

## **Approaches to managing genital oedema: the Indian perspective**

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All testicular swellings and scrotal oedema due to Lymphatic Filariasis (LF) are not hydroceles. The amount of tissue fluid in the genital tissues varies with posture and time of day.

We managed eight genital lymphoedema cases, three females and five males. The treatment included self-care, i.e., ayurvedic oil massages, compression therapy and a particular sequence of yoga exercises.

Five yoga exercises are done that may facilitate inguinal lymph node drainage and abdominal drainage. This yoga also increases abdominal pressure. Shashanka asana (shashanka= deer), Manduka asana (manduka= frog), Koorma asana (koorma= tortoise), Ardhamatsyendra asana (Ardha = half, matsyendra = king of fishes) are given to attain abdominal drainage. However, patients were not satisfied with the treatment and opted for reconstructive surgery. All patients were satisfied after the surgery. One patient conceived after the reconstructive surgery, and the genital lymphoedema did not worsen during the lactation period.