

The Great Neurosurgeon and Spinal Surgery

Padmashree Dr. A Marthanda Pillai: A Neurosurgeon Par Excellence

Padmashree (Dr.) Ananthanarayanan Marthanda Pillai is the current Chairman and Managing Director of Ananthapuri Hospitals and Research Institute, a 300-bedded superspecialty hospital in Thiruvananthapuram, the capital city of Kerala. He was awarded the Padmashree award for his excellence in the field of neurosurgery and social work by IMA, in the year 2011.

Dr. Pillai graduated from Thiruvananthapuram Medical College in 1969. Later he joined the Kerala Medical Education service as a tutor in neurosurgery in 1973. Soon he was selected for MS neurosurgery in CMC Vellore and obtained his superspecialty degree in 1978. He obtained his membership in MNAMS (neurosurgery) in 1979. He went to the UK for microneurosurgery and neuroradiology training from 1980 to 1983, where he became the fellow of the Royal College of Surgeons (FRCS). Later he joined the prestigious Medical College, Thiruvananthapuram. I still remember his meticulous techniques in neurosurgical procedures in preoperative preparation, intraoperative handling



Ananthanarayanan Marthanda Pillai

of instruments, and respect for tissue as well as postoperative care of the neurosurgical patients, which significantly reduced the infection rates. He was instrumental in those days for starting a three-dose regimen of antibiotics, one preoperative and two postoperative doses only till the patient was discharged. Postoperative infection was unheard of in those days in the absence of these high-level antibiotics available today. It was during his tenure as the head of the Department of Neurosurgery from 1996 to 2002 that the department developed rapidly, with state-of-the-art equipment like Leica operating microscope, Midas Rex high-speed pneumatic drills, Schmidt Neurosurgical OT table, multiparameter monitors, dedicated neurosurgical bipoles, etc. added to the existing armamentarium. It was during this period that the six-bedded ICU was converted to a 22-bedded ICU with modern facilities in patient care.

After serving for 28 years in the Government Medical College Hospital in Kerala, he established the Ananthapuri Hospitals and Research Institute. He is the Chairman and Managing Director and the senior consultant neurosurgeon with his wife, Dr. Swarnam, chief consultant gynecologist; his daughter, Dr. Kamala, consultant pediatrician; his son, Dr. Anand, an intervention cardiologist trained in the United States.

Transoral odontoidectomy with anterior fusion of the atlantoaxial joint was developed during his time when he used dental drills and rongeurs to achieve this. He presented this as a guest lecture at the state Orthopaedic Conference in February 1991 and at the 40th Annual Conference of the Neurological Society of India, held at Manipal in 1992. It was submitted for publication in *Neurology India*. Median corpectomy without fusion for cervical spondylosis, a modified technique developed by him, proved effective without any complications and was presented at the 49th Annual Conference of the Neurological Society of India held at Chennai in 2000.

He was honored with the Padmashree award in 2011, in addition to other awards like Dr. AL Sahney Award for Scientific Contribution in 1993, Kerala State Government Best Doctor Award in 1998, and Dr. M Mathias Endowment Lecture Award in 1995, to mention a few. He also has delivered many orations like the Presidential Oration in Neurological Society of India in 2005 and Dr. PA Alexander Oration for original contribution in medicine in 1995. One of his noted presentations is the paper presented by him on cervical corpectomy at the 6th Asian Conference of Neurological Surgeons held at Mumbai on January 29, 2006.

A GUIDE FOR POSTGRADUATE STUDENTS FOR THESIS IN TOPICS ON SPINE SURGERY

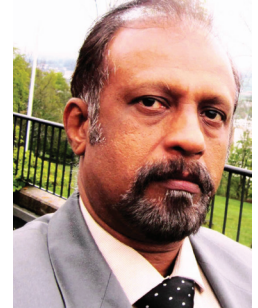
- Cervical Spine Trauma – A Clinical Study – Dr. A Sudhindran MS (GEN) 1993
- Failed Back Surgery Syndrome – Dr. Anil Kumar P MS (GEN) 1994

SCIENTIFIC CONTRIBUTIONS

He has presented more than 175 scientific papers at various national and international conferences. He has published 84 articles in various standard journals including international journals.

Publications by him on Spine

1. Dr A Marthanda Pillai, Dr. V Mahadevan, Dr. M Sambasivan. Spinal Epidural Haematoma. Kerala Medical Journal.
2. Dr A Marthanda Pillai, Dr. Sri Ganesh, Dr. M Sambasivan. Extra Dural Neuroblastoma. KMJ 1987;29(1):603-605.
3. Dr A Marthanda Pillai. Lumbar Intra Dural Disk Prolapse. KMJ 1989;31(5):168.
4. Dr A Marthanda Pillai, Dr. Jacob Allapat, Dr. Cherian Thomas, Dr. M Sambasivan. Lumbar Intradural Disk Prolapse. Neurology India 1990;38(6):619-620.
5. Dr A Marthanda Pillai. Lumbar Canal Stenosis. Tamil Nadu Medical Journal 1993;8(1):13-16.
6. Dr A Marthanda Pillai, Dr. AV Rema Devi. Melanotic Schwannoma, of the Spinal Cord. Neurology India 1996;44:91-93.
7. Dr A Marthanda Pillai, Dr. Ramesh Babu. Anterior Sacral Meningocele. Kerala Medical Journal 1999;40(3):18-19.

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