

ABOUT



DR. N.

RADHAKRISHNAN

**MRCP(London), M.S., FAIS, FRCS(Glasgow), FRCS(London),
FACS (USA&Canada), FRSM(London), FICS(Phlebolympology)**

Medical Director

St. Thomas Institute of Research on Venous Diseases

in collaboration with

**Rajiv Gandhi Centre for Biotechnology,
Govt. of India & Mahatma Gandhi University, Govt. of Kerala**

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BIOGRAPHY

To begin with the biography of Dr. N. Radhakrishnan, it would be interesting to hear his own words about his early days.

I was born in 1945 in a very small village in Kerala, in a family of traditional Ayurvedic Physicians. My father was a Training School teacher. Among the five children of my parents, I was the middle and the only son. It was a dream of the whole family that I should become a Doctor of Modern Medicine. But in my early school days my desire was to become an Engineer, but my father wished I should take a post graduate degree in English and become a professor in English or take up an administrative Govt. service.

Transformation from Engineer to a Doctor

After successful completion of my Pre-university examination as per the desire of my father, the applications were prepared for Medicine & Engineering and entrusted the same for posting in the post office. I never liked Medicine and hence I destroyed the application for Medicine and posted only the application for Engineering. No wonder, when the results came, I got selection for Engineering. I felt very happy and joined for Engineering. Surprisingly, my father came to know that my close friend who secured lower mark got selected for Medicine and joined Medical College. This incident prompted my father to enquire about the problem and finally that resulted in the first Private Medical College, Alappuzha, Kerala and I got admitted there. While the Govt. sanctioned the Medical College there was a clause incorporated in the order that in case the management fails to provide adequate

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to the level of the
Medical Director.

facilities for clinical studies the students will be absorbed into Govt. Medical Colleges and Govt. will take over the college. The management could not satisfy the conditions and thus I got admitted in Trivandrum Medical College.

Man proposes and God disposes

During my MBBS course I was interested only medicine and wished to go for post-graduation and join Medical College as a teacher. But I scored the highest mark in General Surgery and got selected for MS in Trivandrum Medical College. I had a desire to go for M Ch. (Plastic) but due to financial difficulties I dropped the idea. Though it was imperative to join Govt. Service after completion of the course due to compulsion of my family I started a small hospital of my own. Circumstances made me leave it and join major private hospital. Out of my 55 years of medical service I served for 43 years in the present hospital, St. Thomas Hospital, Chethipuzha, Changanassery, Kerala from a Junior Surgeon to the level of the Medical Director. When I joined the hospital in 1980 it was a 20 bedded hospital with five doctors. Now it is a fully fledged multispecialty, NABH accredited 500 bedded hospital. Till 2008 I was the head of the Department of Surgery.

During my surgical practice I have no fascination for Piles and Varicose Vein, I really disliked them. Unknowingly I was slowly transformed into a full time Phlebo-lymphologist, leaving aside my favourite General Surgery. It is a long story and hence I am skipping it. From 1995 onwards I was compelled by patients to treat Varicose Vein in a different method using sclerosant. After my training in GI Endoscopy, I had to do several Endoscopic Ablation procedures for Esophageal Varices using Sclerosant.

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One day one priest, who was referred by me for treatment of venous ulcer, to one of my friends, who was a pioneer in treating Venous Disease in a Medical College called me and said that his doctor could not do any further treatment as his physical condition did not permit to proceed for any surgical procedures. Hence, he would come to me for treatment. I said he should not leave him as he was the best doctor for this treatment. The priest said, so long as that doctor could not do anything for him, he would come to me for treatment. I told him that I would not be able to do anything better than him and got admitted in our hospital, as the institution where I worked belong to their Church. He was crying for treatment by me and asked me whether he should die miserably of severe pain. This incident touched my heart and made me think of some remedy for giving him some relief. Finally, an idea came to my mind, if I could give relief to patients with Esophageal Varices and Piles why not I would try Sclerotherapy for him. I was afraid to administer for the first time for him as there was no sufficient literature available at that time. There were no large veins on his leg. Anyhow, praying to God that no causality should occur, I did sclerotherapy on him on the very tiny veins. Surprisingly the wound healed in 45 days. This was an inspiration for me. The priest who was working in a parish near the Medical College used to send me patients for Varicose Vein treatment. Over a period of a time the number of patients increased requesting for the same type of treatment I did for the priest. Subsequently, the number of patients increased year after year and now I have done about 50,000 patients as on date.

Most of the patients I treated had discoloration and ulcers around the ankle joint and never above the knee. Those patients with too many large dilated veins alone never developed any discoloration or ulcer, but those with no visible varicose veins,

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even at earlier age of twenties never had very severe nonhealing ulcers. This finding made me think of the real reason. This remains as the main landmark, which prompted me to explore into the depths of the problem and bring out a newer outlook about the management of the disease. What we thought or perceived were all found wrong.

Dr. Radhakrishnan is a living legend in Phlebology, a new sub-specialty of Surgery, exploring Chronic Venous Diseases (CVD). After his post-graduation in Surgery from Medical College, Trivandrum, Kerala, India he has been rendering service in the medical field for over 55 years. He is currently the Medical Director of St. Thomas Institute of Research on Venous Disease and founder patron of Dr. N. Radhakrishnan Foundation for Research on Venous Diseases, at St. Thomas Hospital, Changanassery, Kerala, where he serves as Medical Administrator. Pioneer Researcher Surgeon Dr. Radhakrishnan is truly the patriarch of CVD Surgery. His unwavering and persistent research into Venous Diseases, its causes and management have brought inexpressible solace and hope to thousands of patients, not only from his home state, but from all over India and abroad. Till date, he has successfully carried out more than 50,000 procedures on patients with Venous Disease, which is truly remarkable and awesome. He is the founder Fellow of the Association of the Indian Surgeons (FAIS), In recognition of his pioneering work on CVD, in 2015, the International College of Surgeons conferred him FICS, in a new sub speciality in Surgery, Phlebology, which is a unique honour that has no precedent. In recognition of his contribution to medical science recently he

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• was conferred several International Fellowships, namely
• FRCS(London), FRCS(Glasg), FRSM(London), FACS(USA-Canada),
• MRCP(London). No wonder he holds this astounding world record
• when it comes to Venous Diseases and its minimally invasive surgical
• procedures. The expertise and skill in surgical procedures of Dr.
• Radhakrishnan is crystallized in his first book A Treatise on Venous
• Diseases by Jaypee Brothers Medical Publishers. The second book
• Genesis, Pathophysiology, and Management of Venous Diseases is
• an international reference book in the new sub-speciality,
• Phelebholympology has been published on 4th Jan. 2022 by
• Elsevier Inc. USA, UK and in 248 countries. The book carries
• foreword by the most revered Dr. M S Valiathan, the National
• Research Professor, Govt of India, who is his mentor and guide.
• He was instrumental in discovering the GENES responsible for
• Varicose Veins. The related original articles have been published in
• leading International Journals namely International Journal of
• Angiology (2018), PLOS ONE, NATURE Lab Investigations and
• Cells. He has been Internationally recognized as a leading scholar
• surgeon in CVD. He is Founder Fellow of the Association of Indian
• Surgeons, Member of American Venous Forum, American College
• of Phlebology and Venous Association of India(VAI). In collaboration
• with the Rajiv Gandhi Centre for Bio-Technology (RGCB), he has
• been on a relentless search for the identification and discovery of
• the Genes causing CVD. He took an unprecedented U-turn in the
• treatment of Venous Diseases. From the traditional techniques of
• targeting the larger veins, he focused on the smallest microscopic
• veins and flawlessly proved that the microscopic venous wall &
• valves are critical in the pathogenesis of Chronic Venous Diseases.
• In addition, presently doing research on Bio-Nano Technology for
• Management of Chronic Nonhealing Ulcers in collaboration with
• MG University, Kerala. In spite of his busy professional life, he is a

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- humane person. His beatific smile brings such relief to his suffering
- patients. He treats but God heals. He is a surgeon blessed with
- divine healing touch.

Philanthropism is evident in his concern for the underprivileged and disabled in society. He has a great vision and mission. His Research Foundation offers scholarships for post-doctoral fellows, interested in advanced scientific research on Venous Diseases at RGCB and MG University Kerala, even in his absence.

Dr Radhakrishnan has published a detailed book on all aspects of COVID-19 in Malayalam, കൊറോണ എന്ന വ്യാളി-രോഗലോകം. It is a free publication of Dr. Radhakrishnan Foundation for the service of the fellowmen. He is patron of SUKRUTHAM - SEVABHARATI, a rehabilitation centre for the mentally challenged. He finds time to spend with children of Rehabilitation Centres for Street Children and the physically handicapped. His yeoman service to Rotary International has been well appreciated. He is a Multiple Paul Harris Fellow (MPHF). Hailing from the little village of Cheppad, Alappuzha, Kerala, he is blessed with a loving wife Smt. Jayasree. They have a son, Dr Jayakrishnan, a consultant surgeon in South Africa and a daughter Priya, married and settled in Switzerland. Dr. Radhakrishnan, as the poet says, has many more promises to keep and miles to go before he sleeps.

Academic Presentations:-

- I. Bacterial Resistance to Antibiotics” in Thailand (2007).
- II. Challenging Surgical Techniques in Appendicectomy” in Mauritius. (2008)
- III. Newer Trends in the Management of Varicose Veins of the Lower Limbs” in Istanbul, Turkey (2009)
- IV. Newer Outlooks & Trends in the Etiopathogenesis & Management of Varicose Veins of the Lower Limbs” to Vascular Surgeons at Durban, South Africa on invitation by Prof. John V. Robbs. (24th June 2011)
- V. Newer Outlooks & Trends in the Etiopathogenesis & Management of Varicose Veins of the Lower Limbs” for CPD Accredited Meeting at Nelson Mandela Academic Hospital, Walter Sisulu University, Mthatha, South Africa. (7th July 2011)
- VI. Poster Presentation on Molecular Pathogenesis of Varicose Veins at RGCB in March, 2012. (S. Sumi & Prof. C. C. Kartha of RGCB and N. Radhakrishnan) won the best presentation award.
- VII. Fondaparinux & the Surgeon” for the surgeons & allied surgical super specialists 4th surgical clinical meeting at Hotel Jewel of Chembur, Mumbai, India. (20th February 2013).
- VIII. Guest Faculty for the joint annual meeting of the ISHR and IACS held from Feb. 17-18, 2023 along with pre-conference workshop on 16th February 2023 in PGIMER, Chandigarh, India. I was nominated for Prof. Suresh K Gupta Oration on "A Novel Perspective on Management of Venous Disease of Lower Limb" by IACS council.

Special Surgical Experience:-

Done about 40,000 minimally invasive procedures for Varicose Veins (Modified Microfoam Sclerotherapy) which is a world record. Brought out "Newer Outlooks & Trends in the Etiopathogenesis & Management of Varicose Veins of the Lower Limbs"

Awards: -

International

1. LIFETIME ACHIEVEMENT AWARD”. The award was presented by the former President of India, Her Excellency Smt. Pratibha Devisingh Patil on 19th Jan. 2014 at Pune, India.
2. GLOBAL INDIAN OF THE YEAR AWARD – 2014” The award was presented by the former President of India, Her Excellency Smt. Pratibha Devisingh Patil on 19th Jan. 2014 at Pune, India.
3. International Gold Star Millennium Award” The award was presented by the former Dy. Prime Minister of Thailand, Mr. Korn Dabbaransi on 27th Jan. 2013 at Bangkok, Thailand.
4. Award of Excellence 2012, presented by ALL MOSCOW MALAYALEE ASSOCIATION, Award presented by H.E. Mr. Ajai Malhotra, Ambassador of India to the Russian Federation on 09th September 2012 at Moscow, Russia.

National

1. BEST MALAYALI – 2019” by Kerala Kaumudi on 13th December 2019 at Kottayam, Kerala
2. Mother Teresa Award – 2019” by Mother Teresa Foundation on Oct. 2019
3. Govt. of Kerala nominated for "Padma Awards for 2019"

4. Best Doctor Award 2017" by Kairali-People TV on 11th Oct. 2017 at Kalpetta, Wayand, Kerala.
5. BHARAT JYOTI AWARD" on 24th March 2013 at New Delhi.
6. Pride of India Award" on 24th March 2013 at New Delhi.
7. Gold Medal for Excellence" on 18th Nov. 2012 at New Delhi.
8. Indira Gandhi Sadbhavna Award" on 18th November 2012 at New Delhi.
9. Rajiv Gandhi Shiromani Award" on 19th August 2012 at New Delhi.2
10. Medical Innovation Award 2023" presented by Mahatma Gandhi University, Kerala on the occasion of the Global Academic Carnival on 17th January 2023 at Kottayam.

REGIONAL

1. LIFE TIME ACHIEVEMENT AWARD - 2015" on 18th JAN. 2015 at Changanassery, Kerala.
2. VOCATIONAL SERVICE AWARD - 2014" on NOV. 2014 at Changanassery, Kerala.
3. NAVARATRI PURASKARAM - 2014" on 03rd OCT. 2014 at Kottayam, Kerala.
4. Professional Excellence Award 2012-13" on 30th JAN. 2013 at Changanassery, Kerala.
5. Achievement Award – 2012" on 06th JAN. 2013 at Thiruvananthapuram, Kerala.
6. Award of Excellence on 11th August, 2012.
7. Award of Excellence from Archeparchy of Changanassery on 19th May, 2012.

PUBLICATIONS: -

1. Genesis, Pathophysiology, & Management of Venous Diseases" is an international reference book for Cardiologists, phlebologists, cardiovascular and vascular researchers, surgeons, Postgraduates and Biomedical scientists. Hospital industry, Paramedical sector, Sonologist, Pathology, Pharmacology, Biotechnology and genomics studies in the new sub-specialty, Phelebholympology has been published on 4th Jan. 2022 by Elsevier Inc. USA, UK and in 248 countries.
2. Research article: "Shear Stress Alterations Activate BMP4/pSMAD5 Signaling and Induce Endothelial Mesenchymal Transition in Varicose Veins", Cells, 2021.10(12), 3563; published online 17/12/2021. The article is available online on: <https://doi.org/10.3390/cells10123563>
3. A Malayalam book for Covid awareness "Covid-19, Corona enna vyali-Oravalokanam" has been published in July 2021 by Dr. N. Radhakrishnan Foundation for Research on Venous Diseases & Cornet Books, Kottayam, Kerala.
4. Original article: "Hemodynamics mediated epigenetic regulators in the pathogenesis of vascular diseases", Molecular and Cellular Biochemistry an International Journal for Chemical Biology in Health and Disease, published online: 25 August 2020. The article is available online on: <https://doi.org/10.1007/s11010-020-03890-9>
5. A book in Malayalam about our Prime Minister Hon'ble Shri. Narendra Modi "MODI, NAVABHARATHATHINTTE SOORYA TEJUS" (Modi, The Sunny Splendor of Resurgent India) has been published in Dec. 2018 by Punyadarsanam Books, Kottayam, Kerala.
6. Original article: "Vein Size and Disease Severity in Chronic Venous Diseases", International Journal of Angiology, 2018;27:185-189 Int J Angiol DOI: 10.1055/s-0038-

1639355, published online 06 April 2018 (eFirst). The article is available online on: <https://www.thiemeconnect.com/products/ejournals/abstract/10.1055/s-0038-1639355>

7. Original Research Article : Arterialization and anomalous vein wall remodeling in varicose veins is associated with upregulated FoxC2-Dll4 pathway, Laboratory Investigation (2016) 96, 399–408; doi:10.1038/labinvest.2015.167; published online 25 January 2016. The article is available online on: <https://www.nature.com/articles/labinvest2015167/>
8. Original Article in PLOS ONE publication: "Forkhead box C2 Promoter Variant c.-512C>T Is Associated with Increased Susceptibility to Chronic Venous Diseases". The article is available online on: <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0090682>
9. Original article: "Microfoam Sclerotherapy for Varicose Veins: a Retrospective Analysis of a Modified Technique" published by Indian Journal of Surgery (2013). The article is available online on Springer Link: <https://www.ncbi.nlm.nih.gov/pubmed/270114633>
10. Elimination of Smallest Tributaries Of The Smallest Veins Of The Lowermost Part Of Leg Pivotal In The Successful Management Of Chronic Venous Disease" at the 26th Annual Meeting of the American Venous Forum, held in New Orleans, Louisiana, U.S.A. (February 19-22, 2014)
11. A reference book "A Treatise on Venous Diseases" : foreword written by Padma Vibhushan Dr. M.S. Valiathan, National Research Professor, Govt. of India. Published in April 2014 by JAYPEE BROTHERS MEDICAL PUBLISHERS (P) LTD (New Delhi • London • Philadelphia • Panama) as a reference book. It is also available as e-Book.
12. Prof. N. Ganguly award for young scientists in cardiovascular clinical research for the work entitled "Regulatory polymorphisms in FoxC2 gene in patients with varicose veins" at International Conference on Cardiovascular Research Convergence, All India Institute of Medical Science, New Delhi, 17th and 18th February 2012. (S. Sumi & Prof. C. C. Kartha of RGCB and N. Radhakrishnan) Social commitment: - Philanthropic Activities
 - Chief Patron, SUKRITHAM – SEVABHARATHI, Changanassery, Kottayam, Kerala for rehabilitation of mentally challenged.
 - MPHF of Rotary International
 - Services for the Rehabilitation of Street Children at Sneha Nivas in Changanassery (Home Town), Kerala. Appreciated by Rotary South East, London (Published in Rotary South East Magazine).
 - Indoor Play Station for Physically Challenged Girls at Mercy Home, Changanassery (Home Town), Kerala. (2006)
 - Emergency Relief Activities for Tsunami affected population over the western coast of Kerala (Arattupuzha, Kollam, in December 2004) as President of Rotary Club.
 - Diabetes Awareness classes for the public organized by Mary Rani Public School & Junior College, Changanassery, Sree Narayana Club, Changanassery and St. Thomas Hospital, Changanassery, Kerala. Dist Chairman for Diabetes Awareness Programme, Rotary Dist 3211, continuously since the last 5 years.
 - Varicose Vein Awareness Class for the patients and public on all Tuesdays & Fridays at St. Thomas Institute of Research on Venous Disease, Changanassery, Kerala.
 - In 2017 & 2018, the Central Board of Direct Taxes, Ministry of Finance, Govt. of

India endorsed him in the GOLD category of Income Tax payers of the country.

- The Central Vigilance Commission acknowledged his commitment for upholding highest standards of honesty & integrity by adopting the Integrity Pledge.
- Actively participated in the Flood Disaster Management, Kerala – 2018 to offer immediate medical assistance to the sick & suffering in Kuttanadu area and transportation to hospitals for emergency care contributed liberally to the Flood Disaster fund of Govt. of Kerala.

VISION & MISSION

Foundation for research on Venous Diseases

- Dr. N. RADHAKRISHNAN FOUNDATION FOR RESEARCH ON VENOUS DISEASES” foundation (15th June 2012) to offer scholarships for post-doctoral fellows in the Union of India to offer scholarships for post-doctoral fellow(s) interested in advanced scientific research on Venous Diseases at RGCB Thiruvananthapuram for prevention of venous disease in future generation by genetic corrections.