

## Integrating idiopathic and allopathic approaches in lymphoedema management

**Narahari SR\*, Aggithaya MG\*, Moffatt C\*\* and Ryan TJ^**

\*Institute of Applied Dermatology, Kasaragod, Kerala, India

\*\*Emeritus professor Nottingham University & Professor, University of Nottingham NHS trust, Institute of Care Excellence, UK

^Emeritus professor, Green Templeton College, Oxford, UK

### **Introduction:**

Lymphatic Filariasis (LF) is the major cause of secondary lymphoedema worldwide. The integrative medicine treatment includes components of traditional Indian medicine called ayurveda, and yoga exercises, alongside allopathic drugs and compression therapy.

The lecture analyses the outcomes in 1570 patients treated during 2010-2019.

### **Methods**

The treatment components were water wash, soaking in a herbal solution, yoga and Indian manual lymph drainage using a herbal oil, compression therapy using long stretch bandages, bacterial entry point care using modern dermatology drugs, and a detailed counselling session lasting 30 minutes.

### **Results:**

1146 (73%) patients attended the follow-ups. The mean percentage volume reduction at discharge was 17.39% to 30.54%. Statistically significant results were observed in volumes, quality of life, bacterial entry lesions and cellulitis episodes during the follow-ups.

### **Discussion:**

Dramatic outcomes showed in the clinic, and community-based studies are indicators for sure success and reflected in the statistical analysis.