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**IRINE**  
**HEALTHCITY**  
TRANSFORMING LIVES...

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## ABOUT US:

**IRINE HEALTHCITY** is an integrated multidisciplinary centre where traditional Ayurvedic wisdom blend with advanced modern technology. At **IRINE HEALTHCITY**, we believe in providing comprehensive, holistic care that addresses the physical, mental, psychological and emotional needs of our patients. Our multidisciplinary team is dedicated in ensuring the best outcome for our patients through a collaborative, compassionate and integrated approach of healing. We **THE TEAM IRINE HEALTHCITY**, transform lives utilising this novel system.

## VISION

To create a patient- centric holistic healthcare centre focused on quality interventions and advanced technologies with a humane touch.

## MISSION

Achieve professional excellence in delivering quality care

To foster a compassionate and supportive environment

To create a multidisciplinary team in quality healthcare and hospitality

To be a continually improving innovation centre

Provide quality healthcare to all segments of the society

# WE PROVIDE



1 AYURVEDA 



2 PHYSIOTHERAPY 



3 OCCUPATIONAL THERAPY 



4 SPEECH THERAPY 



5 UNANI 



6 ACUPUNCTURE 



7 YOGA & NATUROPATHY 



8 REFLEXOLOGY 

# AYURVEDA

We incorporate the time tested practices of Ayurveda, the ancient Indian system of holistic healing into our comprehensive integrated way of approach. Ayurveda recognises that each individual is unique and treatment plans are tailored to the individuals specific constitution and health needs. Through ayurveda we entrust our patients the most natural products, dietary changes and lifestyle modifications to restore complete health without the threat of side effects.



Physiotherapy or physical-therapy is focused on treating through physical means. Our physiotherapy department offers a variety of treatments such as manual therapy, exercise therapy, electro therapy and much more:

- To strengthen the muscles
- To enhance flexibility
- To restore function
- To reduce pain
- To improve circulation
- To promote healing



# PHYSIOTHERAPY



# OCCUPATIONAL THERAPY



Occupational therapy is a patient - centered way of treatment, that focuses on enabling the individuals to take part in meaningful activities (occupations) of daily life.

Our OT department provides a wide range of services designed to promote independence to the differently abled, thereby enhancing their daily life through finemotor skill development, Activities of Daily Living (ADL) training, Sensory Integration Therapy, Cognitive Rehabilitation and Adaptive Equipment Training.



# SPEECH THERAPY

Speech therapy, also known as speech and language pathology, is a field focused on evaluation and treatment of speech, language, voice and swallowing disorders.

We offer a variety of services designed to support communication and swallowing. We address articulation issues, fluency disorders (stuttering), voice disorders, understanding and expressive language difficulties, pragmatic language issues, swallowing disorders and provide tools for alternative methods to communicate.

# YOGA

Yoga is a centuries old practice that harmonises mind, body and spirit through a series of postures, breathing techniques and meditation.

Yoga is found to be effective in ADHD, Autism, Depression associated with chronic illness and proven to facilitate clinical result when integrated with our other methods of treatments such as physiotherapy and occupational therapy.



Naturopathy is a system of medicine that emphasizes the use of natural therapy and lifestyle interventions to promote health and treat diseases. It works using the healing power of nature, identifying and treating the cause. Here our doctor transforms as a teacher and treat the patient as a whole, that is physically, mentally and socially.

# NATUROPATHY

# UNANI

Unani medicine also known as Greeco-Arabic medicine, is a traditional healing system. We at IRINE HEALTHCITY use Unani treatments tailored to support holistic health through herbal medicines, Cupping therapy (Hijama), Regimental therapy( Ilaj bil Tadbeer) and much more



Acupuncture is an ancient Chinese medical practice that involves inserting thin, sterile needles into specific points on the body. We integrate acupuncture into our comprehensive medical services, ensuring a high standard of care. Our acupuncture practitioners collaborate with our medical team to create personalized care and clinical outcome.

# ACUPUNCTURE

# REFLEXOLOGY

Reflexology is a holistic therapy that involves applying pressure to specific points on the feet. These points correspond to different organs and systems in the body, promoting overall health and well-being. We incorporate reflexology to treat extensive range of medical conditions like pain, stress, poor sleep and for improving circulation.



## Contact us

### IRINE HEALTHCITY

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## OUR SPECIALITIES:



Neurology



Orthopedics



Paediatrics



Gastro & Hepatology



Nephrology & Urology



Gynaecology



Sexual Medicine & Fertility Assistance



Skin, Hair & Cosmetology



Palliative Oncology



Ophthalmology & ENT care



Psychiatry