mahila

A To Z Of Women's Health By Atrimed

Our Products

Mahila offers a wide range of products belonging to all categories

- **Allopathic Medicine:** Mahila believes in absolute integration of Ayurveda and Allopathy that's why Mahila medical store will supply all Allopathic medicines too with Ayurvedic medicines. Qualified pharmacists will be appointed to handle drugs of different kinds. Mahila stores will not sell any medicine without a prescription.
- **Ayurvedic Products:** Mahila's parent company Atrimed manufactures a wide range of Ayurvedic products for rhinitis, asthma, diabetes, psoriasis, acne, skin care, needs of women, children and many others used in general medicine. Atrimed also improves classical Ayurvedic products through special technology, which are also available in Mahila stores. We will constantly add new products in Mahila stores while others are already in the market.
- **Low-Cost Generics:** Mahila caters to the women of each stratum. Everyone can't afford a costly medicine that's why Mahila has chosen generics from the best companies, which can be bought at a reasonable price.
- **Wellness Products and Devices:** Nurturing comes naturally to Atrimed, taking this ahead, it will be supportive of wellness start-ups, who usually do not get shelf space, of course, after stringent testing. All such safe, tested and effective wellness products and devices will be sold through Mahila stores. Mahila will emphasize products, which are vegan, natural, bio-friendly and organic.
- **Food Therapy:** Atrimed is a pioneer in developing food supplements from plants, which work like medicines. The food supplements keep women healthy through their menstrual cycles, maintain their weight, keep the gut microbiome healthy and cure nutritional deficiencies. These will be available exclusively in Mahila stores, under the brand name of "Atrimed Plant Science"
- **Perfumes:** Mahila has brought forth world-class perfumes manufactured by Atrimed. The allergen-free perfumes are crafted by scientists and approved by professional testers. These are designed for that special, confident woman who commands power.
- **Nutritional Supplements:** Lack of nutrition is very common due to wrong food habits, nutritional supplements are needed to prevent malnutrition. Mahila stocks nutritional supplements from Atrimed and other reputed companies as well.
- **Personal Care:** Mahila offers a vast range of novel and designer products in personal care space created by Atrimed, keeping sustainability in mind. These products are eco-friendly products that have enhanced efficacy. These products will come with premium ingredients at affordable prices. Mahila wishes to cater to high-end products to people from all walks of life.

Mahila is the answer to all the questions related to women health

Mahila is the first but a concrete step towards the empowerment of women

As a healthy woman is an empowered woman

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Mahila Clinic Address:

No.17/1, 17th Cross, Magadi Chord Road, Vijayanagar, Bengaluru-560040, Karnataka.

Tel.: 080-43027353

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A To Z Of Women's Health By Atrimed

CREATING

A REVOLUTION IN WOMEN'S HEALTH,

ONE CLINIC AT A TIME

Finding accessible, integrated healthcare for women's issues is a big challenge in our country.

The closest thing India has to a women's speciality clinic is a maternity clinic. For everything else, she has to negotiate vast and intimidating full-service hospitals.

As a result, women often shy away from addressing their symptoms until their ailments have progressed to advanced stages.

Mahila was created to address this need-gap and give women a place to turn to, for all their health needs.

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Mahila is a chain of clinics that are owned and operated by only women and work for women. Women are mostly not very comfortable to go to multi specialty hospitals and discuss their problems. They want an environment which is assuring and wins their trust, where they can open up without any hesitation and are sure to get solution, where they can consider the doctor their friend who will give them right advice and guide them through, where they can opt for whichever therapy they want whether it is Ayurveda or Allopathy, where they don't have to worry about spiralling bills for any of the tests or treatment, everything is made available at very reasonable prices. Where they feel that they are in the right hands and they will be well taken care of. Mahila is a true friend to every woman.

Mahila is a whole new format of clinic. One where the women of this country can find other women who are eager to help them demystify the world of female health. Mahila clinics are India's first clinics run exclusively by female doctors, nurses, councilors and administrative staff. With an aim to create an environment of approachability and a culture of open communication. This allows Mahila clinics to become centers of preventative medicine instead of the curative approach other clinics are forced to adopt.

But Mahila clinics are revolutionary in more ways that one. Another unique aspect of these clinics is that they practice both allopathic and ayurvedic medicine. So that patients can get the best of both worlds and enjoy the strengths of both approaches to healing.

Mahila clinics are so committed to being accessible, that they also stock generics of popular medicines. These generics can sometimes reduce patient's medicine bills by up to three hundred percent!

All of this, along with the fact that these clinics are state-of-the-art, means that Mahila clinics are in a unique position to pioneer a revolution in holistic healing for Indian women.

Mahila's women-centric approach doesn't stop there. The Mahila model further empowers women by giving them opportunities to become entrepreneurs and attain financial independence through the Mahila network.

KEY FACTS ABOUT MAHILA

- Owned by women, operated by women
- All women's services integrated under one roof
- Built-in community outreach programs
- Integration with telemedicine and health IT systems
- National level referral programs
- Woman to woman privacy and trust
- Continuous cutting edge tech support
- 360 degrees approach towards cancer

Our Services

Mahila is a one-stop-shop for women to address all their medical issues. Here they can meet all specialists in a single visit.

- **Gynaecology:** Mahila takes special care of women-specific issues such as menstrual disorders, infections, infertility, menarche, menopausal health, thyroid-hyper/hypo and PCOs/PCOD. Referral to a specialist in gynaecology is readily available. Gynaecologist advises on contraception including IUD insertion and cancer detection by Pap smear.
- **Infertility:** Infertility is a physical as well as an emotional issue. Mahila has created an integrated approach to treat infertility with defined protocols to diagnose the cause of infertility. Thus, many success stories are born in treating infertility through alternate medicine. The infertility treatment clinics run on special days of the week since both men and women have to visit the doctor.
- **Cancer Prevention:** Cervical or breast cancer are emerging as the biggest killers in women. Early diagnosis can cure these cancers. Mahila has collaborated with researchers in the early detection of cancer. These cutting edge technologies are user-friendly and affordable and will be available in all Mahila clinics across India. We offer to screen for these two cancers at a fraction of the prevailing market price.
- **Paediatrics:** Children up to the age of 12 can accompany their mothers for treatment. Mahila clinics have paediatricians available for immunization, nutrition, acute and chronic disease management.
- **Stress Management:** Stress is fast taking over all other diseases and it is a hidden disease of women that goes unrecognized often. A pleasant doctor experienced in counselling, can bring considerable relief. A qualified psychologist will provide help for different conditions like post-partum depression, anxiety, marital incompatibility, adolescence issues like physical and hormonal changes due to growth and fear of examinations.
- **Diabetes, Weight Management:** India is becoming the capital of obesity and diabetes due to increasing stress and an unhealthy lifestyle. The doctors at Mahila clinics are well equipped to guide women through weight management and diabetes. Mahila clinics offer several tools to manage weight, prevent diabetes and its complications.
- **Dentistry:** Mahila clinics offer a wide range of services from implants to braces apart from regular care like dental carries. Preventive dentistry will be promoted among younger patients. An integrated approach to dentistry can lead to better outcomes. Mahila clinics wish to provide dental screening as a routine for all walking-in patients.
- **Dermatology:** The skin care segment is extremely important and is growing by leaps and bounds in India. All the breakthrough products of Atrimed therapeutic skincare in diseases like Psoriasis, Acne, Eczema, Wound Healing & Hyperpigmentation are available at Mahila clinics, much earlier than they reach other doctors. Some skin care procedures like Laser and Light therapy for unwanted hair, Cautery for skin tags will be available at these centers.
- **General Medicine:** Mahila clinics offer treatments for every health issue of women, be it common cold, fever or uncommon rare diseases. Our doctors in each clinic focus on preventive care and advice on diet and nutrition. The doctors give special emphasis to prevent chronic diseases, headache, stress and weight management.
- **Orthopaedic:** Women's bones tend to deplete faster of calcium and other nutrients, so they are at higher risk of developing bone and joint issues. Osteoporosis (thinning of bones) due to lack of mobility is common among women. Proper nutrition and timely intervention during menopause can curtail morbidity due to bone degeneration. Mahila clinics specialize in all aspects of the preventive health of bones and joints.
- **Ayurveda & Pain Management:** Ayurveda has been proven to be very effective in managing issues like Arthritis, Asthma, Allergies, Psoriasis and Eczema. Our Ayurveda specialists will have standardized protocols to treat such diseases. Ayurveda can also complement modern medical treatment in some diseases.
- **Reflexology:** The ancient Chinese technique of reflexology is very helpful in relieving, pain, stress, and anxiety. Mahila Clinic will offer exclusive therapy sessions by certified Reflexologists. These therapies will complement other on-going treatments for stress management or other conditions.
- **Adolescent Education:** There is no provision of adolescent physical education in India. Mahila recognizes the urgency of addressing this issue and has designed a special program to reach out to adolescent girls and make them aware about physical and hormonal changes and a healthy lifestyle with proper knowledge and precautions so that a healthy and productive generation gets ready to take India on the path of progress.
- **Diagnostic Laboratory:** Advanced and accurate diagnostic services comprising Clinical pathology, Biochemistry and Microbiology will be available at the clinic.