

**The outcome of Integrative approach
Lymphoedema with chronic ulcer**



26-05-2015

03-06-2019

**The outcome of another patient with
a non-healing venous leg ulcer**



12-07-2018

1-10-2019

CONTACT

Appointments, inquiries on treatment and any other queries:

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Attention: Kindly send WhatsApp messages or e-mails to follow up inquiries with the patient ID. This will help us retrieve your previous treatment details easily and reply promptly. IAD is not responsible for answers received from other phone numbers not mentioned here. People speaking, using different phone numbers may give their personal opinions, not necessarily combined integrated team's response to your queries.

Pharmacy Related Enquiries and Medicine Orders:

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📞 09895588735

📘 Institute of Applied Dermatology

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📺 YouTube

We do not have any branches anywhere in India

**The outcome of ulcer associated
with varicose veins**



10-06-2019

16-08-2019



Institute of Applied Dermatology
Effective Care through Integrative Medicine

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**IAD'S TREATMENT FOR
NON-HEALING
ULCERS**



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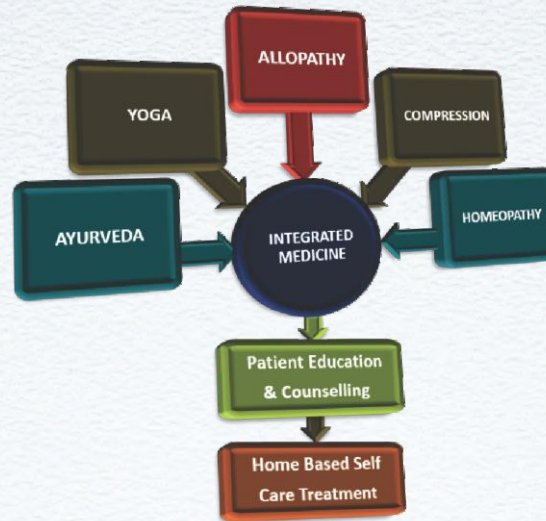


Non-healing leg ulcer:An open wound on an external surface of the body, caused by a break in the skin or mucous membrane which fails to heal.

General tips to help heal your leg ulcer

- Avoid long, hot water baths and the use of antiseptics in your bathwater.
- Wash your legs daily using soap and water. Do not scrub the ulcer.
- Gently pat dry using a clean towel. Drying in between toes is essential. (Never rub dry as this can cause damage to the skin).
- Moisturize your legs to avoid dryness.
- While travelling for a long distance in train or bus stretch and move your feet for at least 5 minutes every hour.
- Exercise like walking, sewing machine is useful to improve circulation.
- Try to keep active by walking regularly. Don't stand or sit for long periods. If standing or sitting in one place is part of your job, do regular ankle exercises.
- Don't scratch your leg.
- People with diabetes should keep blood sugar under control.
- Wear appropriate footwear, preferably made of soft microcellular rubber.
- Use compression stockings as per the doctor's advice.
- Pain/achiness worsens by standing for long duration, and foot end elevation helps.
- Don't keep touching the surface of the ulcer.
- Do not keep the wound open. Keep it bandaged and clean every day.
- Say no to smoking, alcohol and tobacco chewing.
- Do not use mud/cow dung/any other particulars which may harm the wound.
- Keep your leg elevated while sitting.
- Ayurvedic and homoeopathic medicines along with allopathy have helped many patients at IAD.

Integrated Medicine approach:



Team examining the patient



Dr Narahari and Dr Prasanna, Dermatologists examining patients along with a team of ayurveda and homoeopathy doctors, nurses and therapists.

Treatment approach at IAD:

- A detailed case taking and physical examination
- Determine the type of wound.
- Ayurveda's Vrana chikistha using classical wound healing medications prescribed by Ayurvedic doctors using evidence-based ayurvedic parameters
- Ayurvedic oils help to debride and initiate healthy wound healing
- Ayurvedic diet therapy (*PathyaApathya*)
- Specially designed ulcer massage along with ankle and foot massage as self-care
- Simple exercises and yoga to facilitate wound healing.
- Special wound dressings with Ayurvedic oils or other topicals.
- Homoeopathic treatment based on the totality of symptoms of the case prescribed by homoeopathy doctor.
- The disease-related stress management through counselling and homoeopathic oral pills.
- Patient counselling for support and rehabilitation.

Important Information:

Leg ulcer patients don't require admission they can return after day-care treatment.

About our hospital:

Our team, at the Institute of Applied Dermatology, aims to alleviate difficult-to-treat skin ailments by combining the benefits of Allopathy with Ayurveda, Homoeopathy and Yoga. We have mastered this integrative medicine protocol through intensive research and application in collaboration with research institutions in India and abroad. The success stories have attracted the attention of medical experts in the field the world over.