



NIKIR HOMOEIO TIMES

GUJARAT'S FIRST HOMOEIO HEALTH NEWSPAPER (MONTHLY)

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5th January 2024

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NATIONAL ELIGIBILITY-CUM-ENTRANCE TEST examination for Homoeopathy

(1) The National Eligibility -cum - Entrance Test for admission into undergraduate course of Homoeopathy shall be conducted in each academic year by the Commission through designated authority or agency.

(2) The eligibility criteria for appearing in National Eligibility cum Entrance Test examination and process of counselling and admission into Under Graduate courses of Homoeopathy shall be as notified in National Commission for Homoeopathy (Homoeopathy Graduate Degree Course - Bachelor of Homoeopathic Medicine and Surgery Regulation, - 2022 and as per guidelines issued by National Commission for Homoeopathy from time to time.

National Exit Test. -

(1) A common National Exit Test for Homoeopathy shall be conducted by the Commission through designated authority as provided under sub section (1) of section 15 of the Act.

(2) The National Exit Test shall be held for granting license to practice as medical practitioner of Homoeopathy and for enrollment in the State Register or National Register as a registered medical practitioner of Homoeopathy.

(3) The pattern of the examination shall be problem based to test the clinical competency of a graduate of Homoeopathy as a registered medical practitioner in Homoeopathy.

(4) The National Exit Test examination shall be conducted ordinarily in the month of February and August every year.

(5) Eligibility for appearing in the National Exit Test shall be as below:

(a) An intern who has completed minimum two hundred and seventy days of the internship by the last date for submission of application for the National Exit Test examination

(b) Graduates of Homoeopathy who have completed their internship

(c) Foreign Nationals whose medical qualification has been recognised in schedule III of Homoeopathy

Central Council Act 1973 or Recognised as per section 36 of National Commission for Homoeopathy Act 2020.

(6) However, the National Exit Test qualified candidates shall be eligible to get registered as medical practitioner only after completion of remaining duration of rotatory internship and fulfillment of criteria as specified by Board of Ethics and Registration for Homoeopathy.

(7) Practitioners who have already been registered or have completed internship before the notification of this regulation need not to appear for the National Exit Test.

(8) As per sub-section (1) of section 15 of the National Commission for Homoeopathy Act 2020 (15 of 2020), without qualifying National Exit Test, no Homoeopathic graduate (Bachelor of Homoeopathic Medicine and Surgery) shall be eligible to get registered in the State or Union territory Administration or National register, as the case may be.

(9) There shall not be any limit for attempts and duration to appear for National Exit Test.

(10) The candidates securing 50% and above shall be declared as qualified in National Exit Test Examination and the list of qualified candidates shall be displayed on the website of National Commission for Homoeopathy.

(11) If a candidate does not clear the National Exit Test, his graduation degree shall be considered for all other job opportunities and other educational programs or courses where medical registration is not mandatory.

Explanation: Unlike all other graduation degree holders, this degree holder of Homoeopathy, who has not cleared the National Exit Test Examination shall not be eligible for medical practice, though they can appear for the jobs or post-graduation courses other than the post-graduate courses recognised by the Commission, where these degrees are recognised.

(12) Qualifying of National Exit Test Examination and getting registered in a State or National Register shall be the essential requirement for practicing as a



registered medical practitioner or for any job where clinical work is involved or for any job where medical registration is mandatory or to pursue post graduate programs in Homoeopathy.

All India Ayush Post-Graduate Entrance Test. -

(1) The Post-Graduate National Entrance Test as specified in the National Commission for Homoeopathy Act 2020 (15 of 2020), is otherwise called as All India Ayush Post-Graduate Entrance Test.

(2) All India Ayush Post Graduate Entrance Test for Homoeopathy shall be conducted by the Commission through designated authority.

(3) All India Ayush Post-Graduate Test shall be ordinarily conducted in the month of April every year or on the date specified by the National Commission for Homoeopathy for that academic year.

(4) Undergraduate Degree holders (Bachelor of Homoeopathic Medicine and Surgery) who have completed their rotatory internship by 30th April in Homoeopathy Medical Institute or as per timeline specified by National Commission for Homoeopathy from time to time, shall be eligible for appearing in All India Post-Graduate Entrance Test.

(5) At the time of admission, candidate must have valid registration as medical practitioner at State or Union territory or National Register as the case may be.

(6) All India Ayush Post-Graduate Entrance Test result shall be declared by designated agency and shall be applicable for admission during particular academic year only.

(7) Process of counselling and admission in post-graduate course of Homoeopathy shall be as per the guidelines specified by National Commission for Homoeopathy from time to time.

2024

• H A P P Y • N E W • Y E A R •

Team NIKIR
wishes you all a
Very Happy New Year 2024
filled with more opportunities
and milestones to achieve.



Dr. Rajesh K. Shah

MD (Hom), MBA

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- Corporator Ward No. 3, VMC
- Standing Committee Member Vadodara Municipal Corporation
- President-GAMA
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अनार के गुण



अनार (पोमेग्रेनेट) में नीचे बताए गए गुण हो सकते हैं:

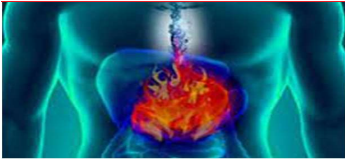
- यह एक एंटी-ऑक्सीडेंट के तौर पर काम कर सकता है
- यह एक एंटी-प्रोलिफेरेटिव हो सकता है (शरीर में कैंसर कोशिकाओं को बढ़ने को रोकता है)
- इसमें एंटी-इंफ्लेमेटरी गुण हो सकते हैं
- यह एंटी-माइक्रोबियल (रोगाणुरोधी) एजेंट के तौर पर काम कर सकता है
- यह एंटी-एस्ट्रोजेनिक (जो शरीर में एस्ट्रोजेन फीमेल हार्मोन के प्रभाव का मुकाबला करता है) हो सकता है
- इसमें कैंसर रोधी क्षमता हो सकती है
- इसमें एंटी-एथेरोजेनिक (जो ब्लड वेसल (रक्त वाहिकाओं) में फैट जमा होने से रोकता है) गुण हो सकता है
- इसमें एंटीवायरल गुण हो सकता है
- यह एंटी-डायबिटिक हो सकता है

दिल के लिए अनार (पोमेग्रेनेट) के संभावित उपयोग

अनार (पोमेग्रेनेट) में मौजूद पोटेशियम ब्लड वेसल (रक्त वाहिकाओं) की कठोरता को कम करने में मदद कर सकता है और ब्लड वेसल (रक्त वाहिकाओं) में एथेरोस्क्लेरोसिस यानी कोलेस्ट्रॉल और फैट बनने से रोकने में मदद कर सकता है। यह दिल में खून का बहाव बढ़ाने में भी मदद कर सकता है, जिससे यह दिल के दौरों की संभावना को कम कर सकता है। इसका जूस सिस्टोलिक ब्लड प्रेशर यानी दिल के धड़कने पर धमनियों पर पड़ने वाले दबाव को कम करने में मदद कर सकता है।

इम्यून सिस्टम के लिए अनार (पोमेग्रेनेट) के संभावित उपयोग

अनार (पोमेग्रेनेट) आयरन से भरपूर होता है इसलिए यह हमारे इम्यून सिस्टम की मदद कर सकता है। प्लेटलेट काउंट को सामान्य बनाए रखने के लिए आयरन बहुत जरूरी होता है। इस तरह ऐसे अनार (पोमेग्रेनेट) के बीज थकान को कम करने में मदद कर सकते हैं। यह इम्यून सिस्टम के काम को बेहतर बनाने में भी मदद कर सकता है।



What is acidity?

Acidity or acid reflux is a very common condition affecting many Indians. This condition is characterized by heartburn felt around the lower chest area, which is caused by the stomach acid flowing back up into the food pipe. Very few people realize the unhealthy eating habits and poor lifestyle choices that cause this condition.

How does acidity occur?

The food we eat passes down the oesophagus into the stomach. The gastric glands in the stomach create acid which is necessary to digest the food and to kill any germs. Acidity occurs when the gastric glands produce a large amount of acid, more than what is needed for the digestion process. This condition is characterized by a burning sensation just above the stomach, or right below the breastbone (the hollow part).

This condition is very common in India due to the heavy consumption of oily and spicy foods by Indians.

Who is prone to acidity?

People who are prone to acidity include:

- those who overindulge in alcohol
- those who are obese
- those who often consume spicy food
- those who often consume non-vegetarian food
- those who take Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)
- women nearing menopause
- women who are pregnant
- people who suffer from medical conditions such as diabetes, asthma, hiatal hernia,

ACIDITY

peptic ulcers, connective tissue disorders, or Zollinger-Ellison syndrome

What are the causes of acidity?

Acidity can occur:

- due to unhealthy eating habits
- due to certain foods consumed in excess
- as a side effect of medicines
- due to existing medical conditions
- due to other causes such as stress, lack of sleep etc.

What are the symptoms of acidity? How is acidity diagnosed?

The symptoms of acid reflux include:

1. burning sensation in the stomach
2. burning sensation in the throat and heart
3. difficulty in swallowing
4. regurgitation
5. restlessness

6. belching
7. nausea
8. prolonged sour taste in the mouth
9. bad breath
10. indigestion
11. constipation

Diagnosis

If you suffer from the symptoms of acidity you can consult your family doctor or any general practitioner. Based on your case the doctor may ask you to undergo:

- x-ray of the oesophagus and the stomach
- An upper gastrointestinal endoscopy which enables the doctor to see the lining of the oesophagus and stomach

What are the complications of acidity?

The complications of acidity include:

- severe pain in the chest or abdomen

Please see the table below for details:

| Unhealthy Eating Habits | Foods Taken Excessively | Side Effects of Medicines | Existing Medical Conditions | Other Causes |
|---|---|--|-------------------------------|---|
| - Skipping meals or not eating at regular times | - Tea/coffee/soft drinks/soda | - Non-steroidal anti-inflammatory drugs | - Diabetes | - Smoking |
| - Overeating | - Spicy foods | - Medicines for high blood pressure | - Asthma | - Consumption of alcohol |
| - Eating just before sleeping | - Acidic foods such as lemon and orange | - Medicines for anxiety and depression | - Hiatal Hernia | - Excessive exercise Stress |
| - Eating just before bathing | - Foods rich in fat content like fried and junk foods such as burgers, donuts, pizzas | - Antibiotics | - Peptic Ulcers | - Lack of sleep |
| | | - Bisphosphonates to treat bone diseases | - Connective Tissue Disorders | - Infection by a bacterium called helicobacter pylori |
| | | | - Zollinger Ellison Syndrome | |

पोषक तत्व

| पोषक तत्व | वैल्यू |
|-----------------------------|-------------------|
| एनर्जी | 83 कैलोरी |
| पानी | 77.9 ग्राम |
| प्रोटीन | 1.67 ग्राम |
| टोटल लिपिड (फैट) | 1.17 ग्राम |
| सोडियम | 3 मिलीग्राम |
| ज़िंक | 0.35 मिलीग्राम |
| सेलेनियम | 0.5 माइक्रोग्राम |
| कॉपर | 0.158 मिलीग्राम |
| मैंगनीज | 0.119 मिलीग्राम |
| नियामिन | 0.293 मिलीग्राम |
| पैंटोथेनिक एसिड | 0.377 मिलीग्राम |
| फोलेट, टोटल | 38 माइक्रोग्राम |
| विटामिन B-6 | 0.075 मिलीग्राम |
| विटामिन C | 10.2 मिलीग्राम |
| थायमिन | 0.067 मिलीग्राम |
| राइबोफ्लोविन | 0.053 मिलीग्राम |
| विटामिन E | 0.6 मिलीग्राम |
| विटामिन K | 16.4 माइक्रोग्राम |
| फैटी एसिड, टोटल सेच्युरेटेड | 0.12 ग्राम |
| कार्बोहाइड्रेट | 18.7 ग्राम |
| शुगर | 13.7 ग्राम |
| मैग्नीशियम | 12 मिलीग्राम |
| आयरन | 0.3 मिलीग्राम |
| कैल्शियम | 10 मिलीग्राम |
| फास्फोरस | 36 मिलीग्राम |
| फाइबर, टोटल डाइटी | 4 ग्राम |
| विटामिन | 236 मिलीग्राम |
| फोलेट | 38 माइक्रोग्राम |
| कोलीन | 7.6 मिलीग्राम |

- excessive vomiting
- difficulty in swallowing
- gastric ulcers
- cancer

HOMOEOPATHIC MANAGEMENT

Carbo. Veg. : This homeopathic remedy helps relieve bloating and gas in the stomach, particularly when there is belching. For those who struggle with rich, fatty foods Carbo Veg works to combat pain, heaviness and fullness in the stomach.

Lycopodium : This homeopathic medicine relieves discomfort and indigestion, with bloating around the waist and gas, especially after eating onions or garlic. Lycopodium helps to reduce uncomfortable and painful bloating in the lower stomach.

Nux Vom : This homeopathic remedy relieves nausea and cramps from indigestion, especially after excessive eating of rich foods or drinking of alcohol. There can be an (ineffectual) urge to pass a stool. Nux Vom helps with overindulgence, constipation and heartburn.

Ars Alb : This homeopathic medicine may be indicated if a person feels anxious, restless yet exhausted, and feels worse from the smell and sight of food. Burning pain is felt in the stomach and oesophagus, which often feels better for warmth and sitting up. There can be nausea, vomiting and diarrhea. Drinking little sips of water can help relieve symptoms.

Nat Carb : This homeopathic remedy can be helpful to mild people who have trouble digesting and assimilating many foods and have to stay on restricted diets. Indigestion, heartburn, and ulcers can occur if offending foods are eaten. Milk or dairy products can lead to flatulence or sputtery diarrhea that leaves an empty feeling in the stomach. Cravings for potatoes and sweets are common; also milk, but it makes these people sick, so they have usually learned to avoid it.

COVID-19 JN.1 STRAIN

As winter sets in, the amplification of respiratory infections is a seasonal norm. However, the current scenario has become more intricate with the confluence of respiratory syncytial virus (RSV), avian influenza, and the emergence of JN.1, a sub-variant of SARS-CoV-2 responsible for COVID-19.

According to the World Health Organization, this novel strain of COVID-19 designated the JN.1 variant, has garnered attention as a "variant of interest".

Despite concerns among healthcare professionals and the public in India, authorities stress that it currently poses minimal risks to public health. Originating in Luxembourg, the JN.1 subvariant traces its lineage to the Pirola variant (BA.2.86), a descendant of the Omicron sub-variant. With a reported increase in active COVID-19 cases in India, the central government has issued advisories to state governments to enhance health arrangements in response to this evolving situation.

Detection and Spread of JN.1

India recently identified a case of the JN.1 variant in Kerala through routine surveillance and genome sequencing conducted by INSACOG (Indian SARS-CoV-2 Genomics Consortium). This surveillance focuses on individuals with influenza-like illness (ILI) and severe acute respiratory illness, allowing for early detection and monitoring.

Global Precautions in Response

Countries like Singapore and states such as Karnataka are responding proactively to the case surge. Singapore has advised the public to wear masks in crowded places, while Karnataka recommends mask usage, particularly for older people. These measures aim to curb transmission amid increasing infections.

Understanding JN.1

JN.1 is genetically linked to the variant BA.2.86, according to the US Centers for Disease Control and Prevention (CDC).

First detected in the US in September 2023, JN.1 constituted less than 0.1% of SARS-CoV-2 viruses by the end of October. While there are concerns about increased transmissibility, the CDC notes no evidence of heightened health risks compared to other circulating variants.

Symptoms of Covid-19 JN1 Strain

Insights from the World Health Organization (WHO) indicate that the symptoms associated with the emerging COVID-19 variant, JN.1, generally manifest as mild to moderate. Individuals infected with this variant may experience familiar signs such as fever, runny nose, sore throat, and headaches. While most patients exhibit mild upper respiratory symptoms that typically resolve within four to five days, distinct features set the JN.1 variant apart.

- Loss of Appetite and Persistent Nausea:** Notably, the JN.1 variant may present with a loss of appetite and persistent nausea. Sudden difficulty feeling hungry, particularly when accompanied by other symptoms, is highlighted as a potential indication of the JN.1 variant, necessitating prompt medical consultation.
- Extreme Fatigue:** Extreme fatigue is an important sign of the JN.1 variant. This fatigue is characterised by overwhelming exhaustion and muscle weakness that extends beyond the typical tiredness seen in COVID-19 cases. Individuals may find basic tasks monumental, and those experiencing such fatigue are strongly encouraged to seek prompt medical evaluation.
- Gastrointestinal Problems:** In rare cases, individuals infected with the JN.1 variant may experience gastrointestinal problems, leading to alterations in digestive health. Symptoms such as vomiting and nausea may manifest, emphasising this variant's diverse range of symptoms.
- Transmissibility Concerns:** The

Centers for Disease Control and Prevention (CDC) notes that the surge in cases linked to the JN.1 variant suggests a potential for increased transmissibility compared to other strains. Experts express concerns over various factors, including holiday gatherings, low COVID-19 vaccine rates, and the emergence of this new, potentially more transmissible variant.

- Monitoring and Seeking Medical Attention:** Given the evolving nature of the COVID-19 landscape and the emergence of variants like JN.1, individuals are encouraged to monitor their symptoms closely. Prompt medical attention is advised for those experiencing unusual symptoms or a combination of signs associated with the JN.1 variant. Timely medical consultation can contribute to effective management and control of the spread of the variant.

While symptoms of the JN.1 variant may overlap with those of earlier strains, specific features like loss of appetite, persistent nausea, extreme fatigue, and potential gastrointestinal issues highlight the need for vigilance. Continued public awareness, adherence to preventive measures, and swift medical intervention are crucial components in addressing the challenges posed by evolving variants of the COVID-19 virus.

Managing JN.1 Infection

The symptoms associated with JN.1 mirror those of other SARS-CoV-2 variants. India's Health Ministry highlights familiar signs like fever, shortness of breath, runny nose, sore throat, cough, and fatigue. Standard advice persists:

- Individuals with symptoms should stay home
- Report to a doctor if conditions worsen or persist, and
- Take precautions, especially considering upcoming festivities.

Vaccine Efficacy

The Union Health Ministry assures that existing COVID-19 treatments are anticipated to remain effective against the JN.1 variant. While no booster shot advisory is in place, targeted vaccination for those with compromised immunity and the elderly is advised if necessary. Updated vaccines may enhance protection against evolving variants.

Conclusion

As we grapple with the complexity of rising COVID-19 cases and the emergence of new variants, adherence to public health measures—handwashing, social distancing, and masking—remains paramount. Vigilance, early detection, and a dynamic response are crucial elements in navigating the evolving landscape of the pandemic.



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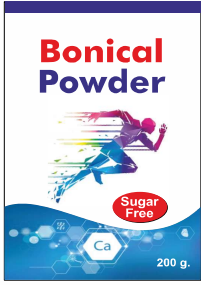
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As on 8.12.2023



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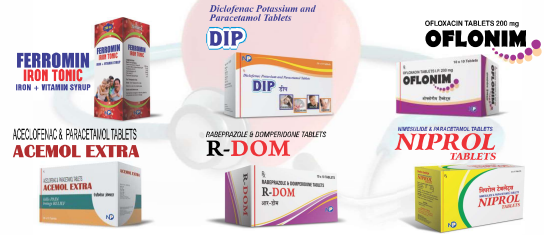
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Hemodialysis
Peritoneal dialysis
Kidney transplantation

Orthopedic Care

Knee Replacement Surgery
Hip Replacement Surgery
Back & Spine Treatment

Neonatal Care

Paediatric Department
Neonatal ICU
Specialised Doctors



Support Services

- 20 Bedded I.C.U. - Isolation I.C.U - cubicle I.C.U
- In house C.T.Scan, Sonography, X-ray, Blood Storage
- Dialysis Center
- Pharmacy - Laboratory (24 hrs)
- 4 Modular Operation Theatre
- I.C.U. on wheels - Ambulance

GUJARAT KIDNEY & SUPERSPECIALITY HOSPITAL

New Indiamill Compund, Near Jetalpur Overbridge,
Jetalpur Road, Vadodara - 390020.

Helpline No.: +91 96870 79991

Dr. Pragnesh Bharpoda

M.S. M.C.H. (Urology)
Laparoscopic Surgeon & Kidney Transplant Surgeon