More than enough reasons to visit

DR WAKDE’s
Natural Health Clinic
London
Background

DR WAKDE’s Natural Health Clinic is a Specialised Natural Treatment Centre and is London’s leading Clinic for Ayurvedic medicine.

The Clinic offers a range of therapies which are integrated and complemented with conventional medicine.

All therapies are provided by qualified health professionals who have years of training in complementary medicine.

The clinic offers a range of therapies adapted to the individual needs of the patient. The conditions treated are often complex chronic conditions.

Clinical Services

- Musculoskeletal
- Skin Clinic
- Hair-loss
- General medicine
- Stress & mood disorder
- Weight-loss Clinic
- Women’s Clinic
- Sexual dysfunctions
- Allergy
- Fibromyalgia
- Complementary Cancer Care
- Herbal Pharmacy
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.

The aim of Ayurvedic medicine is to integrate and balance the body, mind, and soul. This is believed to help prevent illness and promote wellness.

Ayurvedic medicine uses a variety of products and techniques to cleanse the body of substances that can cause disease, thus helping to re-establish harmony and balance.

How does Ayurvedic Medicine work?
Ayurvedic medicine has specific beliefs about the body’s constitution. Constitution refers to a person’s general health, the likelihood of becoming out of balance, and the ability to resist and recover from disease or other health problems.

Treatment
Ayurvedic treatment is tailored to each person’s constitution. The treatment goals include eliminating impurities, reducing symptoms, increasing resistance to disease, and reducing stress and increasing harmony in the patient’s life.

The practitioner uses a variety of methods to achieve these goals.
Musculoskeletal Medicine

Musculoskeletal medicine, also known as Orthopaedic medicine, provides treatment for patients with pain and dysfunction of the Musculoskeletal system.

The majority of patients with musculoskeletal symptoms have back pain, osteoarthritis or soft tissue disorders. It is these three major groups which are the particular concern of musculoskeletal medicine.

The musculoskeletal medicine service at our Clinic offers a wide range of therapeutic options, the combination of which leads to fully integrated medical care.

**What can be treated?**
Some of the conditions suitable for referral include:
- Neck pain and cervical spondylosis
- Shoulder, arm and hand pain
- Back pain and lumbar spondylosis
- Sciatic pain
- Periarticular pain and stiffness of both large and small joints
- Hip, knee, ankle and foot pain
- Bursitis, Frozen shoulder
- Osteoarthritis
- Headache
- Fasciitis and tendonitis
- Repetitive use syndromes and work related disorders
- Soft tissue injury
- Overuse and sports related injuries
- Muscle, tendon and ligament pain
General medicine

The team
The Clinic is led by Consultants trained in Ayurvedic medicine. The team also includes practitioners and therapists.

The team is trained in many areas of complementary medicine allowing them to offer a fully integrated General Medicine service.

Aims
The Clinic offers an individualised and patient-centred service for a wide range of medical conditions, particularly chronic or complex ailments which can benefit from an highly individualised approach. The service also aims to empower patients through advice, information, and empathetic treatment.

What can be treated?
The General Medicine services is able to review all conditions.

Some of the most common conditions suitable for the treatment are:
- Digestive disorders (including IBS, Gastritis, Peptic ulcers, Colitis, hemorrhoids, indigestion, and chronic constipation)
- Respiratory disorders (Recurrent colds, sinusitis, asthma and allergic bronchitis, COPD)
- Recurrent infections (colds, sore throats, cystitis, thrush, chest infections)
- Medically unexplained physical symptoms (MUPS)
- Fatigue illnesses
- Migraine
- Chronic headache
- Complementary care for auto-immune conditions
Skin Clinic

The Skin Clinic offers complementary treatments to a wide range of skin conditions.

Aims
The improvement of skin problems and reduction of conventional medication are the aims of this service.

Treatments
Many people do not like having to depend on drugs, especially steroid creams. Individual treatment packages are designed for each patient.

Therapies include:
- Holistic assessment and treatment
- Herbal medicines, Skin therapies
- Diet therapy, including supplements

Skin conditions particularly suitable for treatment by Ayurvedic medicine are –
- Acne
- Atopic eczema and other forms of dermatitis
- Psoriasis
- Leucoderma (Vitiligo)
- Urticaria (hives, nettle rash)
- Lichen planus and lichen sclerosus
- Rosacea
- Prurigo
- Palmo-plantar pustulosis
- Angioedema
- Hydradenitis
Hair-loss

This clinic specialises in the diagnosis and treatment of patients with hair-loss conditions and offer unique hair loss treatment combinations.

Aims of management
Depending on the severity and duration of the condition, treatment may focus on:
- Diagnosis, including hair and scalp assessment
- Holistic treatment plan
- Controlling symptoms
- Improving hair and scalp condition

Treatment offered:
Detailed case taking
Hair and Scalp assessment
Holistic herbal treatment plan
External herbal application wherever required
Hair and scalp herbal therapy
Scalp Massage and steam therapy
Detailed nutritional guidelines
Expert advice on hair management after examining the type of hair and the condition of scalp

Conditions suitable for the treatment include:
- Androgenic Alopecia (Male and Female Pattern)
- Telogen effluvium
- Alopecia areata
- Traumatic and drug-induced alopecia
- Dandruff and scalp conditions
Stress and Mood disorder

This service provides assessment and integrated treatment for minor psychiatric disorders, medically unexplained symptoms and psychological problems associated with chronic physical illness.

The aim is to provide a supportive environment for assessment, the acquisition of new coping and stress-management skills and personal growth in patients whose health is impaired by psychological problems including those associated with physical symptoms or chronic illness.

What can be treated?
- Medically unexplained symptoms
- Psychological problems associated with chronic physical illness
- Anxiety-related conditions
- Post-traumatic stress disorder
- Depression
- Insomnia
- Minor eating disorders
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 doctors prescribe the combination of herbal formulations specifically suited to treat you and your conditions. Each prescription is therefore tailor-made.

These herbal preparations are multi-faceted in orientation. Their spectrum includes tablets or capsules, herbal teas, decoctions, extracts, vegetable concentrates, herbal oils, etc.

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 & conditions are different, length of treatment can vary from 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.
Massage therapy

The Clinic offers a massage therapy, using a variety of different approaches. Treatment courses are offered to patients in the Clinic as per the doctors recommendations.

Our trained therapists also offer relaxation training, reiki, Yoga, breathing techniques and meditation.

We can only offer a limited number of treatments due to demand for these treatments. For this reason, we have a strict appointment policy.

Suitable conditions for treatment
- Chronic musculoskeletal pain – back, neck, shoulder, joints
- Muscle strain and stiffness
- Repetitive strain injuries
- Stress related condition
- Anxiety and depression
- Problem sleep patterns
- Headache and migraine
- Chronic fatigue syndrome (ME)
- Fibromyalgia
Optimum Detox Programme

The Clinic offers an Optimum Detox Programme which is a 7-days healing immersion that combines a time-tested detoxification and cleansing process known as 'Panch-karma', and healing techniques of Ayurveda, yoga, and meditation.

The programme's unique approach is based on the powerful principles of Ayurveda, India's 5000-year-old healing system.

Therapies include:
- Massage and steam therapy
- Colonic therapy
- Purgation therapy
- Emesis therapy
- Diet therapy
- Reiki treatment
- Yoga and breathing techniques
- Herbal supplements

It's a unique, holistic health-giving series of therapeutic treatments that cleanse the body's deep tissues of toxins, open the subtle channels, bring life-enhancing energy thereby increasing vitality, inner peace, confidence and well-being.

It's a complete healing immersion for those coping with stress, chronic pain, burnout, immune dysfunction, fatigue, depression, weight concerns, relationship pressures and other physical and emotional illnesses.
Herbal Pharmacy

The herbal pharmacy at the Clinic is a retail pharmacy, run by fully qualified practitioners specialised in Ayurvedic Medicines.

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

Our team of practitioners and therapists work closely with the Clinic doctors and are involved in multidisciplinary team meetings to assure the best patient care.

Retail Herbal Pharmacy

The retail herbal pharmacy sell a wide range of products including Ayurvedic remedies, herbal medicines, nutritional supplements, natural and organic skin care products. The retail service is open to the general public Monday to Friday between 10 am and 7 pm.

As part of the retail service our qualified practitioners are able to provide excellent professional advice on using complementary medicines for minor ailments. A telephone mail order and advisory service is available to anyone on 020 8432 2726.
Yoga therapy

Yoga therapy is the adaptation of yoga practices for people with health considerations. Research provides evidence that it can aid in the alleviation of many different ailments.

Yoga therapy uses gentle postures, breathing practices, relaxation techniques and meditation to help restore body-mind balance and promote natural healing.

It is suitable for all ages and all levels of fitness and flexibility. It empowers you to look after your own health.

Aims
- Gently mobilising joints - promoting repair and maintenance
- Relaxing tense muscles - enhancing restorative blood flow to damaged tissues
- Strengthening core muscles, and improving muscle control - improving posture
- Heightening body awareness and reducing fear

Conditions suitable for treatment include:
Low back pain
Sciatica
Hypertension and heart conditions
Asthma
Diabetes
Stress
Your appointment

Please arrive 15 minutes before your appointment time.
Your first appointment will consist of a detailed assessment of your medical 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.

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. As a courtesy to you, appointments will again be reconfirmed in advance.

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.

Patient details
It is very important that the clinic has up to date patient information. Please let Patient Services Team know if you change address or phone number or inform the receptionist when you attend your appointment.

For an appointment please contact the clinic direct:
T: 0208 432 2726
E: info@dr-wakde.com
Website - www.dr-wakde.com
How to find us

By Underground –
Ravenscourt Park (District line) is within walking distance.

By Bus –
Various buses stops at the Clinic including route numbers: H91, 27, 267, 190 and 391.

For overseas patients –
London Heathrow airport is about 30min drive from the Clinic.

For overseas clients and those travelling from long distance, the hotel accommodation can be arranged in nearby 'Hotel Premier Inn'. The hotel is located about 50 meters from the clinic.
Specialised natural treatment centre

Ayurvedic medicine
Herbal prescriptions
Optimum detox Programme
Colon cleansing
Massage treatments
Reiki energy healing
Skin therapy
Natural remedies
Acupuncture

Herbal Healthcare Products
Skincare
Haircare
Bodycare
Herbal teas
Herbal remedies
Health supplements
Yoga, meditation & Relaxation therapies