



miLife
MEDICITY

*For Traditional Indian Therapy, Herbal
Treatment And Rehabilitation In Advanced Ways.*



**Ayurveda • Physiotherapy • Yoga
Ozone therapy • Halotherapy • Chelation therapy
Acupuncture • Unani medicine • Cupping therapy**



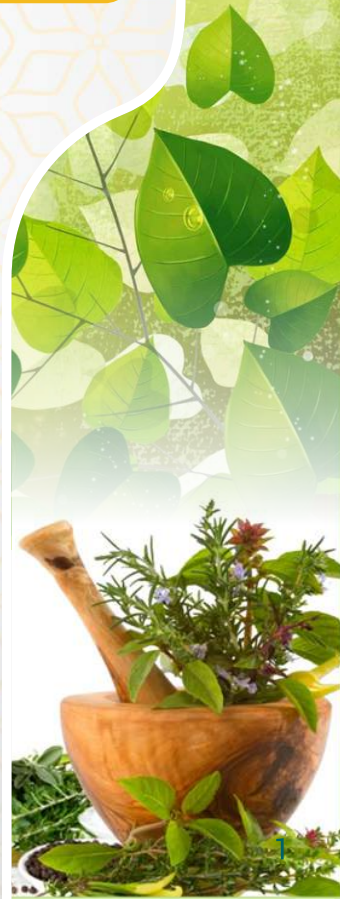
Milife a heaven for the health!

Milife offers soothing and effective natural therapies that improve the functioning and efficiency of the body and helps to maintain your health.



Milife offers youthful health!

We help you to prevent premature aging, to regenerate the damaged metabolic system just by stimulating the natural processes of the body. All our natural therapies and treatments detoxify, delay the aging process, and restore youthful and healthy looks. The manual techniques we use, give excellent results in a minimally invasive way that prolong life and its quality





A glance into Milife

Milife Medicity is located in the city of Kottakkal, Kerala, India. This city is famous for Ayurveda, the traditional Indian therapy for over a century. People from all over India and from all over the world come to Kottakkal for this treatment.

Milife Medicity is a specialized hospital in Alternative Therapy offering you all types of treatments in Ayurveda, including all its branches and also offering Physiotherapy with modern facilities and advanced methods, as it offers Yoga, Ozone therapy, Halotherapy, Chelation therapy, Acupuncture, Unani medicine and Cupping therapy. If the patient requests modern medicine along with alternative medicine due to his disease condition, we provide that also in Milife Medicity.

In Milife, we have put together for you famous and skilled doctors and physicians who are dedicated in providing medical care and services for our honourable visitors.

In Milife, we provide all treatment facilities of the highest quality for our respected customers, and we also have high-quality amenities to honour them.

Our ultimate goal is to provide complete health care and ample comfort for all our honorable brothers.



Distinguishing Features of Milife:

- 1 Specialized doctors
- 2 Experienced masseurs
- 3 Therapeutic facilities of the highest quality
- 4 Luxury health resort
- 5 Quality furniture
- 6 Integrity and credibility in delivering services
- 7 Treating chronic, rare and difficult cases successfully
- 8 Luxurious residential facilities with hotel services
- 9 Reasonable cost for treatment and accommodation.





Diseases and Disorders we treat:

We offer treatments for various diseases and conditions, including:

- Muscle diseases
- Neurological diseases
- Bone problems
- Parkinson's disease
- Stroke and spinal cord injuries
- Back pain and Rheumatic diseases
- Psoriasis
- Fistula
- Hemorrhoids
- Guillain barre syndrome
- Geriatric diseases
- Kidney failure
- Diabetes
- Male and female infertility
- Autisms
- Cerebral palsy
- Urinary tract infections and disorders
- Dental problems
- Skin diseases
- Diseases of Eye and Ear
- Growth retardation
- Speech and Conversation problem
- Women related diseases
- Childhood related diseases
- Tumors



1 | Ayurveda:

Ayurveda is an ancient system of medicine, that originated in Indian subcontinent thousands of years ago. This holistic medical science literally means "knowledge of life" (Ayur = life, Veda = knowledge),.

It stems from the ancient Indian culture and was taught for many centuries in an oral tradition from proficient masters to their disciples. Much of this knowledge have been compiled by great philosophers. Ayurveda is a medical system based on natural laws to help the people to maintain their health by keeping his body mind and soul in a perfect balance with the nature. It is based on maintaining the delicate balance between the three dosas 'vata pitta and kapha' in the body. It treats any diseased person as a whole individual and not just focus on the diseases and thus helping to restore his total wellbeing. Ayurveda has evolved and developed into what it is today by incorporating the whole of the available ancient wisdom into modern academic studies.

It is important to understand the fundamental difference between Ayurveda and modern medicine. Modern medicine tends to focus on symptoms and diseases, and primarily uses medications and surgery to rid the body from pathogens or diseased tissues. Indeed, many lives have been saved by this approach. However, most synthetic drugs have side effects and weaken the body even though it cures diseases.

Ayurveda does not merely focus on disease. Instead, it has a holistic approach and focuses on the importance of strengthening the whole body and maintaining the energy balance.

A minimal amount of effort can cure the disease if the energy of the person is balanced. If the body's natural immune systems are strong then the body can easily defend any disease.

It must be emphasized that there are some cases in which the combination of Ayurveda and modern medicine will be better. Ayurveda can be used in conjunction with modern medicine to make a person stronger in defending diseases. Due to the condition of the patient and nature of his disease, if there is a need for modern medical care along with Ayurvedic treatments, modern medicine will also be provided in Milife Medicity should the patient wish so

Our Departments:

• - DEPARTMENT OF NEUROLOGY

This department treats diseases of the brain, spinal cord, nerves, muscles, and neuromuscular joints. Many genetic, environmental, traumatic, vascular, neoplastic, infective and inflammatory causes affect the optimal performance of the central and peripheral nervous system, which leads to various diseases.

• - DEPARTMENT OF ORTHOPEDIC DISEASES

Orthopedic diseases are conditions affecting the muscles, ligaments and joints in any part of the body. Any injury or damage to the ligament or joint affects the movement and the comfort of life. We offer safe and effective treatment for a whole range of orthopedic conditions through Ayurveda combined with Physiotherapy.

- DEPARTMENT OF REHABILITATION

This department helps you return to the capacities you need for independent day to day activities or help you improve or maintain those abilities. These abilities may be physical, mental, or cognitive (thinking and understanding) which may be lost due to illness or injury, or as a side effect of medical treatment. Rehabilitation improves the quality of your daily life and functioning.

In addition to the Ayurvedic Department of rehabilitation, "Milife" offers you physiotherapy with modern facilities and advanced methods. See p. 28

- DEPARTMENT OF REJUVENATION

This department handles all matters related to rejuvenation (i.e., Rasayana in the term of Ayurveda). It is a traditional Ayurvedic treatment to restore the vitality of the body to its fullest potential and keep the body young at any age.

Rejuvenation makes you feel young and energetic, improves skin glow, sleep, appetite, memory, and concentration of the mind, improves sound and ability of the sensory organs - eye, nose, tongue, and ear, and increases immunity to fight any common diseases. This treatment also stimulates sexual organs and improves sexual potency and vigour.

- DEPARTMENT OF DERMATOLOGY

This department deals with skin diseases and hair disorders. According to Ayurveda, healthy skin and healthy hair are the result of an individual's general health condition. The herbal medicines recommended by Ayurveda purifies the skin and removes toxins from the body which is mainly responsible for skin diseases and hair disorders.

We offer treatment for a wide range of kidney diseases and diabetes, and we provide authentic Ayurvedic medicines to control its all symptoms and causes.

Diabetes is a metabolic disorder in which the body fails to use the glucose produced by digestion process, which leads to an increase in the level of glucose in the blood and urine. During digestion, the carbohydrate in the consumed food is brokendown into glucose. Glucose is important to the body because it provides energy to cells. In order to use the energy from this glucose, the body needs a hormone called insulin. In people with diabetes either the body cannot produce insulin or the body cannot utilize the produced insulin. As a result, blood glucose levels in the body increase, and it damages the blood vessels of vital organs such as the heart, kidneys, eyes, or nervous system. This can lead to complications such as heart disease, kidney failure and blindness and may even lead to stroke. We give successful Ayurvedic remedies to every stages of diabetes.

In the concern of kidney diseases, we treat wide range of diseases, such as Chronic Kidney Disease (C.K.D), Nephrotic Syndrome, etc. We treat these diseases without dialysis and kidney transplantation. We also treat patients whose kidneys have failed to accept dialysis. In these cases, we can, with God Almighty's permission, treat them to revive the kidneys to a condition in which dialysis is accepted.

●- DEPARTMENT OF INFERTILITY TREATMENT

While the most common cause of male infertility is low sperm count (Oligospermia), other causes like poor sperm motility (Asthenozoospermia) also cause infertility. And in many cases (Oligoasthenospermia), the two problems may coexist.

In cases of male infertility,
we can provide help (by the help of Allah) in:

- increasing the sperm count
- stimulating the movement of sperm
- increasing the percentage of active sperm motility
- increasing the volume of semen
- increasing the percentage of normal sperm and decrease the percentage of abnormal sperm
- improving sperm quality
- improving male testosterone
- the treatment of varicocele.

Female infertility is the inability of a female (in her childbearing age) to conceive or to complete the pregnancy. Many factors including ovarian conditions, diseases of the fallopian tubes, age-related factors, uterine problems, stress, lifestyle changes, and the current trend of late marriage cause female Infertility. Many a times infertility in females may be due to Polycystic ovary syndrome (PCOS) and pelvic inflammatory disease (PID).

In the treatment of female infertility, we can help our clients (by the help of Allah) to:

- strengthen the reproductive system
- increase fertility
- regulate the ovulation
- organize the menstrual cycle
- heal the pelvic inflammation
- maintain the hormonal balance
- strengthen the female health in general
- prevent high male hormones in women with "PCOS".

•- DEPARTMENT OF GERIATRICS

This department is concerned with returning the vitality of elderly people. Special programs - including those related to rehabilitation and rejuvenation - have been prepared for them. The elderly people usually suffer from many problems such as pain, permanent diseases, poor memory, digestive disorders, etc. This department is concerned with restoring, maintaining and protecting their health.

•- DEPARTMENT OF ONCOLOGY

This department treats tumors and cancers. These conditions are known in Ayurveda as Granthi (non-malignant tumors) and Arbuda (malignant tumors). Non-malignant growth occurs in the body due to a defect in one of the three primary Doshas - Vata, Pitta or Kapha. Whereas, malignant tumors and cancers are Tridoshaja, which means that the defect has involved the three Doshas.

Ayurveda provides an integrated approach to treat these conditions. It combines three things: treats the root cause, reduces other associative symptoms, and strengthens health in general.

•- DEPARTMENT OF GYNECOLOGY

This department is concerned with the care of the woman during pregnancy and at the time of delivery as well as other health conditions of women.

•- DEPARTMENT OF PEDIATRICS

This department takes care of the child during infancy and childhood, as well as dealing with various diseases of children.

•- DEPARTMENT OF SPEECH THERAPY

This department provides services in the diagnosis, treatment, and evaluation of communication disorders (speech and language disorders), cognitive communication disorders, voice disorders, and swallowing disorders. It also helps in the diagnosis and treatment of speech problems associated with autism spectrum disorder.

•- DEPARTMENT OF DENTISTRY

This department gives the given below treatments:

- Hollywood smile
- Dental implants
- Dental prosthesis
- Orthodontics

A smile that you thought could only be seen in Hollywood could be yours too, through the "Hollywood smile" treatment done in "Milife".

- **DEPARTMENT OF COSMETOLOGY**

The best way to preserve and improve natural beauty is the treatment provided by Ayurveda. To enhance your beauty, we offer you medicines made from herbal and natural materials according to the principles of Ayurveda. In this treatment we use herbal cosmetics in addition to powders of precious metals, stones and minerals. The difference between natural and synthetic materials used in cosmetology is very evident because the human body responds well to natural materials and has lesser side effects.

- **DEPARTMENT OF UROLOGY**

All medicines and procedures provided by Ayurveda to treat urinary tract diseases are available in " Milife Medicity".

- **DEPARTMENT OF PSYCHIATRY**

This department is concerned with the diagnosis and treatment of mental illness, stress etc and helps you to relax.

- **DEPARTMENT OF EYE AND EAR**

This department treats diseases and disorders of eye and ear

- DEPARTMENT OF SURGERY

This department does various surgical operations using different surgical instruments and devices according to the rules of Ayurveda. This department is called "Shalya Chikitsa" in Ayurveda. When the problem is beyond mere medication as in cases of fistula, hemorrhoids and some tumors and the like, surgery is utilized as described in Ayurveda. The surgical instruments used in Shalya Chikitsa are made entirely of natural materials such as stones, wood, leaves and other parts of the plant.

- DEPARTMENT OF DETOXIFICATION

This department deals with diseases caused by toxins from vegetables and minerals as well as toxins from animal products.

- General DEPARTMENT

This department treats diseases of adults not treated by other departments.



Our treatment methods:

As well as we offer internal medicines related to all our departments, we offer also all Ayurvedic treatment methods including the following:

Panchakarma

Panchakarma is a Sanskrit word that means "five procedures" or "five treatments". It is a set of five treatments that balance the essential energies known in Ayurveda as "Doshas", strengthen the digestive system, remove toxins from the body and renew the general health. Ayurveda recommends "Panchakarma" as a treatment for mental and physical health. Like all medical procedures, this treatment should begin with a consultation by a qualified Ayurvedic Physician who can determine the nature of the individual, health problems (if any), and the appropriate degree of intensity of the prescribed treatment.

The five traditional therapies of Panchakarma are: Vasti, Nasya, Vamana, Virechana, Raktamoksha. (See details of these treatments under their headings)

Benefits of Panchakarma are: removing toxins from the body, restoring health and youth, strengthening the immune system, and restoring balance and wellness.



Abhyanga

Abhyanga is a Sanskrit word, which literally means the applying of oil all over the body. As a treatment of Ayurveda, it means a massage with oil for the entire body, to destress and regenerate the entire body. Sesame oil is one of the most used oils in this treatment. However, there are many other oils, which are prepared with different herbal nutrients to treat different medical conditions.

In addition to relaxing muscles, improving blood circulation, cleansing the skin, etc., there are unlimited benefits from Abhyanga

When it is taken everyday for 14 days or more, Abhyanga helps to treat neurological, muscular, and rheumatic disorders. One can see the benefits of treatment in Improvin his eyesight, sleeping pattern, digestion, sexual vitality, etc., which reduces the effects of aging

This treatment should be avoided if you are pregnant or menstruating or have severe illnesses such as fever, chills and influenza. People who suffer from indigestion, vomiting, diarrhea and fatigue should avoid it



Shirodhara

'Shiro' means head and 'Dhara' means flow. Shirodhara is a form of Ayurvedic therapy, by pouring a gentle stream of medicinal oil, milk or buttermilk on the forehead to stimulate the pituitary gland.

By working on the cerebral system, this treatment helps to improve the senses and relax the nervous system. It is considered as a tool to relieve stress, anxiety, depression and insomnia. It also helps to improve sleep patterns and memory. Those who are suffering from brain tumor, recent injury on the neck, abrasions or cuts to the head, fever and chills, acute diseases, nausea, vomiting, and severe weakness and exhaustion are advised to avoid Shirodhara. This treatment should not be given to women in the third trimester of pregnancy.



Kativasti

In this treatment, specially prepared warm medicinal oil is kept on the lower back with the help of herbal paste boundaries. This treatment lasts from 45 minutes to one hour and is very useful in any kind of back pain and spine disorders. Kativasthi consists of two words "Kati" and Vasthi. Kati 'means lower back and Vasthi means container.

This treatment is common to almost all types of spine and back pain problems. This is a simple treatment that has profound effects. It treats nerve compression and provides relief from degenerative diseases related to the back area. The duration of this treatment is two or three weeks.

In this treatment, the leaves of medicinal plants are heated or fried with herbal oils and then put in a pouch. Then these pouches are used to precisely massage the body in order to stimulate muscles, and nerves and to improve blood circulation in the affected area.

Improving blood circulation, increasing muscle strength and improving skin complexion are benefits of this treatment.

This treatment is not recommended for patients suffering from skin allergies, hypertension, varicose veins, deep vein thrombosis and fever, and for diabetics, pregnant women and those with sensitive skin.



Marma Therapy

The Marma therapy is an Ayurvedic treatment that began in Indian 5,000 years ago. The main goal of Marma therapy is to open energy channels to renew health of body, mind and spirit. The Sanskrit word "marma" means the weak point. Marma therapy brings energies to marma points for recovery.

Marma therapy has a major effect on the hidden energy of Marma points to relieve muscle stiffness and to promote blood circulation.

Marma therapy has an immediate effect in healing or alleviating the disease. It includes a slight touch, and sometimes also includes a heavy touch on marma points. When Marma points are touched, this touching stimulates a series of positive events. This touch leads to healing and renewal of strength.



Nasya

Nasya is a very important treatment for diseases of head. In this treatment medicinal powders and oils are applied in this treatment through the nostrils, because the nose are the entrance to the brain. This treatment gives immune strength to all parts of the body above the neck, detoxifies it and stimulates the mucous membrane of the nasal cavity.

Nasya therapy enhances the activity of the sensory organs and protects the person from diseases related to head. It helps get rid of migraines, chronic headaches, sinusitis, and disorders of ear, nose and throat . It also ensures healthy hair growth and prevents premature aging

Nasya treatment should be avoided during pregnancy or menstruation, and those who suffer from severe health conditions or from infectious diseases or fever, and by those who suffer from heart attacks.



Njavarakizhi

Njavarakizhi is an ayurvedic massage therapy with medicinal rice. A special type of rice called Njavara is used in this treatment. This rice is cooked with milk and herbs, then the cooked mixture is put in pouches made by light cotton cloth. These pouches are then used to massage the body.

This treatment helps to relieve problems caused by joint disorders such as pain, swelling, stiffness and arthritis. This treatment energizes and rejuvenates the body, improves the strength of tissues, bones and muscles, prevents the dissolution of joint and muscle tissue, and improves blood circulation. It helps to treat the osteoporosis, rheumatoid arthritis, cervical spondylosis, sciatica, spondylolisthesis, paralysis and frozen shoulder.

This treatment should not be given to those with tuberculosis and fever.



Pizhichil

Pizhichil is an Ayurvedic treatment that combines body massage with oil and special thermal treatment where warm medical oil is continuously poured over the body while massaging. It promotes muscle tone and plays an important role in reconfiguring the entire nervous system and in treating neurological disorders. It also improves blood circulation and removes toxins from the body. This treatment enables a quick recovery of broken bones, increases immunity and reduces stress and anxiety. It is effective in treating rheumatic diseases, arthritis, paralysis and blood pressure. Those who are suffering from hemorrhage, vomiting and hives are advised not to take it.



Sarvanga Takra Dhara

Sarvanga Takra Dhara is a traditional Ayurvedic treatment in which the medicated buttermilk is poured over the body. It is very beneficial for both healthy and sick people. It cures the physical and mental illness.

Sarvanga Takra Dhara is useful in treating psoriasis, high blood pressure and lack of sleep. It also helps patients to treat insomnia, premature aging, fatigue, headache, urinary disorders, heart disease, joint problems, metabolism disorders, ear and eye problems, migraine headache, memory loss, Alzheimer's disease, hair loss, diabetic neuropathy and paralysis. It is not recommended for chronic sinusitis, cold, vomiting, dizziness and wound.



Shirovasti

Shirovasti is a unique treatment by pouring herbal oil on the head and retaining it with a cap or a bandage for a specified period. The herbal oils used in this Ayurvedic treatment are heated in a specific way to get their full medicinal properties, by placing the bowl of medicine in boiling water before the application.

" Shirovasti " is useful in treatment of numbness in the head, de addiction of alcoholics or drugs and many psychological disorders. It is also used to treat facial paralysis, insomnia, cataracts, spondylitis, and neurological disorders.

Shirovasti should be postponed if there are complaints such as coryza, coughs, weakness, fatigue, fever, jaundice and rhinitis. It is advised to avoid Shirovasti during menstruation.



Udvarthanam

Udvarthanam is an ayurvedic massage treatment that is useful for reducing fat and weight. Dry herbal powder is used in this treatment to remove excess fat and to stimulate metabolism. This massage stimulates hair follicles and subcutaneous fat tissue to break down subcutaneous fat storage. Massage is done in a direction opposite to that of the body hairs

Udvarthanam is useful for people who suffer from obesity, paralysis or paraplegia, as well as from skin diseases or poor blood circulation. Its benefits also include improvement in skin complexion, skin exfoliation, stress relief.

Udvarthanam treatment should not be given to pregnant women, infants, and those who have wounds as well as patients of eczema and psoriasis



Herbal Steam Bath

Herbal steam bath – Ushma sweda

Ushma sweda or steam bath is an ancient Ayurvedic treatment that usually follows the Abhyanga treatment. By this, the whole body undergoes artificially induced sweating. This is very effective in rheumatism, in relieving pain, giving smoothness to the skin, etc. "Ushma sweda" is considered as one among the preparatory procedures for other major procedures like Vamana.



Bidalaka

Bidalaka is an ayurvedic treatment used in eye disorders. In this treatment medicinal herbal paste is applied to the eye lids, leaving the eye lashes, for a specified period .

This treatment is very useful for refractive errors, dry eyes, conjunctivitis, watery eyes, computer vision syndrome, eye strain, cataracts, glaucoma, night blindness, eyelid drooping, corneal ulcers and inflammatory lesions of the eye.



Vasti

Vasti is the expulsion of toxins and other spoilage from the body through the introduction of liquid medical substances such as sesame oil and herbal medicines through the rectum into the colon or through the urethra or vaginal canal to the uterus.

This treatment, known as Vasti, differs according to the diseases.

It treats sexual disorders, constipation, bloating, chronic fever, colds, kidney stones, heartache, vomiting, back pain, neck pain, excessive acidity, sciatica, rheumatism, arthritis, and neuromuscular disorders.

This treatment should be avoided during pregnancy and menstruation, and those who suffer from diarrhea, anal inflammation and rectal bleeding.



Uttara Vasti

It is an Ayurvedic treatment for diseases of the genitourinary system. It is a type of Vasti treatments. In this treatment, drugs are inserted through the urethra or vaginal canal. (See the details under the title Vasti)



Snehapana

The use of medicinal fats or oils internally is called Snehapana.



Vamana

It means medical vomiting. Vamana is used to remove toxins that accumulate in the body and respiratory system by inducing vomiting. The sinuses are cleared after vomiting, which in turn provides relief from congestion, wheezing and shortness of breath.

Digestion and metabolism are enhanced with this treatment. Vamana is one of the most effective treatments for asthma, coughs, psoriasis, and skin disorders. Vamana is also useful for people with gastritis, sinusitis, diabetes and neurological diseases.

Vamana treatment is not given to children, older patients, pregnant women and people who are obese and who suffer from any type of heart disease or internal bleeding.



Virechana

Virechana is a detoxification treatment. It removes toxins and waste from various systems of the body and delivers them to the digestive system and then expels them out of the body. Virechan is the process of cleansing the liver, gallbladder and digestive system from toxic and metabolic waste by using laxatives.

Herbal medicines are given in specific quantities, as per the nature of patients and diseases.

Virechana helps to revive the body, increase the appetite and reduce the skin disorders. It is also helpful in treating eczema, dermatitis, and dryness caused by psoriasis etc . Virechana improves immunity, promotes healthy digestion, regulates metabolism and reduces the severity of chronic diseases. It is usually recommended in cases of chronic fever, diabetes, asthma, joint disorders, digestive problems, excessive acidity, headache and in gynaecological disorders. It is better not to give Virechana treatment to those suffering from poor digestive activity, rectal bleeding, hard bowel movement, diarrhea, and normal fever.



Agnikarma

Agnikarma is an ancient technique of cauterization, well described and widely used in Ayurveda. It is the procedure of heating specific body parts for short time using an instrument called 'Salaka'.

This therapy is very effective in relieving chronic pain and stiffness and is very useful in a variety of conditions like corns, warts, tennis elbow, frozen shoulder, heel pain, trigger finger, carpal tunnel syndrome etc. One of the main benefits of agnikarma is that the effect is immediate, patient need not restrict his daily activities and the procedure is not very painful.



Tarpana

Tarpana is a therapeutic procedure for health of eyes with excellent effects. It involves retaining lukewarm medicated ghee over the eyes by creating a barrier around the eyes using dough for a specified time according to the nature of disease. It is followed by giving complete rest to the eyes for few days. It revitalizes and strengthens the eyes and improves clarity and vision. Tarpana helps to relieve eye disorders like eye strain, dryness, and itching and is even useful in reducing power of spectacles.



Raktamoksha

Raktamoksha is a type of Ayurvedic purification therapy by letting out small amount of blood from affected parts of the body. It focuses on removing impure blood from the body and ultimately cures the disease caused by it. There are various methods of doing Raktamoksha. Leeching (blood letting using leeches) is very famous and effective. Raktamoksha has shown to have wonderful results in various skin diseases, various vein non healing ulcer, burning sensation and certain types of alopecia. It is usually avoided in individuals with anemia, jaundice, uncontrolled diabetes and other debilitating diseases.



2

Physiotherapy

Physiotherapy is a treatment of injuries, pains, muscle fractures and illness of the body without the use of medicines or drugs. Using a combination of proven techniques and evidence-based natural methods like exercises and a range of massages, a physiotherapist aids in diagnosing the disorder and suggest a treatment plan best suited to improve the patient's physical well-being and restore them back to normalcy. The terms "physiotherapy" and "physical therapy" mean the same thing and are used interchangeably.

Famous Greek physician Hippocrates had used to practice physical therapy in the form of massage, hydrotherapy and manual therapy in 460 BC. Modern physical therapy comes into existence in 19 century.



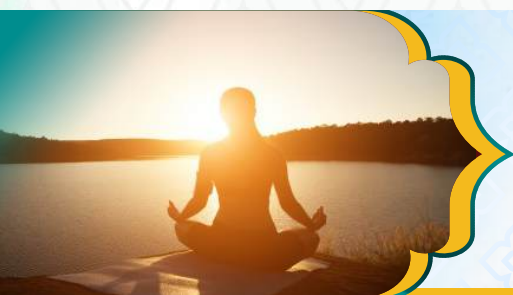
Physiotherapy is a branch of medicine that helps people suffering from injury, pain, or disability to regain movement and function with exercise, manual therapy, electrical therapy, shock wave method, joint mobilization, health education, and guidelines.

It treats conditions such as chronic pain and acute pain, soft tissue injuries, cartilage damage, arthritis, walking disorders and physical impairments.

It promotes the health of people in all ages, and helps patients to relieve pain and prevent diseases.

Benefits of physiotherapy:

The benefits of physiotherapy are very vast .It eliminates or reduces pain, and restores muscle. It can provide relief to people of all ages suffering from a variety of ailments, injuries or disorders. It solves the problem from its roots and hence prevents the pain from returning. By healing the injuries, it prevents the use of surgery. With the help of high-quality physiotherapy, you can restore your pre-pain physical condition and fitness levels and lead a much active and healthy life. It helps you to be independent and do his/her task normally. It manages heart and lungs problem and even promotes good health in women. Reducing the chronic illness, reducing the age related issues, stroke rehabilitation, managing diabetes, avoid dependency on medicines are also its best known benefits.



3 | Yoga

Yoga is a meditation technique that originated in India before centuries. It utilizes breathing exercises, physical exercises, various postures and meditation. Yoga helps to improve both physical and mental health and bring peace and happiness. It is also an excellent stress reliever and bring harmony between mind and body.

The whole world have now embraced this technique due to its wonderful effects. In Milife Medicity we provide yoga with the help of excellent practitioners who have mastered yoga in all its traditional spirit.



4 | Ozone Therapy

Ozone therapy is a form of alternative medicine that purports to increase the amount of oxygen in the body through the introduction of ozone into the body via various methods, usually involving its mixture with various gases and liquids. It may be applied through injection. And can also be introduced via autohemotherapy, in which blood is drawn from the patient, exposed to ozone and re-injected into the patient.

Ozone therapy has been proposed for use in various diseases, including cancer, AIDS, SARS, COPD, alleviating symptoms of Chronic Fatigue Syndrome (CFS), Multiple sclerosis (MS), arthritis, heart disease, Alzheimer's dementia and Lyme disease. It has been utilized and heavily studied for more than a century. Its effects are proven, consistent, safe and with minimal and preventable side effects.

Ozone is a colourless gas made up of three oxygen atoms. It is used as an alternative therapy to improve the body's intake and use of oxygen and to activate the immune system. It is also used to disinfect and treat diseases by limiting the effects of bacteria, viruses, fungi, yeast, and protozoa.

Benefits of Ozone therapy

- An alternative treatment for various illnesses.
- Helps flush out infected cells (once the body rids itself of these infected cells, it produces new, healthy ones).
- Reducing the risk of complications from diabetes.
- Brings new, fresh oxygen to blood and tissues (hence, people with diabetes could have much better outcomes).
- It can help repair skin and tissue.
- It can help stop the growth of bacteria that are harmful
- It can help stimulate the immune system (hence, benefits for people with immune disorders).
- It can help reduce the stress on lungs by providing more oxygen to blood.
- It causes an increase in the red blood cell glycolysis rate (which leads to the stimulation of 2,3 - diphosphoglycerate which leads to an increase in the amount of oxygen released to the tissues).



5 |

Halotherapy

Halotherapy is a drug free natural treatment using micro particles of salt to fight against various disorders and to promote better breathing, healthier skin, sounder sleep, improved physical fitness and endurance and overall wellness. It is a holistic method that reproduces the natural microclimate of salt caves by dispersing aerosols at a high concentration in a chamber whose surfaces are covered with layers of salt. Aerosol (which contains dry salt) in the room plays an important role in alleviating health problems and is used for patients with respiratory problems and skin conditions.

Based on various researches, Halotherapy has been widely accepted as a natural and safe treatment to people with respiratory and skin ailments.

Salt has been an essential, virtually omnipresent, part of medicine for thousands of years. It has been used as a remedy, a support treatment, and a preventive measure

Halotherapy is usually broken down into dry and wet methods, depending on how the salt is administered.

Salt Therapy is a safe way to relieve symptoms of respiratory and skin conditions, a holistic treatment which takes place under simulated conditions of a natural salt cave.

Patients sit in the salt room for 45 minutes and breathe in the fine salt aerosol, which is transported to the smallest bronchi, or airway passages, in the lungs as well as to other parts of the respiratory tract such as the sinuses and nasal cavity. The salt particles act as an anti-bacterial agent, dissolving bacteria and pollutants lodged in the respiratory tract. These are then either coughed up by the patient or are expelled during the metabolic processes via the bloodstream. The treatment also reduces inflammation in the lungs, thins out mucus build-up, improves lung function and opens up breathing passages.

Ailments can be treated by Halo:

Many ailments are treated by Halo, including: chronic bronchitis asthma hay fever ear infection breathlessness, chest tightness pneumonia after acute stage bronchiectatic disease smoker's cough (including secondary smoke) cough with viscous sputum discharging with difficulties dry, paroxysmal cough with distant rales dry rales (mostly with low tone) changing its localization during auscultation frequent acute disorders of respiratory tract pharyngitis multi-chemical sensitivity syndrome sinusitis/sinus inflammation respiratory infections respiratory allergies to industrial and household pollutants rhinitis tonsillitis eczema and more.

Halo treatment also relieves stress, depression and fatigue due to its soothing and antihistamine properties of salt.

There are many healing stories for patients with COPD, Sinusitis, Cystic Fibrosis, Pulmonary Fibrosis, Pharyngitis, Snoring, frequent colds / influenza, Dermatitis, Acne, Psoriasis and Eczema. Halotherapy also helps athletes and singers improve their stamina and lung capacity for better performance.

In brief, Halotherapy can significantly help to:

- ▣ Reduce the need for inhalers and antibiotics
- ▣ Make your breathing easier after just a few sessions
- ▣ Improve lung function
- ▣ Reduce the joint pain and swelling in Rheumatoid

Arthritis patients

- ▣ Reduce the number of hospital admissions
- ▣ Alleviate sneezing, coughing and shortness of breath
- ▣ Clear mucus and sticky phlegm from the lungs
- ▣ Increase the resistance to respiratory tract disease
- ▣ Strengthen your immune system
- ▣ Improve general health and quality of life



6 | Chelation Therapy

Chelation therapy is a medical procedure that involves the administration of a medication called a chelator or chelating agent to remove heavy metals and/or minerals from the body. It can be traced back to the early 1930s and is the preferred medical treatment for heavy metal poisoning, including acute mercury, iron (including in cases of sickle-cell disease and thalassemia), arsenic, lead, uranium, plutonium and other forms of toxic metal poisoning. Some common chelators include ethylenediaminetetraacetic acid (EDTA), dimercaptosuccinic acid, and dimercaprol. These may be administered intravenously, intramuscularly or orally, depending on the agent and the type of poisoning.

The word Chelation means "to grab" or "to bind". When EDTA is injected into the veins, it "grabs" heavy metals and minerals and removes them from the body. . Although chelation was originally used to treat conditions like lead poisoning.

Chelation therapy is an FDA-approved therapy—for treating mercury, lead, and other types of heavy-metal poisoning, as well as for iron overload (hemochromatosis) and some types of anemia. There are a variety of common chelating agents with differing affinities for different metals, physical characteristics, and biological mechanism of action. Chelators work by binding to metals in the bloodstream. Once they're injected into the bloodstream, they circulate through the blood, binding to metals. In this way, chelators collect all the heavy metals into a compound that's filtered through the kidneys and released in urine.

Benefits of chelation therapy

- A very effective way to remove several heavy metals and minerals from blood, including: lead, arsenic, mercury, iron, copper, nickel
- It is said to aid in the treatment of atherosclerosis (i.e., hardening of the arteries) (since calcium deposits are found in artery-clogging plaques, it's thought that using chelation therapy to remove calcium deposits can restore healthy blood flow in the arteries).
- It is suggested that EDTA can act as an antioxidant and protect against the damaging effects of chronic inflammation.
- It is used to treat osteoarthritis and other inflammation-related conditions.

- Chelation therapy is also claimed to improve memory and promote recovery from stroke.
- Chelation therapy was associated with a significant reduction in the risk of issues such as hospitalization for angina.
- Chelation therapy appeared to have an even greater benefit in people with diabetes
- Chelation therapy may improve health in heart attack patients by reducing oxidative stress
- It is a very effective way to treat heavy-metal poisoning.



7 | Acupuncture

Acupuncture is one of the key components of traditional Chinese medicine, and is commonly used to treat pain. It involves inserting very thin needles through your skin at strategic points in your body. It is increasingly used for overall wellness, including stress relief.



8 | Unani medicine & Cupping therapy

Unani medicine is the system of alternative medicine that originated in ancient Greece in the fourth century B.C. and continued to be practiced in the countries of the Middle East and South Asia. It is referred to as "Greek Arab medicine" or "Unani Tibb ". This is a comprehensive medical system, providing promotive, preventive, curative and rehabilitative healthcare. Almost 90% of its medicines are herbal, and the rest are from animals or from minerals. At Milife, we arranged all facilities of Unani medicine

Cupping is used in traditional medicine in many parts of the world, including the Middle East and China. It involves sucking blood with a cup of glass, ceramic, bamboo, or plastic. A negative pressure is created in the cup either by placing a flame on the cup to remove the oxygen before putting it on the skin or by connecting the suction device to the cup after applying it to the skin. The skin is punctured in a "wet cupping", and blood flows into the cup. The "dry cupping" does not involve puncturing the skin.



Our facilities:

1- Luxury health resort

2- Therapeutic facilities of the highest quality

3- Quality furniture

4- Luxurious residential facilities with hotel services

- Ruby room - air-conditioned room with bathroom for two people only, and there is a TV, a refrigerator, a kettle

- The Villa Platinum room - air-conditioned room and lounge with two separate beds, bathroom and private kitchen, and there is a TV, refrigerator, and kettle. Suitable for only two people.

- Two Emerald rooms - consisting of two rooms and a hall. And there is a TV and a refrigerator.

- Diamond Suite Villa - consists of two rooms, a hall and a private kitchen, and it contains a TV, a refrigerator, an oven, and a sink.

5- Mosque

6- Arabian restaurant

7- Free Wi-Fi

8- Swimming pool for men and women separately



9 - Sports club

The club has various activities such as football play, badminton, basketball, billiards.

10 - Seating place for men and women separately

11 - Children's play area

12 - Running track

13 - Beauty salon for men and women separately

14 - Grocery shop

15 - Laundry

16 - Television with international channels

17 - Money exchange

18 - Recreation area

19 - Tourism Office

Milife has a tourism office that carries out all services related to tourism.

- Arranging tourism programs
- Obtaining the visa
- Booking the airline tickets
- Arranging driver and car.

20 - The perfume store

You can get finest Oud and perfumes in Perfume shop of milife. Original Oud, Oud oil and other kinds of perfumes are available with reasonable prices.

21 - Office for charitable activities.





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