



SAIFEE HOSPITAL

Presence of Wellness

Complementary & Alternative Medicine Department



Welcome to a Holistic Life



Well-being & Saifee



Honestly speaking, what we're about to delve into is not something unknown. Sadly though, it is something that almost everyone happens to neglect.

Ironically, in a country that has a rich history of healing, very little importance is given to alternative, holistic methods of living: a good, healthy, balanced and wholesome life.

Being more of a lifestyle approach, holistic healing addresses all aspects of an individual, not just the physical one, where manifested illnesses are apparent only on the surface. It is not intended to serve as a temporary solution. It is an ongoing journey of discovery in search of answers and ultimately, a better life.


At Saifee, we deem it our responsibility to introduce more and more people to better living through a routine that complements and fortifies the effects of other means of healing.


Located in Charni Road, Mumbai, overlooking the majestic Arabian Sea, Saifee Hospital is a state of the art, multi-specialty hospital with over 33 specialised departments, more than 400 highly qualified and committed doctors and paramedic staff that cater to more than 200 beds. The hospital is equipped with the latest technology for diagnostic and therapeutic services hosted in a world class ambience. Needless to say, Saifee is the only unique hospital that plays an important role in the availability of complementary and alternative medicine.


Welcome to an enchanting, fulfilling way of staying fit.


Complementary / Alternative medicine

Complementary medicine comprises a variety of therapies to increase wellness, prevent illness and address existing symptoms and conditions. With each passing day, more and more medical professionals are regarding alternative medicine as treatment that complements scientific medical treatments.


 **Ayurveda**

 **Panchakarma Therapies**

 **Fitness Exercises**
Gymnasium
Yoga / Power Yoga
Kick-boxing / Muay Thai

 **Steam / Sauna**

 **Dietetics**

 **Homoeopathy**





Ayurveda

**LIVE LONG, HEALTHY,
AND WELL-BALANCED LIVES**

- Preventative and healing therapies
- Detoxification and Rejuvenation
- Guides in prevention of disease
and long term maintenance of health

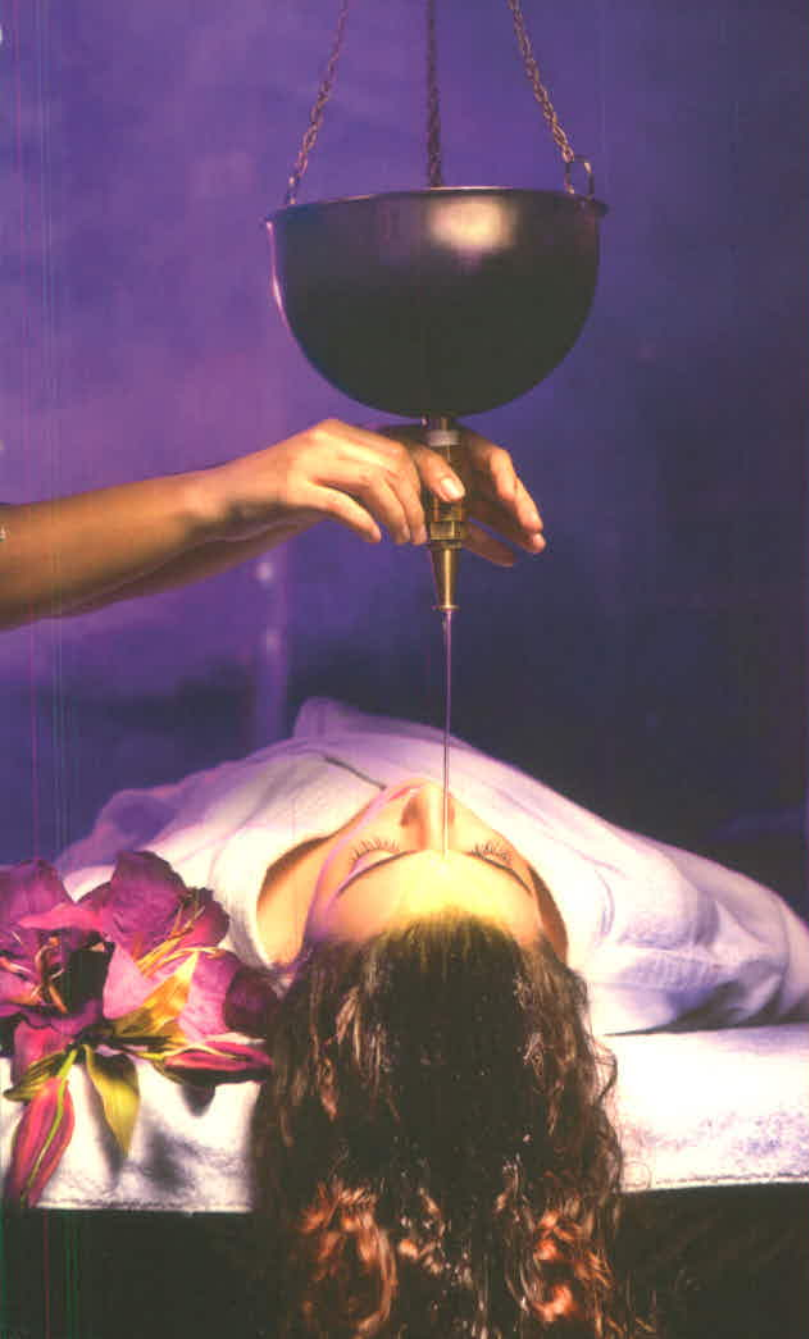




Panchakarma Therapies

**BALANCED STATE OF BODY,
MIND AND CONSCIOUSNESS**

- Primary purification and detoxification treatment
- Slows ageing process and increases lifespan
- Panchakarma = Five Therapies => Elimination of toxins from the body (Vamana, Virechana, Nasya, Anuvasana, Asthapana)





Gymnasium

EXERCISE IS CRUCIAL FOR WELLNESS

- Exercise protects brain
- Reshapes your body
- Resistance / weight training helps tone muscles & ligaments, making bones stronger





Yoga

INTEGRATE YOUR BODY & MIND

- Lowers stress and bestows a positive outlook to life
- Enhances powers of relaxation and mental clarity
- Boosts immunity, physical strength, stamina and flexibility
- Imparts greater power of concentration and self-control
- Improves blood circulation
- Healthy, glowing skin
- Power yoga- Muscle toning



Kick-Boxing

ART OF EIGHT LIMBS

- Self-defense technique and cardiovascular conditioning
- General fitness





Steam/Sauna

ENJOY HOT BATHS

- Improves blood circulation
- Strengthen the cardiovascular system (relieves problems such as asthma, bronchitis)
- Ease joint pain and stiffness
- Relax muscles and increases flexibility and relieve pain
- Reduce stress and fatigue and lifts depression
- Deep cleanse skin and total-body cleansing, healing skin related problems



Homoeopathy

A SAFER SCIENCE OF MEDICINE

- Easily accepted by all from pregnant mothers, infants to geriatrics
- For the occasional ailment to the persistent
- Its unique principle of Similia, Similibus, Curentur corrects the root cause of any illness
- It's a gentle system of healing for mankind





Dietetics

SCIENCE OF DIET AND NUTRITION

- Right food at right time
- Adds nutritional value to your food
- Prevention of disease
- Management of disease
- Weight loss
- Guidance in pregnancy

Complementary Medicine & Lifestyle

- Complementary medicine focuses on interactions between mind, body and behaviour.
- Studies have suggested that complementary medicine can improve mood and quality of life.
- It relieves stress which helps the immune system to function better and allows an individual to cope better with treatment-related side effects.
- It helps to attain positive and total health due to which an individual becomes aware of and makes choices towards a more balanced and healthy lifestyle.



SAIFEE HOSPITAL

P.O. Box No. 3771, 15/17 Maharshi Karve Marg, Mumbai - 400 004

Tel.: (022) 67570111; Extn. 756 | Fax : (022) 6757 0777

E-mail : write@saifeehospital.com, dptofaltmed@gmail.com | Website : www.saifeehospital.com