



**NANGELIL**  
Hospital

TEMPLE OF AYURVEDA

*Legacy of*

**250** YEARS



## **NANGELIL HOSPITAL**

TEMPLE OF AYURVEDA AND  
ORTHOPAEDIC CENTER  
KOTHAMANGALAM



**Legacy of 7 Generations**



**Centre of Excellence for Orthopaedic,  
Spine, and Neurological Care**



**Over 250 ayurvedic remedies crafted  
in-house with our ancestral formulas**



**100+ inpatient facilities with all  
modern amenities**



**NABH Accredited**



**Ayur Diamond Classified**



+91 85 89 89 88 22

Nellikuzhi, Kothamangalam, Kerala  
686691

[www.nangelilhospital.com](http://www.nangelilhospital.com)



## ABOUT US

Nangelil Hospital one of the best traditional ayurvedic treatment centres in Kerala. In 1985 it started to serve people from chronic diseases and won global fame. This NABH Accredited and Ayur diamond approved hospital; specialized in traditional Marma Chikitsa & Kaya Chikitsa (Orthopaedic and other general Ayurvedic treatments), which are integrated with modern facilities for diagnosis. This hospital is well known for traditional methods of healing Fracture, Dislocation, Musculoskeletal disorders, Osteoarthritis, Rheumatoid Arthritis, Low Back Pain, Knee Pain, Frozen Shoulder, Neck Pain, Neck stiffness (Cervical Spondylosis), Disk Prolapse etc.

Nangelil Hospital features an Integrated Spine Clinic.

### **NANGELIL VANITHA CLINIC**

We have dedicated Women's Health and Mother & Baby Care department, providing specialized consultations and treatments for pre and post-delivery needs in its traditional way.

### **NANGELIL NAMAMI - PREMIUM AYURVEDIC TREATMENT AND RETREAT CENTER AT MALAYATTOR**

To accommodate global patients, including NRIs and foreign visitors, Nangelil Hospital has established "Namami," a Premium Ayurvedic Treatment and Retreat Center in Malayattoor. This Ayurvedic Annex features a four-star classified stay facility for in-patients receiving various treatments.

### **NANGELIL PHARMACY**

We operate a GMP certified own drug manufacturing unit which produces high quality medicines, and it is recognized by ISO 9001:2000 certifications for clinical quality. Most of the medicines used in our treatments are manufactured in our own manufacturing unit- it has a wide range of medicinal compositions that assures the purity of medicines and improves the accuracy of our treatments

### CHIEF PHYSICIANS



Dr. Vijayan Nangelil



Dr. Jaya Vijayan



Dr. Vijith V Nangelil





**Dr. Vijayan Nangelil**  
**Chairman ,Chief Physician**

Dr. Vijayan Nangelil, the founder, carried on his noble tradition. He completed his Graduation (D.A.M) from Shornur Samajam Ayurveda College. He further advanced his education by obtaining a Post Graduate Diploma in Holistic Health Care from the Apollo Hospitals Educational & Research Foundation in Hyderabad. His expertise and leadership made the Nangelil Group - one of the best ayurvedic hospitals in kerala.

Dr. Vijayan Nangelil, a prominent figure known for his visionary approach to intuition, has been selected as the revised Guru under the Rashtriya Vidya Peedom scheme by the Ministry of Health & Family Welfare, Government of India, New Delhi. . His ability to treat difficult orthopaedic cases without surgical intervention for which the surgery is the last resort, made his name popular among ayurvedic physicians in Kerala and thereby i t became a referral centre among them.



**Dr. Vijith V Nangelil**  
**Managing Director & Chief Physician**  
**BAMS, MS (Ay)**

### **Marma Treatment** **Chiropractor & Osteopathic Practitioner**

The Ayurveda practitioner, educated and trained in Kerala, India—recognized as the heart of Ayurveda—boasts more than 20 years of expertise in Ayurveda Diagnosis, Traditional Asti Marma Chikilsa, Lifestyle Management, Detox Treatment, and Health Awareness Programs. He has a keen interest in integrating advanced technologies to enhance his practice. The Nangelil family's treatment legacy spans seven generations, now employing a refined and distinctive approach to healing.

In addition, he has taken on the responsibility of being a member of the adversary committee at the Glocal College of Ayurveda Medical Science and Research Centre, which is part of Glocal University in Saharanpur, UP.



# Nangelil Hospital

## The Secrets and Magic of Ayurveda



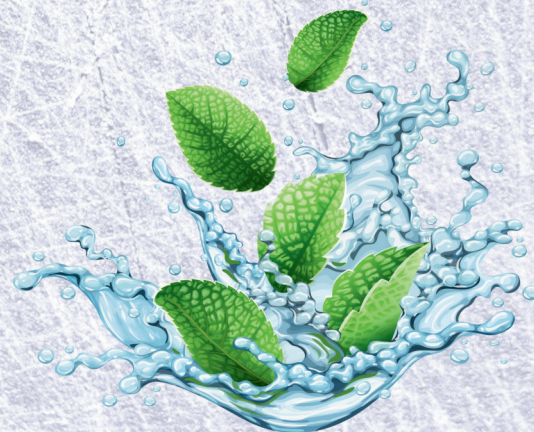
The inception of our journey dates back 250 years to Sir Raman Vaidyar, a revered expert in Ayurveda whose unparalleled skills in Ayurvedic practices established the foundation of our legacy. This rich heritage, known as 'The Secrets & Magic of Ayurveda', has been carefully nurtured through generations, ensuring the continuity of the profound knowledge and traditions that shape our esteemed practice.

At Nangelil Ayurveda Centre, now managed by the seventh generation, our skilled therapists utilize traditional knowledge to tackle the underlying causes of health issues, providing our patients with effective and enduring relief. We leverage the principles of Ayurveda to foster natural healing and comprehensive well-being. Our dedication to quality and patient care positions us among the leading hospitals in India, focused on enhancing health from within.



### Facilities

- Digital x-ray
- Clinical laboratory
- Steam bath
- Physiotherapy
- Yaga and meditation
- Canteen



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Nangelil Hospital offers holistic, non-surgical treatments for spine care and orthopedic issues, blending Ayurveda with modern therapies like Marma treatment and chiropractic care. The hospital's personalized approach ensures effective healing through herbal remedies and advanced physiotherapy.

## Time-honored Ayurvedic therapies

- Pizhichil
- Njavarakizhi
- Sirodhara
- Vasthi
- Udvarthanam
- Sirovasthi
- Abhyangam
- Kizhi
- Dhara
- Greeva Vasthy
- Kadee Vasthi
- Nasyam
- Steam Bath
- Traditional Marma Treatments



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## OUR SPECIALTIES

### We offer non-surgical treatments for

- Fractures and Dislocations
- Cervical Pains
- Frozen Shoulders
- Spine & Low Back Pains
- Knee Pains
- Sports injuries
- Plantar Fasciitis
- Tennis Elbow
- Trigger Finger
- Carpal Tunnel Syndrome
- All Type of Disc & Joint Problems



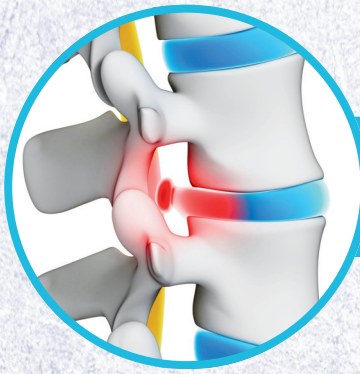
### Specialized treatments for

- Arthritis
- Paralysis
- Stroke
- Neurological Disorders
- Diabetic Problems
- Post Delivery Care



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## Spinal Decompression



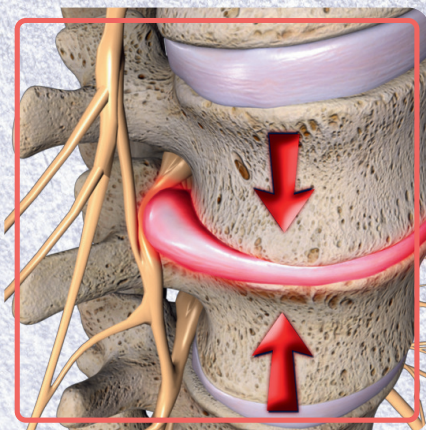
At Nangelil Hospital, our spinal decompression treatment gently stretches the spine reducing pressure on spinal discs. This negative pressure helps retract bulging or herniated discs, relieving pressure on nerves and other spinal structures. It also promotes the flow of water, oxygen, and nutrients into the discs for healing. Combining spinal decompression with ancestral methods relieves back pain, improves mobility, and promotes healing.

Spinal decompression works by gently stretching the spine. That changes the force and position of the spine. This change takes pressure off the spinal discs, which are gel-like cushions between the bones in your spine, by creating negative pressure in the disc. As a result, bulging or herniated discs may retract, taking pressure off nerves and other structures in your spine. This in turn, helps promote movement of water, oxygen, and nutrient-rich fluids into the discs so they can heal.

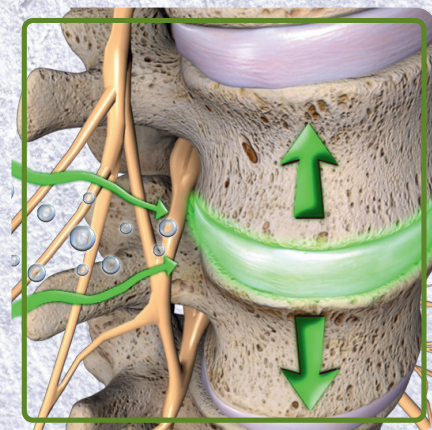
Decompression of the spinal neural elements is a key component in treating spinal radiculopathy, myelopathy and claudication

### How does spinal decompression work?

BEFORE



AFTER



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## Benefits of Spinal Decompression

- Back or neck pain or sciatica, which is pain, weakness, or tingling that extends down the leg
- Bulging or herniated discs or degenerative disc disease Worn spinal joints (called posterior facet syndrome)
- Injured or diseased spinal nerve roots



**Pain Relief**

**Improved  
Mobility**

**Non-Surgical**



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## Non-surgical sports injury treatment

We specialize in non-surgical sports injury treatment, blending advanced technology with Ayurvedic healing. Our expert team focuses on rapid recovery, pain relief, and restoring mobility, helping athletes return to peak performance without surgery. From sprains to muscle tears, we provide comprehensive, personalized care for every athlete's needs.





## Pre & Postnatal Care

**“Foundation of a healthy and happy recovery for both Mom and Baby”**

Our postnatal care packages are designed to support mothers in their recovery journey, combining modern medical care with traditional Ayurvedic practices. We focus on physical healing, emotional well-being, and nurturing mother-baby bonding. Our personalized approach ensures a smooth transition into motherhood, promoting long-term health and vitality.

- Holistic Recovery
- Ayurvedic Support
- Mother-Baby Bonding
- Emotional Well-Being
- Personalized Care



## VYBHA Cosmetology Centre

We specialize in integrating the ancient wisdom of Ayurveda with modern cosmetology to offer a holistic approach to beauty and wellness. We incorporate the use of a hydro-facial machine in our treatments.



## What makes NANGELIL Hospital stand out ?

- Seven Generations dedicated to ayurvedic treatments
- 250 years of accumulated experience and expertise
- Over 250 pure ayurvedic medicines crafted in-house
- 15+ patented medications available
- 100+ inpatient facilities featuring all modern amenities
- Affordable treatment charges
- Chief physicians recognized with numerous awards
- Unique traditional marma treatment methods
- Specializing in marma treatments to minimize the need for major surgeries





# Nangelil Namami - Premium Ayurveda Treatment Centre



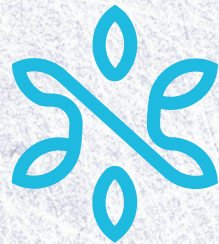
The collaboration between Nangelil Hospital and Namami brings together the best of both worlds—traditional Ayurvedic healing and luxurious hospitality. Nangelil Hospital, renowned for its holistic Ayurvedic treatments, combines its expertise with Namami's serene and opulent environment, offering a unique retreat where wellness meets luxury. This partnership ensures that every guest experiences profound rejuvenation, with the ancient wisdom of Ayurveda enhanced by modern comforts and diagnostics.



**NANGELIL NAMAMI - PREMIUM AYURVEDA TREATMENT CENTRE  
MULAMKUZHY, MALAYATOOR**







# NANGELIL Hospital

Nellikuzhi, Kothamangalam,  
Kerala 686691



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**Avoid  
Surgery**

**Painless  
Treatment**

**Chronic  
Pain Relief**

**Insurance  
Coverage**

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**a** yur  
Diamond  
Classified



Location

