

## Dr. Nezeem Kadavil Uthuman

### Ayurveda Doctor

Dr. Nezeem was born and brought up in an Ayurveda background in Kerala, inspired by his father who was a Gov. Ayurvedic Medical Officer having experience of over 50 year. From childhood until now he has been influenced by the success of his father in his Ayurveda practicing skills.

He decided to follow in his father's footsteps and successfully studied "Bachelor of Ayurvedic Medicine & Surgery (BAMS)" and got a "PG Diploma in Hospital Management". To further enhance his skills, he specialized in Marma Therapy.

After his studies he focused on learning classical ways of Ayurvedic treatment for which he joined Sitaram Ayurveda Hospital one of the most reputed hospitals in Kerala. He later spent 5 years working with his father, his best teacher in Ayurveda and in life, working with Kama Ayurveda which is one of the leading luxury brands in India. Working with his father helped him to learn to treat all general diseases and our day-to-day diseases which are caused by unhealthy lifestyles like arthritis, paralysis, old age problems, general pain, sciatic disease etc.

Later he moved to Morocco where he was working as a doctor in an authentic Ayurveda Center where he learned a different approach of consultation, which means having to make understand or make-belief what is traditional Indian system and how it works. So, he included the classical way of an approach called "Nadi Pariksha" is the ancient ayurvedic technique of diagnosing through the pulse. It can accurately diagnose physical, mental, and emotional imbalanced as well as disease. Along with that he is specialized in "Marma Chikitsa", which means the application of pressure on vital points induces the flow of energy using hand technique.

