DR WAKDE’s Natural Health Clinic is a specialised natural treatment centre based in West London.

It is an authentic, holistic and ayurvedic treatment clinic, designed to complement and support the health-care services provided by NHS and also to care for those patients who are unable to find relief for their medical conditions with conventional treatments.

The Clinic offers a range of holistic therapies adapted to the individual needs of the patient and complements these with herbs, detox therapies, special diet, yoga & meditation.

All therapies are provided by fully qualified Ayurvedic Practitioners with years of experience of treating various health conditions.

**Clinical Services**

- General Ayurvedic Medicine
- Stress & mood disorders
- Musculo-skeletal
- Weight-loss Clinic
- Skin & Hair Clinic
- Allergies
- Women’s Clinic
- General wellbeing
- Men’s Clinic
- Herbal Pharmacy

**What is Ayurvedic medicine?**

Ayurvedic medicine (also called Ayurveda) is one of the world’s oldest medical systems. It originated in India and has evolved there over thousands of years. It is a holistic system of healing medicine and healthcare, practised in Indian subcontinent, where nearly 80 percent of the population uses it exclusively or combined with conventional (Western) medicine.

Ayurveda is a sister-science of Yoga and aimed to integrate and balance the body, mind, and soul.

**Treatment**

Ayurvedic treatment is tailored to each person’s constitution. The treatment goals include eliminating impurities, reducing symptoms, increasing resistance to disease, reducing stress and increasing harmony in the patient’s life. The practitioner uses a variety of methods to achieve these goals.
Herbal Prescriptions
Herbal medicine forms an important part of the Clinic. It is the use of plant based medicines to promote good health and treat illness. It combines traditional knowledge with insights from clinical and laboratory research into the active constituents of herbs.

The medicaments used in the clinic are made primarily from herbs, sometimes in combination with minerals. They are specially formulated and include flowers, leaves, seeds, roots & barks. Each herb has healing properties which are used for specific purposes & perform particular functions. The Ayurvedic doctors prescribe the combination of herbal formulations specifically suited to treat you and your conditions. Each prescription is therefore tailor-made.

You start by taking the medicines every day. As treatment continues your progress is closely monitored through regular consultations. Our doctors will alter the prescription & reduce the dosage accordingly. Since all patients and conditions are different, length of treatment can vary from a few weeks to several months. After a period of treatment you are able to stop the medicine.

Are Herbs safe?
Herbal medicine is very safe when prescribed by a competent practitioner with good medical and herbal knowledge.

Herbal Pharmacy
The herbal pharmacy at the Clinic dispenses herbal prescriptions for Clinic patients. The highly trained practitioners are able to provide advice on prescribed herbal medicines and general information on Ayurvedic medicine.

The retail herbal store sell a wide range of products including Ayurvedic remedies, herbal and nutritional supplements, natural and organic skin care products. The retail service is open to the general public Monday to Friday between 10am and 5pm.

A telephone mail order and advisory service is available to anyone on +44 208 432 2726.
Price List

CLINICAL CARE

Initial Consultation & Assessment  £49
Initial evaluation by Ayurvedic doctor
Clinical assessment for dosha imbalances
Herbal prescription & treatment plan
Practical tips and dietary advice

Follow up Consultation & Assessment  £39
Continual evaluation by Ayurvedic doctor
Follow up clinical assessment
Herbal prescription & treatment plan
Practical tips and dietary advice

Herbal Prescription (a month Supply)  £45 to £89
Combination of herbal formulations specifically made to treat you & your conditions. Each prescription is tailor-made.

TREATMENTS & THERAPIES

Snehana I Oil treatments
- Abhyanga massage (60 min)  £69*
- Abhyanga massage (90 min)  £89*
- Udvarthan I Herbal exfoliating massage  £79*
- Udganashana I Herbal powder massage  £79*
- Pizhichil massage I Oil flow massage  £89*
- Marma massage I Vital points massage  £69*

Svedana I Steam & Heat treatments
- Svedana I Steam  £49*
- Pinda-sveda I Hot herbal bag massage  £69*
- Valuka-sveda I Hot sand-bag massage  £69*
- Taap-sveda I Hot stone massage  £69*

* Discount of £10 per session if you book a course of 10 sessions

Shodhana I Cleansing treatments

Basti therapy (Colonics) - 8 days  £392
- 8 X Massages - Abdomen, pelvis & low back
- 8 X Steam
- 8 X Enemas

Virechana therapy (Purgation) - 5 days  £490
- 5 X Abhyanga massage (60 min)
- 5 X Svedana steam
- 1 X Purgation

Vamana therapy (Therapeutic emesis) - 5 days  £490
- 5 X Abhyanga massage (60 min)
- 5 X Svedana steam
- 1 X Vamana cleansing
## LOCAL TREATMENTS

### Head, Neck & Shoulder
- Shirobhyanga I Head & scalp massage £49*
- Head-neck-shoulder massage £59*
- Head-neck-shoulder massage with Steam £69*
- Head-neck-shoulder massage with Pinda-sveda £69*
- Shirodhara I Oil-flow on forehead £89*
- Takradhara I Flow of buttermilk on forehead £89*
- Shirobasti I Oil Treatment - Head £109*
- Manya-basti I Oil treatment - Neck £79*

### Upper & Lower Back
- Back massage £59*
- Back massage with Steam £69*
- Back massage with Pinda-sveda £69*
- Kati-basti I Oil treatment - Back £79*

### Chest & Abdomen
- Hrid-basti I Oil treatment - Chest £79*
- Nabhi-basti I Oil treatment - abdomen £79*

### Legs & Feet
- Padabhyanga foot massage £59*
- Foot massage with Steam £69*
- Foot massage with Pinda-sveda £69*
- Janu-basti I Oil treatment - Knee £79*

### Skin
- Skin treatment £69*
- Oil massage with steam & herbal skin mask

### Hair & Scalp
- Hair & Scalp treatment £69*
- Oil massage with steam & herbal hair mask

### Eyes & Ears
- Tarpana eye treatment £79*
  (Comprehensive head-face-neck massage, warm compress & oil treatment - Eye)
- Karnapoorana ear treatment £59*
  (Comprehensive head-face-neck massage, warm compress & oil treatment - Ear)

### Nose & Sinuses
- Nasya treatment £59*
  (Comprehensive head-face-neck massage, warm compress & Oil treatment - Nose)
How to book an appointment?
You can book your appointment online, by telephone or by email. We will confirm your arrangements within a 24 hour period.

Your appointment
Please arrive 10 minutes before your appointment time. Your first appointment will consist of a detailed assessment of your health condition, a physical examination and individual treatment planning. This will last between 30 and 60 minutes. Follow-up appointments, last between 15 and 30 minutes.

Cancellation of appointment
If you cannot attend your appointment, please give at least 24 hours notice. This will allow us to offer the appointment to another patient and help avoid wasting resources.

How to Find us
By Underground - Ravenscourt Park (District line) is within walking distance.

Parking -
Limited street parking is available on a ‘pay and display’ basis at the side lanes. (Mon-Fri 9-5pm)

For an appointment, please contact the clinic direct:

DR WAKDE’s Natural Health Clinic
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Email: clinic@drwakde.com
Website; www.drwakde.com/clinic