



# Setting up Manufacturing



**Institute of Applied Dermatology**  
*Centre for Integrated Medicine & Public Health*

**The 23<sup>rd</sup> Annual Report 2021-22**

# LFMMDP Scaling with Quality

In 1999, the WHO allied with endemic nations to eliminate Lymphatic Filariasis. The same year we began working on integrative medicine for chronic diseases like lymphoedema. The working group of the alliance involving Prof David Addis (CDC, USA) concluded that skincare, movements and control of recurrent cellulitis should be part of any Morbidity Management and Disability Prevention program for Lymphatic Filariasis (LFMMDP). By 2002 Prof. Terence Ryan, emeritus professor of dermatology, Oxford, UK, began mentoring IAD's clinical studies to develop a low-cost solution for LFMMDP. IAD published the first case report in 2004 and the full protocol in 2007. Subsequently, IAD is associated with the International Lymphoedema Framework and lymphologists like Prof. Peter Mortimer, St George's London, Dr Paul Matts, Procter & Gamble, Dr Claire Fuller, International Foundation of Dermatology and Surgeon Vani Prasad QE Specialist Centre and the Memorial Hospital, Adelaide. In India, IAD got associated with Late Prof. MS Baghel, Gujarat Ayurved University, Dr Shirley Telles, Patanjali Yoga Peeth, Prof. Anantharam, Amrutha University, Cochin (now a professor at the All India Institute of Ayurveda, New Delhi). IAD's molecular studies on lymphoedema had collaborations with the JSS Academy of Higher Education & Research, Mysore and the Central University of Kerala.

The COVID pandemic led to the cancellation of the proposed expansion as IAD had no patients. However, the team digitalised over 5000 patients data. Mr Ashok Raman, then working at PES University, Bangalore, guided the customisation of Bahmni EMR to suit lymphoedema case records. The WHO-SEARO (Traditional Medicine) supported the clinical audit of IAD's lymphoedema database. The outcomes of this study showed that ayurvedic skin care significantly arrested the risk factors that worsen lymphoedema. Further, integrative medicine treatment reversed the progression of the disease.

Although not supported by randomised control trials, the clinical audit and non-randomised field trials, including 50 publications and 10 national colloquiums on Filariasis with patient participation, convinced the philanthropic giant Bill and Melinda Gates Foundation to adopt IAD's integrative medicine treatment for LFMMDP. The covid pandemic and FCRA-related issues are currently delaying a 1.88 million USD project. It is expected to be launched in the next financial year. IAD expresses gratitude to Dr Bhupendra Tripathi, Country lead, elimination programs, NTDs and Dr Kayla Laserson, Deputy Director, Infectious diseases, India country office of BMGF, for guiding team IAD in developing the grant proposal.

In two decades, IAD is proud that its frugally developed treatment protocol through a strong voluntary international collaboration got

BMGF acknowledgment for scaling. IAD prioritises maintaining the same quality delivered in the centre for excellence for lymphoedema at Kasaragod. IAD team has been working on several allied areas to maintain the quality during expansion. Ayurvedic drug quality varies based on raw materials and manufacturing processes. IAD started an Ayurvedic medicines pulverising unit in the KINFRA industrial park in Kasaragod on the leased land from the Government of Kerala. Required machinery is already installed. Herbal drug production is scaled up to meet the expected demand for BMGF-supported treatment expansion. IAD's Ayurveda department oversees drug production.

This year IAD also acquired a plot of land behind the existing premises with a total area of five are and 12 square metres at resurvey no 184 of Madhur Panchayath. IAD plans to build a facility for the stay of patients who come from long distances because filariasis patients continue to fight stigma. They face difficulty in getting accommodation for their stay in the hotels. Post covid sponsorship for poor patients is limited to S Janardhan Endowment Fund. Before establishing this endowment fund in the name of her late husband, the poor patient's free accommodation had the financial support of Ms Sudha Janardhan, Bangalore. So, we plan to provide stay for needy patients when IAD builds the new structure in the purchased plot.

Another milestone in quality care was achieved this year. IAD got National Accreditation Board for Hospitals & Healthcare Providers (NABH) accreditation. We applied for NABH accreditation for integrative medicine. The accreditation body informed us that it has no authority to give certification for integrative medicine. Also, rules do not provide certification of biomedicine (Allopathy) and Ayurveda systems in the same building. Dr VK Paul, a member of NITI Ayog, replied to an email from Dr Narahari that the government's quality department would examine the policy change to include integrative medicine. Since IAD could not apply for NABH certification for Ayurveda & Allopathy or integrative medicine, we opted for NABH (Panchakarma) and obtained certification. We hope that in future, the NITI Ayog may direct NABH to recognise integrative medicine services and involve IAD in formulating policy on the matter. However, team IAD will replicate the NABH quality norms in the new centres when IAD expands.

We present the annual report of activities and financials before the members with confidence that IAD would provide the best quality lymphoedema care to the poorest people with a significant disability caused by Lymphatic Filariasis, a Neglected Tropical Disease.

On behalf of the board of directors  
**Dr. S R Narahari, Dr. T A Bailur, Dr. K S Prasanna**

# Directors' Report 2021-22

The board of directors takes pleasure in presenting to you, the **Twenty-Third** annual report on the activities undertaken by Institute of Applied Dermatology, along with the audited statement of accounts for the year ending **31st March 2022**.

## 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 2021-22.

### ● **IAD's Herbal powder Manufacturing Unit:**

IAD established a new facility to powder the Ayurveda medicines required for filariasis patients in KINFRA Industrial Park, Seethangoli, Kasaragod.



## Specialist Visits



Dr. Jayavant Kini, Anesthetist, Hedington Hospitals, Oxford & Prof Usha Kini, Genetics Professor, Nuffield, Oxford with Dr. Narahari, Director, IAD on their visit.



Dr. Raghuram, Senior Director & Head of Cognizant Consulting, ASEAN, Singapore on his visit to IAD posing with Ms. Saraswathi, Accountant, IAD, Dr. Narahari, Director, Prajul R K, Administrative Officer, Ms. Divya, IT Engineer, Ms. Sunitha, Operations Executive. Mr. Raghuram is an advisor and collaborator of IAD.



CA (Dr) Gautam Shah, Chartered Accountant, Dr. Khushi Shah, Chartered Accountant, Mr. Punit Golccha, JKKG LLP (Formerly Gautam Shah & Associates), Chartered Accountants, Mumbai, IAD's internal auditors posed with Dr. SR Narahari, Director, IAD, Dr. Guruprasad, Chief Ayurveda Consultant and Prajul R K, Administrative Officer, IAD.

## IAD secures NABH accreditation:

The Institute of Applied Dermatology becomes the first clinic to get the accreditation, in the Kasaragod District from National Accreditation Board for Hospitals and Health Care Providers, a constituent body of the Quality Council of India. We received NABH accreditation for Panchakarma for Ayurveda being an important component in our Integrated Medicine (IM) Treatment protocol.

Ensuring quality to commitment: It has been a long time goal for IAD to achieve the NABH accreditation. Being a health care provider serving in the domain of treating

chronic skin diseases using our unique Integrated Medicine (IM) Protocol, accreditations and approvals looked tougher all along as the IM is a yet to get recognized and popularized mode of treatment. The patients affected by filariasis, most of whom struggle to regain the grip of their lost normal life, seldom find welcomed by the Insurance Companies for their treatment cost coverage as in the eyes of the latter only the Biomedicine (Allopathy) treatment works for patients. Their another prime concern is the recognition from the NABH. We are very thankful for the NABH to recognize and approve us. We feel that we have crossed an important extra mile to serve the patients in destitution within the limits of being a not for profit. We still strive to get our patients coverages under the various Government Health schemes for which the status of a health 'clinic' is a barrier for us. Owing to the uniqueness of the protocol and rules for Ayurveda, night admission is

not necessary for us and patients leave our premises before 6 in the evening. Our uproar to the Government bodies continue to recognize our highly successful protocol for the otherwise considered non- treatable or manageable filariasis or lymphatic filariasis as a serious disease though it belongs to the category of 'skin diseases'. The eyes of the concerned must open to have the level of awareness that not only it affects millions but also makes them jobless while the fact that it is not life threatening is not known to many. We appeal to the State and Central Governments, Social Workers, Philanthropists and Health workers of all medicine systems to lead a way to get fair medical treatment for all suffering chronic skin disease patients in the future as we have secured a recognition to the quality factor of treatment in addition to the humanity and commitment we administer to our patients.







# Training on Medi Compression Kit



Carsten Stauf from Germany along with Christopher Miles from medi USA, a leading company manufacturing the medical compression and orthopedics products, during an online training session on their Circaid compression bandage usage for our treatment team. IAD's treatment team received a training on the usage of medi Circaid bandage.



Commodore G A Selvam, Command Education Officer, Headquarters Southern Naval Command Naval Base, Kochi addressing the IAD team during his visit.



Sri. Vinayagan Pillai alias Yogaji of Ramanuja Mission Trust, Chennai handing over the book describing about the works of trust on their visit to Dr. Guruprasad, Chief Ayurveda Consultant. Sudhakar NS, Devaraj D Shetty and Ramachandra Rao from the trust are also seen in the picture.

## Events

Dr. Sourabha and Dr. Anisha Bindagi on their visit to IAD with the family shortly after their marriage. From L to R: Mrs. Anjali Bindagi, Mr. P.T. Bindagi, CEO, Surface Technologies, Pvt. Ltd Bangalore, Ms. S R Ratnaveni (mother of Dr. S R Narahari, Director, IAD), Dr. K S Prasanna, Director, IAD, Dr. S N Kousthubha, SDM Univerity and Medical College, Dharwad and also the volunteer in IAD, Dr. SR Narahari, Dr. Anisha and Dr. Sourabha

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Dr. S N Sourabha, Fellow in non-invasive Cardiology, Sri Jayadeva Institute of Caridology, Bangalore and Dr. Anisha, Fellow in Paediatric Dermatology, Indira Gandhi Institute of Child Health, Bangalore & also volunteers of IAD receiving a memento from Dr. Guruprasad Aggithaya, Chief Ayurveda Consultant, IAD and Prajul RK, Administrative Officer, IAD.

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IAD is becoming self-sufficient in electrical energy usage two years after we installed solar panels. IAD also supplies the excess electricity generated to the Kerala State Electricity Board through our on-grid solar panel system.

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# Ayurveda Medicine Powdering Unit

IAD started its own facility to manufacture the Ayurveda medicines needed for our filariasis patients. Formerly our unit was working in a rented facility. The new unit is situated in KINFRA Industrial Park, Seethangoli, Kasaragod.



Indrani S, who takes treatment from IAD hoisted the National Flag for IAD on the Independence day of 2021 complying to the Covid protocols and restrictions.



Pratap Narayan, who underwent integrated medicine treatment in IAD, raising flag during the Republic Day event in IAD.



Newly acquired land behind the existing premises



## Publications (2021-22)

### Publications 2021-2022

1. Gibson L, Moffatt CJ, Narahari SR, Kabiri L, Ikhile D, Nchafack A, Dring E, Nursing D, Kousthubha SN, Gorry J. Global Knowledge Gaps in Equitable Delivery of Chronic Edema Care: A Political Economy Case Study Analysis. *Lymphat Res Biol*. 2021; 19: 447-459.
2. Aggithaya MG, Narayana PP, Prasanna KS, Narahari SR. Prevalence of atopic disorders in 10–15 years' age group students from Kasaragod district, Kerala: A cross-sectional study. *Clin Epidemiology Glob Health* 2021; 12: 100823.
3. Narahari SR, Prasanna KS. Case reports bridge physicians, scientists and therapeutics. *J Ayurveda Case Rep* 2021; 4: 3-5.
4. Narahari SR. Skin diseases in Integrative Medicine. Basist G eds, Souvenir based on M. S. Baghel Memorial Lecture series, 2022, Jamnagar, FHED (India). 66-79.

### In press

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 Journal of Physiology and Pharmacology*.

## Conferences

1. Dr. SR Narahari “Principles of diagnosis and management of skin diseases in Ayurveda” Prof. M. S. Baghel Memorial Lecture, organized by FHED's Charak Samhita Research, Training and Skill Development Centre August 9 2021.
2. Dr. SR Narahari, Lymphatic Filariasis and Lower Leg Wounds in Resource Limited Settings. Wound and Lymphoedema ILF Webinar, organized by International Lymphoedema Framework, London. 26<sup>th</sup> May 2021.
3. Dr. SR Narahari. Lower Limb Lymphoedema and Chronic Wounds. The 3<sup>rd</sup> Asian Wound Care Association Conference and 23<sup>rd</sup> Annual Conference of Indian Society of Wound Management 26<sup>th</sup> November 2021.
4. Dr. SR Narahari participated in the conference of 50<sup>th</sup> Annual Conference of Indian Association of Dermatologists, Leprologists and Venereologists February 4<sup>th</sup> 2022.
5. Dr. KS Prasanna participated in the conference of 50<sup>th</sup> Annual Conference of Indian Association of Dermatologists, Leprologists and Venereologists February 4<sup>th</sup> 2022.

### ***Name of Companies***

Medi Hift gemeinnulzige GmnH, Germany

International Lymphoedema Framework, UK

BSN Medical GMBH, Germany  
(Towards S Janardhan Endowment Fund)

### **S Janardhan Endowment Fund**

*This endowment fund supports the poor patients who are in need of treatment. The fund is established by his wife in his memory. We appeal to contribute to the fund*

## Major Benefactors

2. The audited financial details and independent auditor's report 2021-22 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**  
CBE, International Lymphoedema  
Framework, London



**Dr. Galib**  
Associate Professor,  
Dept. of Ras Shastra  
& Bhaishajya Kalpana, Delhi



**Dr. Vani Prasad**  
Surgeon, QE Specialist Centre  
and the Memorial Hospital, Adelaide



**Dr NN Mehrotra**  
Retd. Scientist, Central Drug Research Institute,  
Current: Secretary, Jeevaniya Society  
Executive Council member,  
Mission Samridhhi, Lucknow



**Mr. Anish Ramachandran**  
Chief Executive Officer (Hon.)  
One Billion Literates Foundation  
& Formerly Vice President  
Intel Corporation



**Raghuram**  
Senior Director  
& Head of Cognizant Consulting  
ASEAN, Singapore



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



**Mr. Ashok Raman**  
Software Developer  
and Data Scientist, Bangalore



**Dr. Anandaraman P V**  
Professor & Head, Dept. of Panchakarma  
(Penta Bio-Purification Methods)  
All India Institute of Ayurveda, New Delhi



**Dr. K. Muralidharan**  
Principal Scientist  
Central Plantation Crops Research Institute  
Kasaragod

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    