



Abhayamritham
Spine & Joint Care Hospital
Kottamparamba, Calicut



Your Path to Pain-Free Living

☎ +91 94 95 88 00 11
🌐 abhayamritham.co.in

A symphony of ayurvedic
tradition and modern
excellence in

Spine & Joint Care

At Abhayamritham Spine & Joint Care Hospital, we harmonize the art of healing. Our expertise resides at the intersection of modern orthopaedic advancements and the timeless wisdom of Ayurveda. We believe that the path to wellness doesn't always necessitate surgical solutions. Instead, we embrace a holistic, non-invasive approach to alleviate spine and joint-related concerns.

Our hospital specializes in offering treatments that aim to alleviate spine and joint issues without resorting to surgical interventions. We believe in the power of natural healing, and our experts employ a blend of Ayurvedic therapies, modern diagnostics, and personalized care to help patients regain their mobility and live pain-free lives.



Two decades of **Excellence**

With a legacy spanning over two decades, Abhayamritham has been a beacon of hope for those seeking relief from spine and joint discomfort. Our journey has been one of continuous innovation and commitment to enhancing the quality of life for our patients.



Setting benchmarks in **Quality healthcare**

Vision

Empowering Lives through Non-Invasive Healing

Our vision is to be a global leader in the treatment of spine and joint conditions through non-invasive and holistic approaches. We strive to offer hope and recovery to individuals suffering from pain, enabling them to regain their independence and vitality.

Mission

To Provide Effective, Non-Surgical Solutions

Our mission is to provide state-of-the-art, non-surgical treatments that restore the health and well-being of our patients. We are dedicated to:

- Offering personalized care tailored to individual needs.
- Integrating the best of modern orthopaedics and Ayurveda.
- Continuous research and development in our field.

Values

The brand Abhayamritham revolves on its axis that consists of 6 core values.

- Compassion
- Honesty
- Efficiency
- Passion
- Innovation
- Quality



A Message from the **MD & Chief consultant**

It is an honour to extend my warm greetings and gratitude to you as the Director & Chief Consultant of Abhayamritham Spine & Joint Care Hospital.

Our hospital's unique approach, fusing the best of modern orthopaedic science with the profound wisdom of Ayurveda, has been a transformative force in the lives of many.

Our commitment to non-invasive treatments underscores our dedication to your comfort and well-being. We recognize that surgery is not always the answer, and we tailor our approach to your unique needs.

Our vision is to lead the way in global non-surgical healing, and our mission is to provide you with personalized, effective solutions that redefine spine and joint care. We aim to extend our reach and make our exceptional healthcare accessible to those in the Middle East and beyond.

I would like to express my profound appreciation for considering Abhayamritham Spine & Joint Care Hospital as your trusted healthcare partner.

Dr. Jayalekshmi
Managing Director & Chief Consultant



A Message from the CEO

It is with great pleasure that I welcome you to Abhayamritham Spine & Joint Care Hospital. Our commitment to your health and well-being drives our every endeavour, and it is my privilege to share our mission with you.

For over two decades, our hospital has been a beacon of hope for those seeking relief from the burden of spine and joint discomfort. Our unique approach, blending modern orthopaedic techniques with the profound wisdom of Ayurveda, has enabled us to transform the lives of countless individuals, restoring their mobility and vitality.

At Abhayamritham, we understand that not every ailment requires surgery. We believe in empowering our patients with the knowledge and care they need to regain control of their health.

Our vision is to be at the forefront of global non-surgical healing, and our mission is to provide effective, personalized solutions that set new standards in spine and joint care. We aspire to extend our reach to those in the Middle East and beyond, offering our distinctive approach to health and wellness.

We are here to serve you with compassion, expertise, and a dedication to your well-being.

Mr. Shahad Muhammed
CEO





Mentor & **Scientific Advisor**

We are honored to introduce Dr. Arun Prakas P.J, a distinguished figure in the field of complex spine deforming correction and orthopedic care, serving as our esteemed Mentor and Scientific Advisor. With an impressive array of qualifications, including a MBBS degree, D-Ortho, DNB Ortho, and a Global Spine Diploma from AO Spine International in Switzerland, Dr. Arun Prakas P.J has proven his commitment to excellence in spine healthcare. His extensive expertise extends to the field of endoscopic spine surgery, where he holds a prestigious Fellowship from Pune. He is also recognized as an Endoscopic Spine Surgeon accredited by the Royal College of Edinburgh. Dr. Arun Prakas P.J has further honed his skills through advanced training in scoliosis surgery, provided by AO-Spine Asia Pacific and at the University of Malaya Hospital, Malaysia, KL.

As a Senior Consultant Orthopedic Spine and Arthroplasty Surgeon, Dr. Arun Prakas P.J brings his wealth of knowledge and experience to Abhayamritham Spine & Joint Care Hospital, guiding us in our pursuit of non-invasive and holistic approaches to spine health.

Dr. Arun Prakas P.J

MBBS, D-Ortho, DNB Ortho, Global Spine Diploma (AO Spine International, Switzerland)

Fellowship in Endoscopic Spine Surgery (Pune)

Endoscopic Spine Surgeon Accredited by Royal College of Edinburgh

Advanced Training in Scoliosis Surgery (AO-Spine Asia Pacific, University of Malaya Hospital, Malaysia)

Senior Consultant Orthopaedic Spine and Arthroplasty Surgeon

Chairman K.P Akber Gurukkal's **Healing Legacy**

We take great pride in introducing K.P Akber Gurukkal, a luminary in the realm of alternative medicine, serving as the Chairman of Abhayamritham. With a deep understanding of traditional Marma therapy, K.P Akber Gurukkal brings a holistic approach to healthcare that aligns perfectly with our mission at Abhayamritham.

As a Neuro Therapist, his dedication to addressing neurological conditions through non-invasive methods is truly commendable. His expertise extends to the practice of Chiropractic, a discipline that focuses on promoting spinal health and well-being. With a firm commitment to providing our patients with the best in holistic, non-surgical healing, K.P Akber Gurukkal's role as Chairman is instrumental in shaping the unique and effective approach of Abhayamritham.



K.P Akber Gurukkal

Traditional Marma Practitioner

Neuro Therapist & Chiropractic Method

CHAIRMAN - Abhayamritham



Unparalleled Facilities for Your **Spine & Joint Health**

From the moment you step into our center, we will guide you through your journey to recovery. We believe in fostering a warm and comforting environment to ensure that you feel supported and at ease throughout your treatment process.



Modern Orthopaedic OPD
with Procedure Room



State-of-the-art Panchakarma Theatre



Ayurvedic Speciality OPD



IP Rooms of various categories including
Luxury Rooms, Geriatric Friendly Rooms,
Sharing IP Rooms



Chiropractic OPD + Procedure
Room



Provide Treatment Friendly Homely Food,
Laundry Service etc.



Physiotherapy OPD with Fully
Equipped Procedure Room



Botanical Garden with a Collection of
more than 200 Species of Medicinal Plants



Ayurvedic General & Wellness
OPD



Lab Facility



Neuropathy Room



Ample Car Parking Space



Separate Modern and
Ayurvedic Pharmacy



Medicine Preparation Room



Our Departments of
Excellence



Integrated Regenerative Rehabilitation

Our integrated team consists orthopaedic spine surgeons, orthopaedic surgeons, Physiotherapists, Ayurvedic Doctors, experienced Chiropractic experts, Neuro therapist and other healthcare professionals.

Our integrated spine and joint hospital provides comprehensive regenerative rehabilitation for

- Back pain of various causes like Slipped Disc, Spondylitis / Facet Arthritis, inflammatory spondylo arthropathy, multilevel degenerative disc disease with lumbar instability.
- Chronic degenerative spine disorders like adult spinal deformity, degenerative cervical myelopathy, multiregional spinal stenosis.
- Paediatric spine deformity (scoliosis), CP and congenital anomalies
- Degenerative disorders of extremities like shoulder, knee, ankle, hip etc.
- Post surgical rehabilitation (after total hip / knee replacement).
- Rehabilitation of tendon injuries, sports injuries & nerve reconstruction.
- CVA (stroke) patients with residual analysis.
- Post traumatic /surgical /fracture, stiffness of joints.



Modern Orthopaedics

Our orthopaedic spine department try to fill the lacunae of management of certain chronic spine disorders by a unique multi model approach, co ordinating the power and capability of various disciplines of medicine to give best possible care. Our goal is to improve the activities of daily life (ADL) and health related quality of life (HRQL). Our philosophy is based on “Even the most perfectly performed surgery doesn’t work for the wrong patient”.



Ayurveda

Experience the transformative power of ayurveda and embark on a path to overall well-being and vitality. Our department strictly follow the rules scientific ayurvedic treatment without losing the traditional values. Guided by qualified practitioners, we provide personalized treatments that address the root causes of health imbalances.

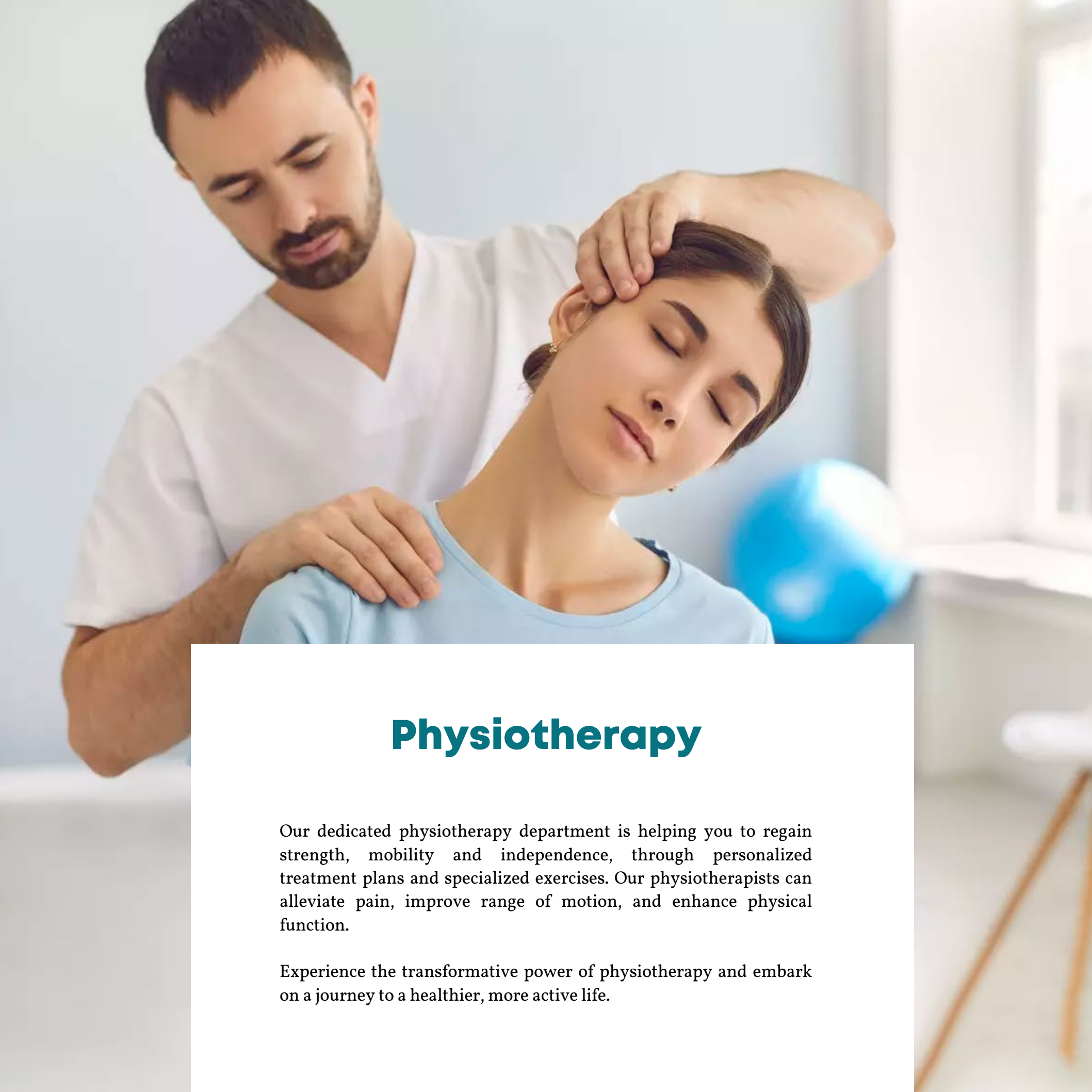
Most of our medicines used for the speciality treatment are prepared carefully at our center according to the patient's health condition. All the treatments were handled by trained therapist under the strict guidance and monitoring of ayurvedic doctor.

A close-up photograph of a chiropractor in a white t-shirt performing a gentle adjustment on a patient's neck. The patient is lying on their back, and the chiropractor is using both hands to support the head and neck area. The background is a bright, modern clinical setting with glass partitions and other people in the distance.

Chiropractic & Neuropathy

Chiropractic and neuropathy department offering non-invasive and drug-free approaches. Our practitioners utilize gentle spinal adjustments, nerve stimulation, and therapeutic techniques to reduce pain, improve mobility, and restore nervous system functions.

Trust us to guide you on the path to improved neuro-musculoskeletal health and overall wellness.



Physiotherapy

Our dedicated physiotherapy department is helping you to regain strength, mobility and independence, through personalized treatment plans and specialized exercises. Our physiotherapists can alleviate pain, improve range of motion, and enhance physical function.

Experience the transformative power of physiotherapy and embark on a journey to a healthier, more active life.

A close-up, warm-toned photograph of a woman lying down, likely receiving a spa treatment. Her eyes are closed, and a small white flower with a yellow center is tucked into her dark hair. Several smooth, dark, rounded hot stones are placed along her spine. The background is softly blurred, showing more of her body and the texture of the treatment surface.

Wellness

Our wellness department is helping you to achieve optimal well-being of mind, body, and spirit. With a focus on preventive care and holistic approaches, we offer a range of services tailored to support your overall wellness journey. From stress management and mindfulness practices to nutrition counseling, skin and Hair care.

Experience our exclusive wellness programs and unlock your true potential for lasting health and happiness.

Lifestyle Disease

Our Ayurveda department for lifestyle diseases management effectively treat conditions like obesity, diabetes, hyper colestremia and other lifestyle-related ailments.

Experience a transformative journey towards a healthier and more vibrant life, as we guide you towards a future of well-being and vitality.



Our Dedicated Team of **Healing Experts**

**DR. ARUN PRAKAS P.J**

MBBS, D-Ortho, DNB Ortho, Global Spine Diploma (AO Spine International, Switzerland)
Fellowship in Endoscopic Spine Surgery (Pune), Endoscopic Spine Surgeon Accredited by
Royal College of Edinburgh, Advanced Training in Scoliosis Surgery (AO-Spine Asia Pacific,
University of Malaya Hospital, Malaysia), Senior Consultant Orthopedic Spine and Arthroplasty Surgeon

**Dr. MUHAMMED NIYAS**

MBBS, MS (Ortho) Reg No. 50643
Consultant Orthopaedician
BONE & JOINT SPECIALIST

**Dr. SUJITH RAO.V**

MBBS-MS(Ortho) FNB(Spine Surgery)
(Manipal Hospital, Bangalore) Reg No: 47080
TCMC CONSULTANT ORTHOPEDICIAN &
SPINE SURGEON

**Dr. JAYALAKSHMI.R**

BAMS Reg. No: 10384 TCMC
Chief Ayurvedic Consultant
MANAGING DIRECTOR

**K.P Akber Gurukkal**

Traditional Marma Practitioner
Neuro Therapist & Chiropractic Method
CHAIRMAN - Abhayamritham

**Dr. JYOTHI LAKSHMI.K**

BAMS
Reg No: 21958 TCMC
MEDICAL OFFICER

**Dr. AMRITHA RADHAKRISHNAN**

(PT) (BPT, MPT (Ortho & Sports, CFT, IASTM)
PHYSIOTHERAPIST

**Dr. NITHIN MATHEW**

MPT Ortho, MIAP
MANUAL THERAPIST

**Dr. AFNA**

BAMS
RMO

Only place where

Tradition Meets Modern



Located in Kottamparamba, Calicut, Abhayamritham Spine & Joint Care Hospital is easily accessible.

AIRPORT - 27 KM | RAILWAY STATION - 11 KM | BUS STATION - 10 KM

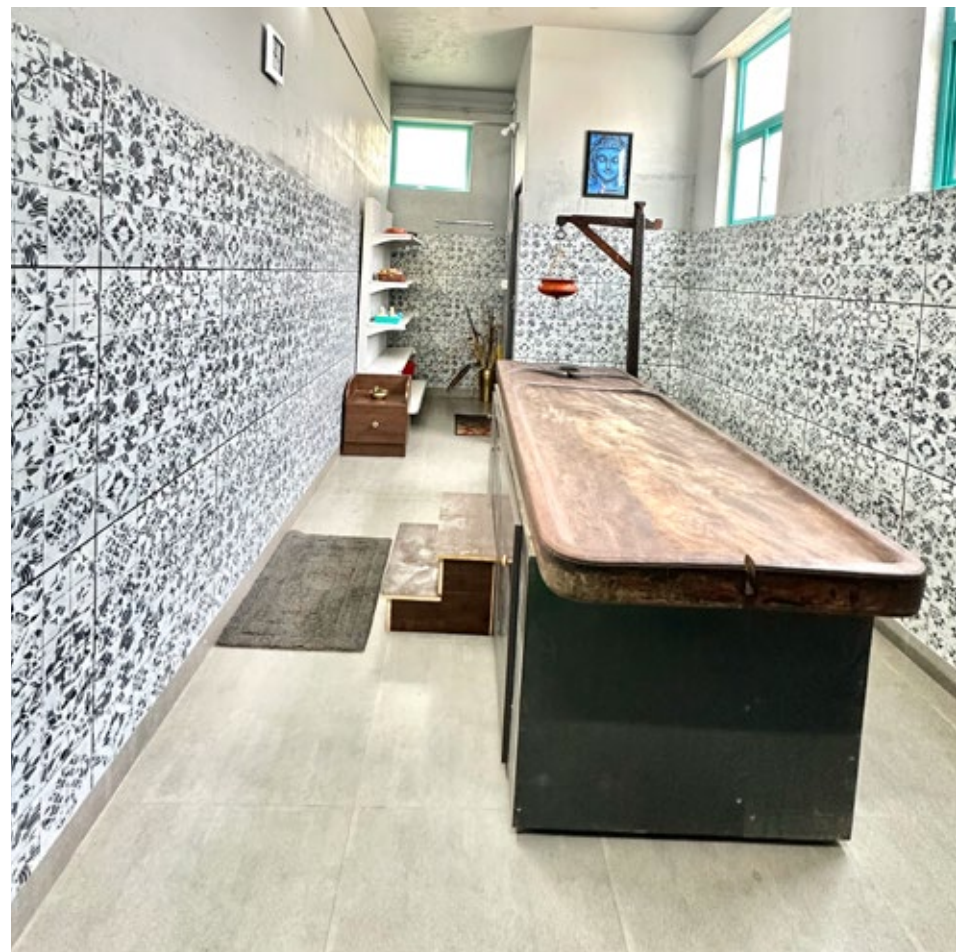


The colours, finishes and quality of materials and furnishings have created an inviting, comfortable, reassuring and stylish environment.





Discover the ancient healing wisdom of Ayurveda in the tranquil ambiance of our treatment room





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