



DIAGNOSTICS & SPECIALTY CLINICS

Your Right to Right Healthcare...

Laboratory | Radiology | Polyclinics

Introducing our Consultants



Dr. Abhinav Sharma
Senior Consultant, Pulmonology,
Sleep Medicine and Specialist

One of the best interventional pulmonologists in Jammu. With over 15 years of rich and varied experience in all areas of chest and respiratory disorders. Before moving to hometown Jammu in 2016, Dr. Abhinav Sharma worked with Maulana Azad Medical College and Fortis Hospitals in Delhi. He has a keen interest in the management of asthma, allergy and immunology, Interventional Pulmonology, and sleep medicine and has contributed to multiple publications on these subjects. He has completed his MBBS from ASCOMS Jammu and MD in Pulmonary Medicine from RD Gardi College, MP.

He is an expert in providing effective, long-term respiratory solutions that improves quality of life of his beneficiaries. He has exceptional skills in the management of Asthma, Bronchitis, Tuberculosis, COPD and many more respiratory ailments.

Dr. Abhinav Sharma is available for consultation at Hexamed Diagnostics & Specialty Clinics on Tuesdays and Fridays between 3 pm to 4 pm.

An expert in treating cases of Neuropathy like numbness or burning sensations and weakness. Headache like migraine, facial pain, cluster headache. Stroke conditions like weakness of body, slurred speech, facial weakness. Dizziness, Vertigo, Epilepsy and Seizures conditions like fits, convulsions, loss of consciousness. Muscle disorders like muscle weakness or thinning; including childhood and adult disorders. Dementia conditions like forgetfulness and change in personality. Parkinson's disorder and other movement disorders. Cervical and Lumbosacral spine disorder, central demyelinating disorders like multiple sclerosis, Sleep disorders, Brain infections like brain fever, altered sensorium, seizures, vomiting.

Completed his MBBS and MD (Internal Medicine) from the Government Medical College, Jammu. He went on to do his DNB in Neurology from Batra Hospital & Research Centre, New Delhi. He has been a senior resident in the department of internal medicine at Sri Gururam Rai University and has also been a senior resident in the Department of Neurology at BHMRC, New Delhi.

Dr. Ajay Kotwal is available for consultation at Hexamed Diagnostics & Specialty Clinics from Monday to Saturday between 1 pm to 4 pm.



Dr. Ajay Kotwal
Consultant Neurology



Dr. Nadeem Niyaz Jan
Consultant Vascular Surgery

He is an experienced Vascular and micro vascular Surgeon with a demonstrated history of working in the hospital & health care industry. Skilled in Healthcare Consulting, Vascular Surgery, Endovascular surgeries, Peripheral vascular disease management and medical education. Strong Consulting professional with a Fellow European Board of Vascular Surgeons focused in Vascular Surgery from European Board of Vascular Surgeons.

An expert in Management Of Varicose Vein Disease Of Any Extent & Complication, Diabetic Foot Management, Minimal Incision Breast Surgeries, Post traumatic Revascularization, Micro Varicocelelectomy, Radio Frequency Ablation, EndoVenous Laser Treatment, Sclerotherapy, Breast Cancer Surgical Management.

Dr. Nadeem Niyaz Jan is available for consultation at Hexamed Diagnostics & Specialty Clinics from Monday to Friday between 10:30 AM to 12:00 PM

Provides a great deal of women's health care treatments from laparoscopic surgeries to Obstetric care. She has expertise in disorders of the Female Reproductive System, Infertility, Fibroids, Cysts, Endometriosis, PCOS, High risk pregnancy and childbirth etc. She has more than 7 years of experience in this field.

She did her MBBS from Govt Medical College, Jammu; Postgraduation in Gynaecology and Obstetrics from prestigious Sher-i-Kashmir Institute of Medical Sciences, Srinagar; Senior Residency/Registrarship from Gynaecology Department of SMGS Hospital Jammu. She has Fellowship in Gynecological Laparoscopy from Apollo Hospital Bhubaneshwar.

Dr. Insha Khan is available for consultation at Hexamed Diagnostics & Specialty Clinics from Monday to Friday between 5 pm to 7 pm.



Dr. Insha Khan
Consultant Gynaecology & Obstetrics



Dr. Jaspreet Raina
Consultant Neonatology

He is presently working as consultant Pediatrics in SMGS Shalamar Hospital Jammu. Presently he is one among two DM Neonatology working in Jammu & Kashmir.

Dr Jaspreet Singh Raina is among first 3 DM Neonatologist from Jammu and Kashmir. Being a Neonatologist and Paediatrician, he manages both the specialty and focuses more into Neonatology dealing with newborns and extreme premature and extreme lowbirth weight babies in NICU.

A compassionate doctor with more than 10 years of experience in pediatrics and Neonatology with exposure to diverse pediatric and neonatal cases. Dr Jaspreet is also expert in antenatal counseling and planing high risk births.

He focuses on intact survival of newborns and also run neurodevelopmental follow up OPD and early intervention plan.

Besides that, he is trained in pediatrics and treats children & adolescents too. He also takes care of the babies who are suffering from infections or injuries, or any type of organic diseases. He also provide full range of vaccination. He specializes in Neonatal ICU (NICU) Pediatric Emergencies, Neuro Development Follow-up, Immunization, Growth assessment & nutrition counselling, Adolescent & behavioral problems, Blood kidney & endocrine disorders.

Dr. Jaspreet Raina is available for consultation at Hexamed Diagnostics & Specialty Clinics from Monday to Saturday between 7 pm to 8.30 pm.

He specializes in handling all kinds of cardiac patients with particular interest in intervention cardiology, Angiographies, Angioplasty and pacemaker implantation. He is also an expert of Noninvasive diagnostic procedures like Echocardiography, Stress Testing, 24 hours Holter Monitoring, Echo doppler examination including pulse & color doppler studies

He has experience of 14 years in the field of Cardiology.

Dr. Neeraj Gupta is available for consultation at Hexamed Diagnostics & Specialty Clinics on Mondays, Wednesdays and Fridays between 6 pm to 8 pm.



Dr. Neeraj Gupta
Consultant Cardiology



DR PRABHU KUMAR RAJU
Mbs, dlo, dccp, pgdha, (dmb),
epigen-uk
Epigenetic Wellness Consultant

The journey of being a medical doctor PRACTISING FOR THE PAST 23 YARS IN MALAYSIA ,I have seen many shifts in handling disease and treatment and one of the most predominant changes was when I came across HAIR PROFILING IN THE YEAR 2015 after which I was exposed to the term call EPIGENETICS ,from then on until today there is no turning back in my field of medical practice . I realized that the future is nothing but EPIGENETIC CORRECTION AND REGENERATIVE MEDICINE .

The study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself. Epigenetics literally means "above" or "on top of" genetics. It refers to external modifications to DNA that turn genes "on" or "off." These modifications do not change the DNA sequence, but instead, they affect how cells "read" genes.

"Epigenetics has transformed the way we think about genomes"

Epigenetic is GOING TO THE ROOT CAUSE OF THE DISEASE and correct the epigenetic factors after which you can see the disease slowly reversing to normal or at least the patient doesn't land up in further complication .

There are various ways to study the epigenetic factors and one of the worlds iconic innovator of HAIR PROFILING DEVICE is cell well being

Germany .with just 3 hair roots strands we can pick almost 114 epigenetic factors which ranges from VITAMINS ,AMINOACIDS, OMEGA 3 ,MINERALS ANTIOXIDANTS , TOXIC METALS ,CHEMICAL ,PARASITE ,FUNGUS ,BACTERIA ,FOOD INTOLERANCE AND MANY MORE IN JUST ONE GO AND the whole procedure is just done in few minutes and it is non invasive .by knowing the epigenetic factors we would be able to know the actual situation inside the cell and by correcting with appropriate remedial measures we can definetly asisist the body with disease control and prevent progression of the disease .hence this is a new medical frontier and a new science in the medical fraternity which gives us a hope in giving good health to mankind and make a healthy society in the future .

With the advent of cell therapy we are able to assist the cell & mitochondria with appropriate correction and help to rejuvenate the cell for optimizing function .when we optimize our cell function automatically every metabolic activity of the cell gets the boost to perform and we as a whole organism can function with full potential .

With the new wave of science and innovation in the field of health we can hope for better health facility and beautiful community with prosperous growth in ones BODY MIND AND SOUL .

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