 10 Yoga as therapy:
Patients who received allopathy treatment	
Admission	1066
Followup	372
Patients who received Ayurveda treatment	
Admission	173
Followup	153
Patients who received Homeopathy treatment	
Admission	66
Followup	108
Patients who have undergone follow up of integrative treatment	Lymphatic Filariasis: 134 Vitiligo: 167 Lichen planus: 01 Psoriasis: 12 Chronic Wound: 55
Sponsorship provided to needy patients	19
Support services to patients & their family members	Followup counselling: 55 Discharge counselling: 60
Scientific papers published	04 published

2. The audited financial details and independent auditor's report 2020-21 is attached separately

Our Collaborators



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



Prof. Christine Moffatt
Director, International Lymphedema Framework,
UK



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



Mr. Anish Ramachandran
Formerly Vice President, Human
Resources and Director, Greater
Asia Region, Intel Corporation



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



Prof. Dinkar Sitaram
Centre for Cloud Computing and Big Data
PES University, Bangalore



Prof. Sahar Mansour
Professor & consultant clinical geneticist,
St. George's, University of London



Dr. Rajendran, MSc PhD
Department of Biochemistry
& Molecular Biology
Central University of Kerala, Kasaragod



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



Dr. Claire Fuller
Chairperson, International Foundation for Dermatology
Westminster, NHS, London

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. T. A. Bailur
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

