

## **Prof. Thomas Mathew**

Prof. Thomas Mathew MD, DM, is currently working as a Professor of Neurology, at St John's Medical College Hospital, Bengaluru. He did his MBBS, from Kottayam Medical College, Kerala, MD in Medicine from JIPMER, Pondicherry, and DM from NIMHANS, Bangalore. Throughout his academic career, he was a first rank student and a Gold medalist. He joined St John's Medical College in 2004, climbed up the ladder, and served as Professor and Head from September 2014 to Aug 2022. He is a DM, DNB and PhD examiner to various universities. He is a member of the ICMR national task force committees for MS and Stroke. He described Eucalyptus oil inhalation seizures (in 2017), Essential oil-related seizures (in 2018), and Essential oil-related Cluster headaches (in 2022). He is currently working on essential oil-related brain disorders and their implications in various neuropsychiatric disorders like functional vertigo, anxiety, and psychosis. He was the first to start Rituximab for Multiple Sclerosis in the country (2015). He has to his credit about 125 publications including articles in various national and international journals including NEJM. He has written various chapters in reputed books including the IAN textbook of Neurology, across various neurological topics. He has given talks at regional, national and international meetings which include the National Institute of Health (NIH), Bethesda, US (2019), and Imperial College London (2019). He is an active member of IAN since 2001 and also participated in organizing IANCON, Bangalore in 2004, along with Professor P. Satishchandra. He is also a member of various IAN subsections of headache, epilepsy, stroke, neurorehabilitation, and neuroimmunology. Indian Academy of Neurology selected him to represent India, in the International Headache Master School held in Sydney, Australia in 2019. He is a Cochrane member and a reviewer for McMaster University. He has written a book called "ABCDE of weight loss", for helping people struggling with obesity. He is also the founder of "Forum of Neurologists against Multiple Sclerosis". He is also founder director of Nerve Care Innovations Pvt Ltd, a company dedicated to innovations in Medicine and Neurology. He was invited to become, Director at the Indian Institute of Science, Centre for Brain Research, which he denied to pursue his interests in clinical neurology and essential oil-related brain disorders. He was awarded Fellow of Indian Academy of Neurology on 3rd November 2022, for his contributions to Indian Neurosciences.