

**Dermatologist SR Narahari** is the pro-bono director at the Institute of Applied Dermatology (IAD), located in a resource-poor and challenging setting. The world's lead experts collaborated with IAD for morbidity management and disability prevention of Lymphatic Filariasis and other lymphoedemas. He pioneered clinician-led bedside integrative medicine by combining therapeutics of Ayurveda & Yoga with Biomedicine. He leads integrative medicine research, intersectoral collaborations, and patient-centred care and education to meet the needs of chronic diseases at IAD in Kasaragod, Kerala. He is among the world's leading lymphoedema experts with 80 research papers and several national and international conference presentations/participation. In 2010, a WHO publication discussing lymphoedema and wound care mentioned that IAD is a lead lymphology clinic worldwide. In 2014, the Government of Kerala established its 'Centre for Integrated Medicine and Public Health' in IAD under a public-private partnership for furthering activities of R&D and events related to community dermatology.

He is currently the Director of International Lymphoedema Framework, London and aims to pursue its agenda to make lymphoedema treatments affordable in low resource settings.

He received three international excellence awards for Lymphatic Filariasis/Lymphoedema instituted by lead professional bodies. In addition, three specialist journals wrote editorials on IAD's integrative treatment.

**ORCID iD:** 0000-0002-0495-0244

**YouTube videos:**

About Dr Narahari: <https://www.youtube.com/watch?v=xBaoi3cwXiE>

About his work: <https://www.youtube.com/watch?v=F8MgUmakfxU>

YouTube Channel: <https://www.youtube.com/c/IADKasaragod/videos>

**Education:** Dr Narahari studied MBBS (1987); DVD (1989) & MD in Dermatology, Venereology and Leprosy (1990) at Mangalore University and an online course on biostatistics (2021)

**His original works are:** 1) a new integrative treatment protocol for Lymphatic Filariasis (2004) developed with the research grant from Kerala State Council for Science, Technology & Environment (KSCSTE), 2) standardised image acquisition techniques for Vitiligo in collaboration with the Indian Institute of Science, Bangalore (grant by KSCSTE), 3) a protocol for the systematic review of Ayurveda publications (grant by the department of science and

technology -DST), 4) original papers on adverse effect of griseofulvin 5) identified a new clinical sign in pure neuritic leprosy and reported a new adverse effect of griseofulvin 6) developed searching methods for scattered ayurvedic literature in 2010 (grant by DST) and updated it in 2015, 7) structured clinical methods for ayurvedic dermatology in 2008 (grant by DST) and updated it using SPIRIT guidelines (2016) 8) Determined the types of collagen up-regulated in lymphoedema skin

**Current Research Project:**

1. Scaling integrative medicine using Ayurveda and Yoga for Lymphatic Filariasis Morbidity Management and Disability Prevention in India (funded by the BMGF)
2. Developing a position document for lymphoedema management for low and middle income countries as director of International Lymphoedema Framework director (resource limited countries)
3. The clinical audit of the integrative medicine treatment data of Lymphatic Filariasis, Vitiligo, Chronic Leg Ulcers and Integrative Diet Therapy; a funded project of WHO-SEARO, New Delhi (completed: the report is under peer review)
4. Digital transformation of organisation's 20 years patients and process data on integrative medicine and its analysis (on-going; self funded)
5. Genetic studies on lymphoedema patients from endemic regions of Lymphatic Filariasis (halted after COVID pandemic) (on-going; self funded)
6. Indocyanine Green Lymphography and Magnetic Resonance Imaging for assessment of skin, subcutaneous tissue, lymphatic vessels and lymph drainage in filarial lymphoedema before and after integrative medicine treatment (halted due to the COVID travel restrictions) (on-going; self funded)

**The goal of the Community Lymphoedema activity:**

1. To set up a centre of excellence in integrative medicine and research as an enabler of health workers' capacity to diagnose and contribute to redesigning and strengthening healthcare systems of NTDs. It would achieve efficiency and provide adequate care to diseases with no treatment. In addition, such a collaborative centre would provide professional, data-driven, evidence-based support to AYUSH.
2. Setting up satellite units of lymphoedema treatment services in endemic regions of Lymphatic Filariasis
3. To develop low-cost compression stockings and compression garments and a tropical compression bandaging system to make it affordable to the poor.

**List of publications:**

International Publications:

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. doi: 10.1089/lrb.2021.0063.
2. Narahari SR, Ryan TJ. Morbidity management and disability prevention: An agenda for developing nations initiated in India. *Lymphology.* 2020;53:157-161. (Editorial)
3. Karayi AK, Basavaraj V, Narahari SR, Aggithaya MG, Ryan TJ, Pilankatta R. Human skin fibrosis: up-regulation of collagen type III gene transcription in the fibrotic skin nodules of lower limb lymphoedema. *Trop Med Int Health.* 2020;25:319-327. doi:10.1111/tmi.13359
4. Zanten MV, Riches K, Keeley V, Mortimer P, Ryan TJ, S Mansour and Narahari S. A diagnostic dilemma: aetiological diagnosis of lymphoedema patients at an Indian multidisciplinary meeting. *Journal of Lymphoedema,* 2019;14:43-46.
5. Narahari SR, Aggithaya MG, Thernoe L, Bose KS, Ryan TJ. Response to comment on the article, “Yoga protocol for treatment of breast cancer-related lymphedema”. *Int J Yoga* 2017;10:52-4.
6. Narahari SR, Aggithaya MG, Thernoe L, Bose KS, Ryan TJ. Yoga protocol for treatment of breast cancer-related lymphedema. *Int J Yoga* 2016;9:145-55.
7. Narahari SR. Skin Care for All: a low cost self care public health program as post-2015 community dermatology development agenda. *Community Dermatology Journal* 2015; 12: 20-22
8. Narahari SR, Aggithaya MG, Swamy GK, Ryan TJ. Scarification: A commentary from the Institute of Applied Dermatology, Kerala, India, *Community Dermatology Journal* 2015; 11: 1-12
9. Aggithaya MG, Narahari SR, Ryan TJ. Yoga for correction of lymphedema’s impairment of gait as an adjunct to lymphatic drainage: A pilot observational study. *Int J Yoga* 2015;8:54-61.
10. Aggithaya M G, Narahari SR, Vijaya S, Sushma K V, Anil Kumar N P, Prajeesh P. Navarakizhi and Pinda Sweda as Muscle-Nourishing Ayurveda Procedures in Hemiplegia: Double-Blind Randomized Comparative Pilot Clinical Trial. *The Journal*

- of *Alternative and Complementary Medicine*. 2014, 20: 57-64. doi:10.1089/acm.2012.0919.
11. Thomas C, Narahari SR, Bose KS, Vivekananda K, Nwe S, West DP, Kwasny M, Kundu RV. Comparison of Three Quality of Life Instruments in Lymphatic Filariasis: DLQI, WHODAS 2.0, and LFSQQ *PLoS Negl Trop Dis* 2014; 8: e2716. doi:10.1371/journal.pntd.0002716
  12. Narahari SR, Ryan TJ, Aggithaya MG, Bose KS, Swamy GK. Community dermatology in practice: Control of morbidity in lymphatic filariasis patients in Indian villages. *CME (Africa)* 2013
  13. Narahari SR, Ryan TJ, Aggithaya MG. How Does Yoga Work in Lymphedema? *J Yoga Phys Ther* 2013; 3:135. doi: 10.4172/2157-7595.1000135
  14. Narahari SR; Bose KS; Aggithaya MG; Swamy GK; Ryan TJ; Unnikrishnan B; Washington RG; Rao BPS; Rajagopala S; Manjula K; Vandana U; Sreemol TA; Rojith M; Salimani SY; Shefuvan M. Community level morbidity control of lymphoedema using self care and integrative treatment in two Lymphatic Filariasis endemic districts of South India – A non randomised interventional study. *Transactions of Royal Society of Tropical Medicine and Hygiene* 2013;107:566–77.
  15. Aggithaya MG, Narahari SR, Sudha V, Shefuvan M, Neethu KJ, Sushma KV. Self care integrative treatment demonstrated in rural community setting improves health related quality of life of lymphatic filariasis patients in endemic villages. *Acta Tropica* 2013; 126: 198-204
  16. Narahari SR, Vivekananda K Ryan TJ and Bruntus P. Compression therapy in Indian villages. *Compression Therapy: A position document on compression bandaging. Consensus on best practice for the management of lymphoedema - 2nd edition. International lymphoedema framework; 2012; 62-74*
  17. Ryan TJ and Narahari SR. Reporting an Alliance Using an Integrative Approach to the Management of Lymphedema in India. *Int J lower extremity wounds* 2012; 11: 5-9
  18. Narahari, S. R., Ryan, T. J., Bose, K. S., Prasanna, K. S. and Aggithaya, G. M., Integrating modern dermatology and Ayurveda in the treatment of Vitiligo and lymphedema in India. *International Journal of Dermatology*, 2011;50: 310–334

19. Narahari S. Treating lymphodema patients in Indian villages. *J Lymphodema*, 2011;6:87-90
20. Narahari SR, Aggithaya MG, Suraj KR. Conducting Literature Searches on Ayurveda in PubMed, Indian and other databases. *Journal of Alternative and Complementary Medicine*, 2010; 16:1225-37.
21. Saravu R Narahari, Madhur Guruprasad Aggithaya, Kumbla R. Suraj. A protocol for systematic reviews of Ayurveda treatments. *Int. J Ayurveda Research* 2010; 1: 192-205.
22. Narahari SR, Aggithaya GM, Prasanna KS, Bose KS An Integrative Treatment for Lower Limb Lymphoedema (Elephantiasis)(photoessay). *J Alter Compl Med* 2010; 16:145-9.
23. Narayana PP, Mitra PP, Narahari SR, Aggithaya MG. Prevalence of asthma in school children in rural India. *Ann Thoracic Med*, 2010;5:118-19
24. Bose KS, Narahari SR, Aggithaya GM, Vivekananda K, Neethu KJ, Prasanna KS. Ayurveda, yoga and self-care in patient-led support groups. The third national seminar on evidence-based and integrated medicine for lymphatic filariasis, other chronic dermatoses and HIV/AIDS. *Journal of Lymphoedema* 2008; 3(2) supplement.
25. Narahari S.R, Ryan TJ, Aggithaya GM, Bose KS, Prasanna KS. Evidence based approaches for Ayurvedic traditional herbal formulations: Toward an Ayurvedic CONSORT model. *Journal of Alternative and complementary medicine* 2008;14: 769–776.
26. Narahari SR. Integrative management of disease in India could extend to wound care but needs more financial support (comment). *Wounds UK* 2008;4: 94-95.
27. Narahari SR. Integrated management of secondary lymphodema in India, *European Wound Management Association J*, 2007 (supl):67.
28. Narahari SR, Ryan TJ, Mahadevan PE, Bose KS, Prasanna KS. Integrated management of filarial lymphedema for rural communities. *Lymphology* 2007;40: 3-13.
29. Narahari SR. and Ryan TJ. Silver bullets, shotguns, and integrative community-based approach to lymphodema from lymphatic filariasis in India (letters to the editor). *Lymphology* 2007;40:87-94.
30. Narahari SR. Lymphodema management in India. *J lymphodema* 2007;2: 10-2.
31. Narahari SR. Can we prevent development of lymphodema? (Debate). *Journal of lymphodema* 2007;2: 6-8.

32. Narahari S R. Role of Indian system of medicine in the management of filarial lymphoedema, *Lymphology* 2004; 37 (suppl): 673-77.
33. Narahari S R. More than one system of medicine, *J European academy of dermatology and venereology*, 2004; suppl 2:17.5
34. Srinivas CR, Pasricha JS, Narahari SR, Kheklar S. LE like erythema and periungual telangiectasia among coffee plantation workers. *Contact Dermatitis* 1990; 22; 296 – 297.

Indian Journals

35. Narahari SR. Integrative medicine for global health program of morbidity management and disability prevention of lymphedema. *Int J Ayurveda Res* 2022;3:80-3.
36. Nair LV, Narahari S, Reethadevi U. Strengthen the Indian dermatology services using dermatology nursing. *Indian J Dermatol Venereol Leprol* 2022;88:706-7
37. 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.
38. 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. *Clinical Epidemiology and Global Health* 2021;12:1-8.
39. Narahari SR, Prasanna KS. Case reports bridge physicians, scientists, and therapeutics. *J Ayurveda Case Rep* 2021;4:3-5.
40. 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
41. Vijaya B, Narahari SR, Shruthi MK, Aggithaya G. A rare case of primary cutaneous diffuse large B-cell lymphoma, leg type in a patient with chronic lymphedema of the leg. *Indian J Pathol Microbiol* 2019;62:470-2
42. Narahari SR, Prasanna KS. Nurture Indian dermatology innovations as man-maximum, machine-minimum research. *Indian J Dermatol Venereol Leprol* 2017;83:684-6.
43. Narahari SR, Aggithaya MG, Moffatt C, Ryan TJ, Keeley V, Vijaya B, et al. Future research priorities for morbidity control of lymphedema. *Indian J Dermatol* 2017;62:33-40.

44. Narahari SR. Integrative Medicine is 'one small step' for allopathy and 'one giant leap' for Ayurveda (Guest Editorial). *Annals of Ayurvedic Medicine* 2016;5:60-64
45. Narahari SR, Manjula K, Bose KS, Aggithaya MG, Swamy GK, Ryan TJ. Harmful traditional healing practices in the treatment of lymphatic filariasis. *Indian J Dermatol Venereol Leprol* 2016;82:565-7.
46. Narahari SR, Ryan TJ and Aggithaya MG. Expanding the scientific horizon of integrative medicine. *Current Science* 2016;111(2):280-282.
47. Narahari SR, Aggithaya MG, Morrow SE and Ryan TJ. Developing an integrative medicine patient care protocol from the existing practice of Ayurveda dermatology. *Current Science* 2016;111(2):302-317.
48. Narahari SR and Aggithaya MG. Integrative medicine atlas of skin diseases. *Current Science* 2016;111(2):318-324.
49. Narahari SR, Ryan TJ and Aggithaya MG. Preface (to special section on Integrative Medicine). *Current Science* 2016;111(2):278-279.
50. Narahari SR, Prasanna KS, Aggithaya MG, Bose, KS, Praseeda TR. Dermatology life quality index does not reflect quality of life status of Indian vitiligo patients. *Indian J Dermatol* 2016;61:99-100.
51. Narahari SR, Prasanna KS, Aggithaya MG, Bose KS, Praseeda TR. Author's Reply. *Indian J Dermatol* 2016; 61:335-6.
52. Aggithaya MG, Narahari SR. Literature searches on Ayurveda: An update. *Ayu* 2015; 36:238-53.
53. Vijaya B, Narahari SR, Deka P, Manjunath GV. Pretibial dystrophic epidermolysis bullosa pruriginosa: A rare case report in a child with low intelligent quotient. *Indian J Paediatr Dermatol* 2016;17:32-4.
54. Narahari SR, Aggithaya MG, Thamban C, Muralidharan K, Kanjarpane AB. How knowledgeable are investigators studying therapies of traditional medicines? *Ayu* 2014;35:243-51.
55. Mithra PP, Pradeepa NP, Bose KS, Prasanna KS, Aggithaya G, Narahari SR. Awareness about Community Diagnosis among Health Care Professionals in South India: A Cross-Sectional Study, *Indian Journal of Public Health Research and Development* 2014; 5: 99-103
56. Narahari SR. Collaboration culture in Medicine (Guest Editorial). *Indian J Dermatol* 2013;58:124-6.

57. Narahari SR, Prasanna KS, Sushma KV. Evidence based integrative dermatology. *Indian J Dermatol* 2013;58:127- 31.
58. Narahari SR and Aniruddha K. Public health systems research: evidence-based integrative medicine provides leadership in chronic care. *Current Science* 2013; 104: 695-696
59. Narahari S. R, Guruprasad Aggithaya M, Suraj K R. Sharing biomedical journals in India. *Current science*, 2009 January 96:8.
60. Muralidharan K., Narahari SR., Analysis of follow up studies on integrated management of lower limb Lymphoedema. *The SPSS Analyst, SPSS South Asia*; 2008: 50-5
61. Narahari SR, Bose KS, Prasanna KS. Self help & low cost, integrated treatment of Lymphatic Filariasis for rural communities (Meeting report). *Current Science* 2007; 92:1665-67.
62. Narahari S R and Prasanna KS. A methodology for clinical evaluation of existing practice, using traditional herbal medicinal formulations. *Current Science*, 1999; 76:467 – 68.
63. Narahari S R and Prasanna KS. A methodology for applied medical research, the national medical journal of India (letter), 1999;12: 88
64. Narahari S R. Unknown presentations of pure neuritic leprosy. *Indian journal of Leprosy*.1997, 67:401-406.
65. Narahari SR. 21 Hydroxylase deficiency presenting with acne, *Indian journal of dermatology venereology & leprosy* 1996; 62:58.
66. Narahari SR. Prevalence of STD in rural areas of Kasaragod Kerala *Medical Journal* 1996; 37:27.
67. Narahari SR. Pigmentary stage of incontinentia pigmenti. Is it a distinct entity? *Indian journal of dermatology, venereology & leprosy* 1996; 62:408.
68. Narahari S R. Griseofulvin - induced acute glomerulonephritis. *Indian J Dermatol Venereol Leprol* 1996;62:335
69. Narahari SR. Terfenadine precipitating exfoliative dermatitis in Psoriasis. *Indian journal of dermatology, venereology & leprology* 1996; 62:408-12.
70. Narahari SR. A Comparative efficacy of triamcinolone acetonide and anthralin in the treatment of Alopecia Areata. *Indian journal of dermatology, venereology & leprosy* 1996; 62:348-50.



71. Narahari SR. Current status of venereal diseases in Kasaragod Kerala Indian journal of community health 1997; 3:32-34.
72. Narahari SR and Prasanna KS. Role of local NGOs in slowing the spread of HIV in Kasaragod (1991-96). Indian journal of dermatology, venereology, leprosy 1999; 65:212-213.

*Chapters in books:*

73. Narahari SR. Ayurveda the expanding frontiers. In: An anthology of essays by experts to mark the 150th Birth anniversary of Vaidyarartnam PS Varier. Kottakkal: Arya Vaidya Sala; 2022. p. 245–51.
74. Narahari SR. Skin diseases in integrative medicine. In: Basisht G(eds),. Souvenir based on Prof MS Baghel Memorial Lecture Series [Internet]. Jamnagar: FHED(india) Trust's Charak Samhita Research, Training and Skill Development Center; 2022. p. 66–79. Available from: <https://www.carakasamhitaonline.com>
75. Ryan TJ, Narahari SR, Aggithaya MG and Swamy GK. Setting up an Integrative Medicine Clinic for Self-Care of Lymphoedema in Indian villages. In Keast DH, editor. Wound and Lymphoedema Management, 2<sup>nd</sup> ed. Frederiksberg, Denmark: World Alliance for Wound and Lymphoedema Care; 2020.p.151-155.
76. Narahari SR, Aggithaya MG, Ryan TJ. Advances in Understanding the Use of Yoga as Therapy in Lymphedema. Telles S, Gupta RK (eds), Handbook of Research on Evidence-Based Perspectives on the Psychophysiology of Yoga and Its Applications. IGI Global book series Advances in Medical Diagnosis, Treatment, and Care, 2020, 263-282.
77. Narahari SR and Prasanna KS. Compression Therapy Using Low-Cost Materials for Managing Different Grades of Lymphoedema in India. In: Compression and Chronic Wound Management Mani R and Shukla V (Eds). 2019 DOI: 10.1007/978-3-030-01195-6\_9
78. Narahari SR, Aggithaya MG and Ryan TJ. Integrative Dermatology: Applying Knowledge of Ayurvedic Skin Care and Experience of the Past 20 years at the Bedside. In Editor: Rastogi S. Translational Ayurveda. Springer [http://dpi.org/10.1007/978-981-13-2062-0\\_9](http://dpi.org/10.1007/978-981-13-2062-0_9)
79. Recognising neglected tropical diseases through changes on the skin: a training guide for front-line health workers. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.
80. Narahari SR, Aggithaya MG, Prasanna KS and Bose KS. Evidence toward Integrated Management of Vitiligo, Combining Ayurveda and Homeopathy with Modern Dermatology. In Gupta S, Parsad D, Olsson MJ, Lim HM, Pandya A, Geel N, editors. Vitiligo: Medical and Surgical Management. Wiley and Wiley 2018: 159-170.

81. Narahari S, Aggithaya MG and Ryan T. Yoga as a Therapy for Lymphedema In Research-Based Applied Psychophysiology Eds Telles S and Singh N page 241-262 DOI: 10.4018/978-1-5225-2788-6.ch014. LCCN 2017010726| ISBN 9781522527886 (hardcover) | ISBN 9781522527893 (ebook) IGI Global 2017
82. Lymphoedema worldwide. In Editors: Mortimer P & Levine G. Let's Talk Lymphoedema. Elliot and Thomson Ltd. London 2017
83. Edited a special section on Integrative Medicine in 'Current Science' Vol 111, No. 2 July 25<sup>th</sup> issue 2016 (page 278-355), a publication of Indian National Science Association published from Indian Institute of Science, Bangalore
84. Narahari SR and Prasanna KS. Lymphatic Disorders, in Atlas of Dermatology by Indian Association of Dermatologists, Venereologists and Leprologists 2016
85. Ryan, T, Narahari, SR, Vijaya, B and Guruprasad Aggithaya Dermatologic implications of secondary lymphoedema of the lower leg In Lymphoedema Complete Medical and Surgical Management Eds Neligan, P, Masia, J and Piller, N CRC Press, USA. 2015 Chapter 14 pages 195-213
86. Narahari SR, Daulatabad D, Prasanna KS. Parasitic and Protozoal Diseases; Human Helminthic Infections (Nematodes, Cestodes, and Trematodes). In A Comprehensive Approach to Dermatologic Infectious Diseases. Eds. Singhal A, Grover C, Jaypee Brothers Medical Publishers India. 2015: 311-352.
87. Member of the technical review committee of 'Perspectives of Indian Medicinal Plants in the management of Lymphatic Filariasis. Shenoy RK (edit) 2012. Indian Council for Medical Research, New Delhi ISBN: 978-81-910091-1-8

#### In Press

88. Treating the patient, not disease: holistic dermatology can benefit. In Critical thinking in dermatology: cognitive essays (Springer), Editor Somesh Gupta, AIIMS, New Delhi
89. Integrative Lymphedema Treatment – combining Ayurveda, Yoga and Compression Therapy. Pathways, Canada

#### **Papers under peer-review**

90. How to make dietary recommendations for dermatology patients? An Integrative Diet Therapy
91. Atopic March in India: Subgroup analysis of a cross-sectional survey of school children of the age group 10-15
92. NTD paper for the special section of the British Journal of Dermatology
93. Low resource position document for International Lymphoedema Framework, London

94. Results of an integrated model of care in India

95. Compression therapy in India

Professional Service:

1. ka Nurlaila, Sukchan Lee, Hee Kang, Kangsan Rho, Chang-Hwan Yeom (2022). Acquired Lymphedema: Molecular Contributors and Future Directions for Developing Intervention Strategies . Front. Pharmacol. 13:873650. doi: 10.3389/fphar.2022.873650
2. Several other journals indexed in PubMed and Web of Science

International Proceedings:

- Abstracts of 9<sup>th</sup> international congress of dermatology, 2004, Beijing, China
- Clinical methodology for validation of medicinal properties of rice, Proceedings of the national seminar on Science society interface, medicinal properties of rice, Kerala agricultural university, M S Swaminathan Foundation, Medicinal plants board of India, the International fund for agricultural development, Pattambi August 2004
- A methodology for randomised clinical trials in procedure-based therapies of traditional medicine, a compendium of invited lectures of the World Ayurveda Congress, 2002 Ministry of Health, Govt of India, New Delhi pp 97-104
- A few conferences souvenirs books

Papers in CME publications

- Narahari SR and Prasanna KS. Lymphatic Filariasis, Health Action, Lepa Society, India June 2013 in the special issue on ‘Tackling Neglected Tropical Diseases’

**Dermatology Nursing:**

Dr SR Narahari is currently the coordinator of the Dermatology Nursing task force of the Indian Association of Dermatologists Venereologists and Leprologists. In 2009 Dr Narahari (as the director of the Institute of Applied Dermatology, Kasaragod, Kerala) and Prof Laxmi V Nair, Head of the department of dermatology, KMCT, Medical College, Kozhikode, Kerala, organised a colloquium collaborating with the International Skincare Nursing Group and Bournemouth University, the UK, supported by the Indian Nursing Council (INC) and Indian Council for Medical Research. Dermatologists, nursing schools, and their teaching faculty contributed to developing the Indian dermatology nursing syllabus. The syllabus differed from European nursing practice. After peer review by national and international nursing leaders,

IAD later published the syllabus framework online (<https://iad.org.in/research/dermatology-nursing-syllabus/>) for suggestions and remodelling or adoption

### **Independent Institutional Ethics Committee:**

Our ethical review board started in 2000 AD, with Dr Pradeep Kumar (ayurvedic physician) as the member secretary. Later he became the founder trustee of the Forum for Ethics Review Committees in India (FERCI <http://www.ferci.org/about.html> ), the first ayurvedic physician to start educating on ethics in medical research. Dr Nandini K Kumar, vice president of FERCI and the torchbearer of ethical safeguards for India's medical research involving human subjects, continues to guide from its inception.

### **Community dermatology projects completed:**

1. Lymphatic Filariasis treatment in the field trials in the villages of Gulbarga in Karnataka and Kasaragod, Calicut and Alappuzha districts in Kerala from 2010 to 2012
2. HIV/AIDS awareness programme in the community of Kasaragod under the targeted intervention programme of the Government of Kerala/NACO from 1998 to 2015. He guided health education, counselling and medical camps through peer educators and volunteers within the framework of guidelines issued by the Kerala State AIDS Control Society
3. As a postgraduate resident under late Prof J N Shetty, Kasturba Medical College, Mangalore led paramedical workers to conduct a door to door to survey for detecting leprosy in tribal areas of Sampaje region, Kodagu district of Karnataka. District leprosy units of Dakshina Kannada and Kodagu districts supported this survey, which lasted for six days in 1988.

### **Awards:**

1. 2020: Prof BV Satyanarayana Oration of Andra Pradesh state Cutaneous Conference (IADVL-Cuticon)
2. 2018: Felicitation by former Chief Justice of India Justice Vekatachalliah at Smt. M.K. Jayamma & Sri BSR Sastry Trust, JP Nagar, Bangalore on the October 21st 2018
3. 2014: He got nominated for the BMJ India award, under the category 'Primary Health Care under challenging circumstances' (New Delhi)

4. 2011: Neutrogena oration award of Indian Association of Dermatologists, venereologists and Leprologists received in Gurgaon
5. 2009: Lymphoedema excellence award of International lymphoedema framework, London
6. 2005: President's award of International Society of Lymphology, USA, received in Brazil

### **Collaborations:**

At the moment, IAD is collaborating with the following institutions and universities to enhance the evidence, application and impact of integrated medicine in dermatology.

1. International Lymphoedema Framework, London
2. <https://www.cluzters.ai/> (part of reliance group) for studies related to developing Artificial Intelligence for image diagnosis of lymphoedema
3. Directorate of Health Services, Government of Kerala
4. Several experts from the UK, Europe, the USA, and Australia at the individual level who participate in IAD's research as pro-bono

### The past collaborations:

5. Centre for Cloud Computing and Big Data, PES University, Bangalore
6. The Pharmaceutical Corporation (IM) Kerala Ltd, a public sector undertaking of the Government of Kerala
7. The Central University of Kerala
8. JSS University, Mysore

### **Academic society acknowledgements:**

1. Expert member of the WHO Conclave on Traditional Medicine in South-East Asia Region (8-9 December 2022)
2. Member of the technical advisory committee on National AYUSH Mission, Ministry of AYUSH, New Delhi (current)

3. A member of a special interest group (SIG) Neglected Tropical Diseases (NTD) of the Indian Association of Dermatologists Venereologists & Leprosy (2019-20)
4. In 2018 he contributed to a WHO publication on neglected diseases<sup>1</sup>
5. In 2010, a WHO publication discussing integrative medicine named IAD as a leading lymphology clinic in the world<sup>2</sup>
6. He is a member of the international Cochrane skin group for evidence-based dermatology, Nottingham, UK.
7. Three international journals wrote editorials on IAD's integrated treatment:
  - a. Lymphology -the official journal of the International Society of Lymphology, USA<sup>3</sup>
  - b. Journal of lymphoedema, London, UK<sup>4</sup>
  - c. Indian dermatology online journal, a publication of the Indian Association of Dermatologists, Venereologists and Leprologists<sup>5</sup>
8. He was nominated as the expert group member on morbidity management, and disability prevention of Lymphatic Filariasis constituted by Indian Council for Medical Research, New Delhi. *The group is currently not active*
9. The scientific committee of the 23<sup>rd</sup> World Congress of Dermatology, chaired by Prof Jean Bologna, held in Vancouver, Canada, from June 8-14, 2015, nominated Dr Narahari as the Chair of the session "WS48 Morbidity control of lymphedema: advances and outcomes". World Congress of Dermatology is organised by the International League of Dermatological Societies (ILDS) once every four years. ILDS is the parent organisation for all national dermatology associations the world over. World Congress discussed for the first occasion lymphoedema and Lymphatic Filariasis, a neglected disease of the poor, hitherto not given much importance in major international academic meetings; since its first meeting in 1889.

### **National Colloquiums on evidence-based integrative medicine & Lymphatic Filariasis:**

He has organised ten national colloquia on the subject focussed on lymphoedema. It is the only platform in India that brings together doctors, scientists, therapists, patients, bureaucrats and policymakers. These colloquiums have no registration fees, and food is provided free.

---

<sup>1</sup> Vide reference no 71 above

<sup>2</sup> Macdonald JM, Ryan TJ. Lymphoedema and the chronic wound: The role of compression and other interventions. In: Macdonald JM, Geyer MJ, editors. Wound and Lymphoedema Management. Switzerland, Geneva: World Health Organization; 2010. p. 63-83.

<sup>3</sup> Witte MH, Bernas M. Silver bullets and shotguns in lymphoedema therapy. *Lymphology* 2007;40:1-2.

<sup>4</sup> Moffatt C. Think global and act local to treat lymphatic disease. *J Lymphoedema* 2007; 2: 6.

<sup>5</sup> Ryan T. Skin on the move but cold adapted: Fundamental misconceptions in laboratory and clinic Indian Online Dermatology Journal 2010; 1:3-7

**Areas of interest:**

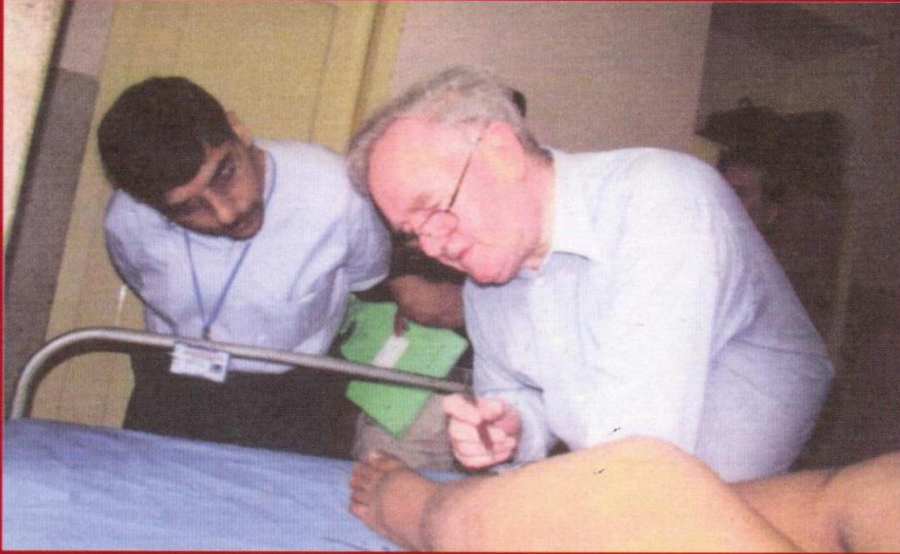
1. The focus of his studies is Lymphatic Filariasis, a neglected disease of the Indian poor and its morbidity management and disability prevention (MMDP). He is working toward developing a nurse-led and AYUSH doctor-led MMDP.
2. His interest is in integrative medicine, which combines different Indian medicine systems (AYUSH) therapeutics with biomedicine.
3. ‘Whole drug development’, ‘enhancing the clinical potential of ayurvedic drugs’, ‘data analytics & AI for lymphoedema.
4. He dreams of scaling the institute to make a greater impact of its value-based, physician-patients-scientist led flagship model developed by the international team of pro-bono experts and volunteers in the Indian society.

**Dr Narahari’s Mentor:**

Terence J Ryan Emeritus Professor of Dermatology and Honorary Consultant Dermatologist, Department of Dermatology, Churchill Hospital Headington, Oxford, Green Templeton College, Oxford University, the UK.

Details of his mentorship are available in his autobiography entitled, “Medicine and Body image: Resource planning for the Poor” Bywords Design, London ISBN: 978-1-909075-56-6

# Medicine and Body Image



Resource Planning for the Poor

*A Memoir by Terence Ryan*

In the above picture of the cover page of the autobiography, Prof Terence Ryan is giving a bedside teaching to Dr S R Narahari on Lymphoedema and Lymphatic Filariasis

**Conferences attended with invited lectures:** Available on request

**Lay press presence:**

1. Kerala's popular Malayalam daily *Mathrubhumi* wrote an editorial on his work dated August 6th 2005
2. '*The week*' recognised the work under "Indian Genius-Medicine" in its anniversary special issue on December 28th 2008.



3. *Doordarshan* (Government-owned television) stations of Kerala, Karnataka and Madhya Pradesh telecast special programs on integrative treatments of IAD.

**Personal:** Dr KS Prasanna, dermatologist (wife; Dr Prasanna and Dr Narahari are among the first few dermatology couples of IADVL ); Children: Dr Sourabha, MD (internal medicine and a fellow in non-invasive cardiology) & Dr Anisha Bindagi MD (dermatology) and Fellow in Paediatric Dermatology and Dr Kousthubha (pursuing internship)