



THAQDEES  
HOSPITAL LTD.

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**THAQQDEES**  
HOSPITAL LTD.



**THL**  
ayurveda

A HOLISTIC APPROACH IN HEALTH CARE

*Life is not merely to be alive, but to be well.*



# Providing Devoted Medical Care For Better Health

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Quality clinical setting is imperative in patient's fast recovery. Providing high-quality health care, here in the heart of Cochin situates a medical institution with a distinction. Thaqqees Hospital. Just 23 km away from the Cochin International Airport, Thaqqees Hospital with 150 bed strength has been providing affordable health care to its patients with a face of humanity. Under the umbrella of Thaqqees functions a wide range of medical departments. Ranging from Ayurveda, Modern Medicine, General & Laparoscopic (keyhole) surgery, Physiotherapy, Stroke medicines etc., with famed medical practitioners at the helm of each.



## UNIQUE MISSION

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Our service speaks for our objective. While laying the foundation for this 7.2-acre spread multi-storied high specialty health care and research centre, the sole intention was to provide affordable health care services for the betterment of humanity. Upholding the essence of holistic approach while nurturing a healthy generation, Thaqqees keeps its morals high. For the doctors, the institution assists to expertise, for the patients it provides quality health restoration and for the stakeholders, it's a lifetime investment. It's a world of comprehensive healthcare services.



# THL AYURVEDA

## THL Ayurveda Healing: Natural Way To Wellness

Widely regarded as the oldest form of healthcare in the world, the traditional medical knowledge of the Ayurveda is an intricate medical system that keeps the individual's body, mind and spirit in perfect equilibrium with nature. The Ayurvedic approach to an illness is holistic and is best for many chronic disorders as it provides treatment not just to the ailments or the affected parts, but to the person as a whole. More than just a medical system, Ayurveda is a way of life which when properly followed gives health, both physically as well as spiritually and also helps in discovering our unknown potential by following optimal lifestyle regimes.

Driven out by an objective to make the better use of the Ayurveda, Thaqdees Hospital has founded a fully flourished Ayurvedic health care department. The Department of Ayurveda at Thaqdees offering various treatments for numerous ailments propagates a unique system of health care that holds powers to provide assured recovery. Living here at the A/c, Non A/c individual Ayurveda cottages, in the calm and serene atmosphere erases out even the traces of suffering and provides rejuvenation to the entire body and it provides patient and the bystander to experience and get the benefit of exclusive care that blends with goodness of an ages-old science for fast recovery.



### Ayurveda Aims

**"Swasthasya Swasthya Rakshanam"**  
To protect health and prolong life

**"Aturasya Vikara Prashamanam "**  
To eliminate diseases and dysfunctions of the body.



# MAIN TREATMENTS

## Udwarthanam



Udwarthanam which means 'to elevate' or 'to promote', is a special therapeutic deep tissue massage using herbal powders. This helps to burn the excess fat, improve both blood circulation and lymphatic circulation. It is effective to treat obesity, muscular dystrophy, motor neuron diseases, diabetes etc

## Ksheera Dhoomam



Ksheera Dhoomam, as the name indicates, is a special treatment procedure where the patient is treated with the dhooma or steam coming from the heated milk.

## Janu Vasthi



Specially prepared warm medicated oil is kept over the knee with in a boundary made out of urad dal paste or specially prepared rim fixed over the paste. It is recommended for knee pain, osteoarthritis of knee, stiffness& restricted movement of knee etc.

## Njavarakkizhi



Njavarakkizhi is a special massage with the paste of special medicines and premium kind of rice which rejuvenates the body. It is very effective in degenerative muscle diseases like poliomyelitis, muscular atrophy, etc. The course of treatment can last for 14 or 21 days.

PRE GERIATRICS | PREVENTIVE CARDIOLOGY | IMMUNITY DISORDERS | ARTHRITIS & RHEUMATIC COMPLAINTS

# AYURVEDA TREATMENTS AT THL AYURVEDA

## Ayurveda for long-lasting health

Many special treatments prescribed in Ayurveda are currently practised under the expertise of eminent doctors at Thaqdees. These treatments are specially effective in paralysis, rheumatism, arthritis, spondylosis, and other psychosomatic diseases. The major treatments provided at the hospital are Dhara, Pizhichil, Navarakkizhi, Sirovasti, Pichu and Sirolepa. Besides these specialised methods, the hospital offers Panchakarma treatments like Nasyam, Virechanam etc.

### Offers Panchakarma Treatments

A five-fold procedure which will purify the whole body and bring back the balance to life. The treatment is customised according to the physical condition of the patient.

#### Yantra swedam



It is a medicated steam bath which eliminates the pollutants from the body. Several rare types of herbs are used to prepare the medicated combination.

#### Sirodhara



It is an ayurvedic treatment which involves slowly pouring liquids over the patient's forehead. It relaxes the entire nervous system and gives a soothing effect to brain and lights insomnia.

#### Nasya



It is the instillation of medicine through the nose. It is effective in the treatment procedures of certain types of paralysis, headaches, etc.





# KEY SPECIALTIES



## ARTHRITIS

Arthritis is characterised by spontaneous pain and restriction of movement developing at joints of the body. According to Ayurveda, Arthritis is a condition which is caused by the accumulation of ama (A toxic by-product of improper digestion) and aggravation of Vata (Air). This ama circulates in the whole body and or gets collected at weaker sites. When it deposits at the joints where there is the aggravation of Vata, it results in a disease called Amavata or Arthritis. THL Ayurveda provides Ayurvedic Treatments for Arthritis which is safe, effective and helpful to prevent further progression.

## OSTEOARTHRITIS

The degenerative wear and tear process occurring in joints, osteoarthritis has an effective cure in Ayurveda. Pain, stiffness, swelling, grinding sensation when you move the joint, etc., are the main symptoms of this commonest variety of arthritis. Almost any abnormality of a joint may be responsible indirectly for the development of osteoarthritis. The basic concept behind the treatment is to correct the metabolism to enable the micro-nutrients to be absorbed by the body and to prevent further degeneration.



## HEMIPLEGIA

Hemiplegia is the total or partial paralysis of one side of the body that results from disease or injury to the motor centres of the brain. It causes the loss of muscle functions in parts of the body. This loss of communication causes difficulty to body movements and complete loss of communication prevents any willed movement at all. The symptoms may include numbness and tingling, pain, changes in vision, difficulties with speech, or problems with balance. The main line of treatment is to bring back the motor and sensory functions of the brain, and for the purpose, both internal medicines and external therapies are prescribed.



## PSORIASIS

Psoriasis is a non- infectious inflammatory skin disease characterized by well-defined erythematous plaques bearing large, adherent silvery scales. It causes a proliferation of the skin layers due to the excessive division of the cell in the basal skin layers. Severe itching also may associate with the plaques. In different forms and with different effects, the disease causes acute discomforts in kids, adults to aged people. Coming to the treatment aspects of the state, THL Ayurveda mainly provides treatments to detoxify the body as it helps in bringing back wellness to a great extend.



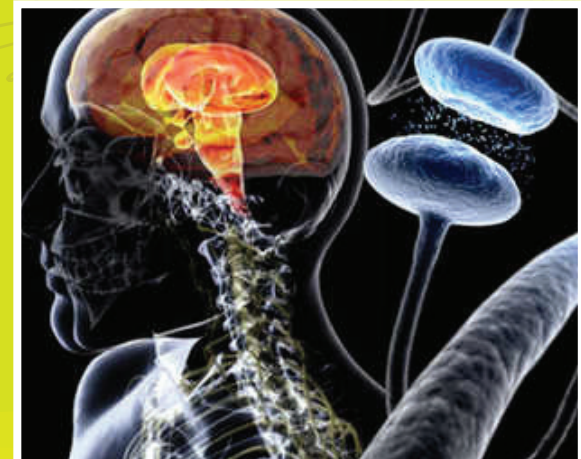
## CERVICAL SPONDYLOSIS

A specific form of arthritis, which attacks vertebrae and connecting bony, and ligament structures, is known as Spondylosis. Cervical spondylosis is a common degenerative condition of the cervical spine that most likely is caused by age-related changes in the inter-vertebral discs. In Ayurveda, this condition is known as Greeva graha. Pain in the back of neck, shoulder and arms, the stiffness of the neck and even paraplegia occur due to this condition.



## PARKINSON'S DISEASE

Ayurveda has a more holistic approach towards curing Parkinson's disease and at THL Ayurveda treatments are primarily intended to treat the whole body. This is a neurological disorder with earlier symptoms like tremor, rigidity, slowness of movement and difficulty with walking. The progression of the disease and the degree of impairment vary from individual to individual. THL Ayurveda offers exclusive Panchakarma therapies and researched internal medicines for treating the disorder. They are not just effective in controlling the symptoms but also in arresting the further progression of the disease.



## DEVELOPMENTAL DELAY IN CHILDREN

Delayed development occurs in children when they have not reached their proper growth by the expected time period. The condition is characterized by behavioral disorders, poor vision, speaking disorders, hearing inabilities etc.. Various panchakarma therapies and ayurvedic treatments are very useful in combating the disease.



## LUMBAR SPONDYLOSIS

Lumbar spondylosis is a common cause of chronic back pain. Ayurvedic massage, different types of kizhi, swedanam (medicated steam bath), lepanam (medicated herbal paste) etc., along with special herbal combinations can be helpful in the cure of the disease.



## MYASTHENIA GRAVIS

Myasthenia Gravis is an autoimmune neuromuscular disease leading to fluctuating muscle weakness and fatigue. More commonly seen in women younger than 40 and in men older than 60. Ayurvedic treatment for myasthenia gravis available at THL Ayurveda, aims at treating the root cause of the condition by strengthening the nervous system as well as the muscular system, and giving specific treatment to stimulate neuromuscular junctions. Ayurvedic herbal medicines as well as herbal-mineral combinations which act on the central nervous system to strengthen each nerve cell are also used



## MULTIPLE SCLEROSIS

Multiple Sclerosis is a degenerative disorder that affects nerve fibers in the brain and spinal cord. It is characterized by the intermittent damage to myelin- a fatty substance that surrounds and insulates nerve fibers, facilitating nerve impulse transmission. This can slow down or even block the flow of signals through the body, impairing such functions as vision, strength or co-ordination. The major treatment at THL Ayurveda offered for MS include diet, healing supplements and Ayurvedic therapies aimed at arresting the progress of the illness and helping to alleviate the symptoms.



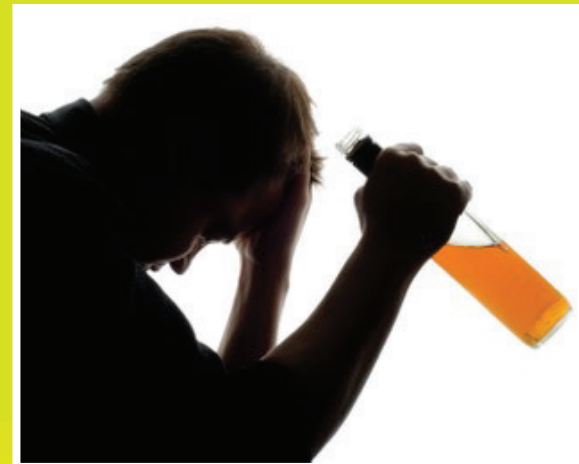
## OBESITY MANAGEMENT

Excessive body fat accumulating on the belly, buttocks, breasts and thighs make the individual significantly overweight and the condition is known as obesity. A person is considered obese when the body weight is 20% or more above normal weight. It occurs when a person consumes more calories than he or she can burn. Once the weight has been gained, it is very unusual to lose it and often leads to diseases like diabetes, hypertension and arthritis. THL Ayurveda offers a comprehensive treatment plan for weight loss which is very effective for all age groups.



## FOR DE-ADDICTION

Addiction is a pathological condition arising due to the frequent use of drugs, medicines or alcohol. Under the condition, the affected shows a progressive usage of acute drugs, drug seeking behavior, decreased the ability to respond to stimuli or even decreased motivation to live. Ayurveda terms addiction as a social disorder as it leads to crime, violence and other disorders. To combat the condition, THL Ayurveda offers natural treatments for detoxification. Detoxification therapies, medicated emesis and purgation treatments, medicated bloodletting and enema are some of the treatments administered.



## YOGA TREATMENT

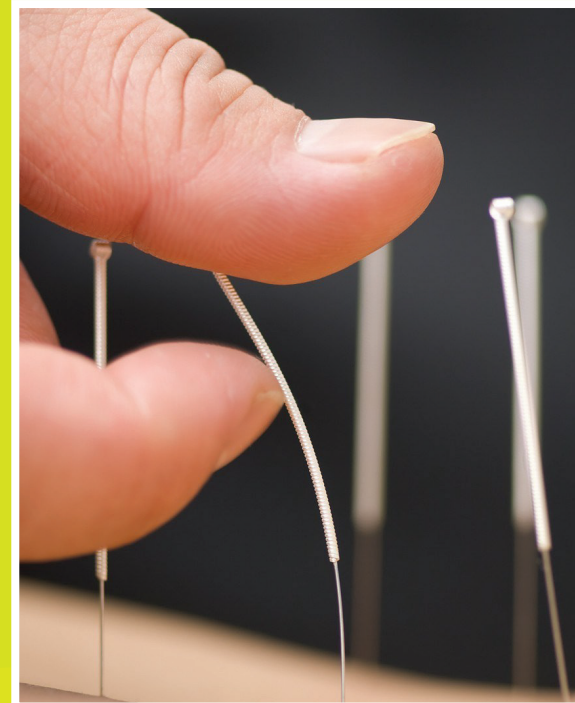
Yoga has been found to be helpful in the prevention & cure of various diseases. The postures mentioned in Yoga, the science of life(Asanas) are effective for maintaining fitness, providing relaxation, rejuvenation and to fight Obesity, Stress & Tension, Insomnia, Brochial Asthma, Cervical Spondylosls, Indigestion. etc. Yoga therapy is that facet of the ancient science of Yoga that focuses on health and wellness at all levels of the person: physical, psychological, and spiritual. It comprises a wide range of mind/body practices, from postural and breathing exercises to deep relaxation and meditation. The expert trainers at THL Ayurveda hospital teach and assist the patients recovering from various diseases with the enhancing power of authentic Yoga practices

## ACUPUNCTURE TREATMENT

Acupuncture is the stimulation of specific acupoints along the skin of the body involving various methods such as the application of heat, pressure, or laser. An important component of traditional Chinese treatment, it provides cure for various diseases by puncturing needles in the specific point of the body. Acupuncture is good for Allergic Rhinitis, Sinusitis, Arthritis, Migraine, Tension, Headache, Hemiplegia, Insomnia, Muscle cramps, Cervical Spondylosis, Lumbago Spondylosis, Sciatica, Multiple sclerosis, etc., the treatments are proved beneficial. Aware of the health benefits it can provide, THL Ayurveda has also included some popular acupuncture treatments among its various curative programmes.

## NATUROPATHY TREATMENT

Naturopathy is a natural healing technique using the healing powers of nature. It finds the accumulation of toxins as the root cause of all diseases. This medicinal science presents prevention and elimination of toxins as an effective step to regain health. It is a drugless therapy, which mainly treats the diseases using the Panchabhutas the 5 great elements of nature. Naturopathy provides healing techniques for efficiently treating obesity, Hypertension, Diabetes Mellitus, Hypercholesterolemia, PCOS, Infertility, Constipation, Piles, Arthritis, Back Pain and other life style diseases. Various modes of naturopathy treatments including water therapy, mud therapies, rejuvenation massages, fasting, sunbath and Dietary Modification are practiced at THL Ayurveda. acupuncture treatments among its various curative programmes.





## PROFESSIONAL TEAMWORK

The Ayurveda is believed to be passed on to humans from the Gods themselves. It has clearly laid out instructions to maintain health as well as to fight illness through various practices.

At THL, we have a team of skilled doctors and therapists who have deep insights and knowledge in the field of traditional health practices like the Ayurveda. With our internationally acclaimed approach in treatments, we aim to minimize disability and help you return to a more independent and productive lifestyle.

Our team of experts serves you in various specialties like Orthopaedic Neurology, Pediatric, Gynecology, infertility, Pre-Post Operative Rehabilitation, Physiotherapy etc.





## SOUKHYAM AYURVEDA PACKAGE

- 5 days – special ayurvedic panchakarma rejuvenation treatment specifically prescribed for each person.
- Ayurvedic Cosmetology / Abhyangam / Sirodhara
- Physician Consultation through Ayurvedic Evaluation
- Advices regarding diet regulations aimed at a proper health maintenance and disease prevention
- Expert consultation and advices on YOGA
- Medicines included

## AYURVEDA SPECIALTIES AVAILABLE

- Bone and Joint Clinic
- Rheumatology
- Reproductive and Infertility Clinic
- Stroke and Neuro-Rehabilitation
- Development and disorders
- Immunity and wellness clinic
- Learning Disability
- De-addiction and mental health
- Chronic skin disorders
- Preventive Cardiology and Diabetology clinic
- General Medicine



# A TASTY WORLD OF NOURISHMENT



The fully Air-conditioned THL SAROVARAM RESTAURANT & Dietary Department of Thaqqees Hospital is a multi- faceted eatery offering therapeutic diet prescribed by doctors. The restaurant serves fresh, healthy, less fat veg. and now-veg.Eatables. Selected delicacies from local and International cuisines and ayurvedic recipes; carefully picked by the dieticians are included in the menu cards. Giving utmost care to the hygiene of the restaurant and its premises. SAROVARAM ensures a tasty and safer culinary experience. A team of committed dieticians, supportive staff and the sanitary team works behind it to ensure the sale and dependable dietary and food delivery services.





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## MODERN MEDICINE

### One Centre Many Services

Supported by latest equipments and facilities for diagnosis and investigations, Thaqdees supplements finest treatment and clinical core from proficient physicians in modern and ancient branches of medicine. Including Modern Medicine. Ayurveda, Homoeopathy. Physiotherapy etc. various branches of advanced health care functions at Thaqdees Hospitals now.

### Departments Extending Committed Service

- General medicine
- Ayurveda • Homeopathy
- Physiotherapy
- Paediatrics
- Dental
- Gynaecology
- Radiology
- Oncology
- Diabetology
- Cardiology
- ENT
- General Surgery
- Laparoscopic Surgery
- Dialysis Wing

## THAQDEES HOMOEOPATHIC CLINIC

Homoeopathy is a complete medical art and science based upon the principle of stimulating the innate ability of the body to heal itself. Thaqdees Hospital's speciality homoeopathic department enables its patients to get the best of this unique medical science at affordable rates.

### Modern & Hygienic

- Operation Theatre
- Medical surgical & paediatric ICU's
- Fixed & portable x- ray machines
- C-arm
- Ortho Table
- Dental x- ray
- Ultrasound scanning machinery for abdominal solar incubators
- Colour Doppler echocardiogram • Computerised exercise stress test(TMTJ)



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# THAQDEES DENTAL CLINIC

## Creating Happy Smiles

There is a story behind every beautiful smile and our dental department at Thaqdees Hospital is well equipped with all modern facilities to help you regain confidence. You too can dream of pain-free, well-aligned teeth with the dental care treatment at Thaqdees that offers the best care to your teeth with the backing of state-of-the-art technology. The department assembles the finest needed to redefine cosmetic and preventive dental care. Smile designing, diastema closure, bleaching and other orthodontic treatments are available at Thaqdees.

## DENTAL TREATMENTS

- Removable partial or complete dentures
- Cast partial dentures
- Flexible partial and complete dentures
- Post and core and restorations with tooth coloured material (conventional metal restorations are also available )
- Routine dental surgery
- Facial deformity correction surgery
- Treatment of caries and root canal procedure
- Orthodontic treatment for dental and maxillofacial implants
- Facial fractures





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# ORTHOPAEDICS

## Thaqdees Speciality Treatment for Knee Replacement

Health problems and ailments related to the musculoskeletal system can be cured with the clinical assistance of the orthopaedic department. Our skilled doctors are committed to provide treatments from sufferings like trauma, joint pain, arthritis, paediatric orthopaedics etc.

- KNEE, HIP AND SHOULDERS REPLACEMENT SURGERIES
- MANAGEMENT OF SPORTS INJURIES
- ARTHROSCOPIC SURGERIES

### ARTHROSCOPIC SURGERIES INCLUDES

#### KNEES

ACL RECONSTRUCTION  
 PCL RECONSTRUCTION  
 MENISCUS SURGERIES  
 OSTEOARTHRITIS DEBRIDEMENT  
 CARTILAGE SURGERIES

#### HIP

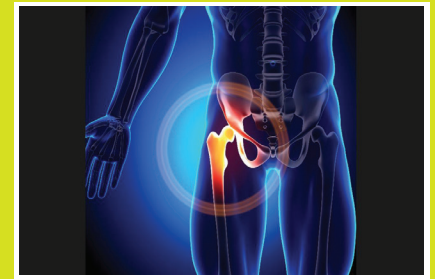
FAI MANAGEMENT  
 LOOSE BODY REMOVAL  
 LABRAL REPAIR  
 SYNOVECTOMIES

#### SHOULDER

ROTATOR CUFF REPAIR  
 INSTABILITY CORRECTION  
 LATARJET PROCEDURES

#### ANKLE

OCD CORRECTION  
 SYNOVECTOMIES  
 PRP THERAPY  
 TRAUMA SURGERIES



## Stimulating To Regain Health

The doctors at Physiotherapy Department plans and implements rehabilitative programs that improve or restore human motor functions, maximize movement ability, relieve pain syndromes, treat or prevent physical challenges associated with injuries, diseases and other impairments. Under the department of physiotherapy, a broad range of physical therapies and techniques such as movement, ultrasound healing, laser and other techniques are facilitated for the patient's fast recovery. With keen observation the faculty implements the program for screening and prevention of common physical ailments and other disorders in the human body.



## Our Speciality Treatments

- Muscular skeletal pain management
- Stroke rehabilitation
- Pediatrics Rehabilitation
- Geriatric rehabilitation
- Core / spinal stability training
- Personal coaching
- Personal training
- Fitness / medical products
- Running gait analysis
- Botox follow-up training
- Spinal mobilisation / manipulation
- Myotherapy and trigger point releasing
- Home care physiotherapy

## Sports Medicine

- Sports injuries
- Motor vehicle accidents
- Pre & post surgery
- Complex orthopaedic / spinal injuries
- Extended health care
- Work-related injuries (WSIB)
- Injury prevention
- Pre & post natal management
- Cerebral palsy management
- Stroke management



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## Replacement Arthroplasty

Replacement arthroplasty (from Greek arthron, joint, limb, articulate, +plassein, to form, mould, forge, feign, make an image of), or joint replacement surgery, is a procedure of orthopedic surgery in which an arthritic or dysfunctional joint surface is replaced with an orthopedic prosthesis. Joint replacement is considered as a treatment when severe joint pain or dysfunction is not alleviated by less-invasive therapies. During the latter half of the 20th century, rheumasurgery developed as a subspecialty focused on these and a few other procedures in patients with rheumatic diseases.

Joint replacement surgery is becoming more common with knees and hips replaced most often. About 773,000 Americans had a hip or knee replaced in 2009

In Our Hospital Center For Sports Medicine And Center For Hip, Shoulder And Knee Surgeries. Offer Services In The Form Of:

- Joint Replacement Surgeries For Arthritic Joints (Knee Hip, Shoulder And Elbow)
- An Arthroscopic Procedure Includes:
- Ligament Reconstruction in Knee Articular Cartilage Injuries.
- Rotates Cuff Tear Repair And Banker Repair And Shoulders
- Hip Arthroscopic Removal Of Loose Bodies , Labral Repair , Synovectomies.Etc
- Elbow Arthroscopies For Loose Body Removal , Synovectomies,Etc
- Ankle Arthroscopies For OCD's Loose Body Removal, Synovectomies,Etc.
- We Also Treat, Tendinopathies Including Tending With PRP Therapy.  
(Platelet Rich Plasma Therapy)

We assure a pleasant and happy stay at Thaqdees, not just for you, but for your family as well with lots of facilities including swimming pool and kids play area.



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