orange ray

Alternative Medicine Clinic

*The **natural** solution to your healthcare needs*



"The way most doctors practice medicine right now isn't working. Medical students are trained to see the body as a collection of isolated parts instead of one whole system. The ensuing move toward medical specialization—organizing medicine by organs and diseases, by location and symptoms—is flawed and, as a result, modern medicine is at a breaking point."

Mark Hyman MD



#1 New York Times bestselling author, family physician & International leader in the field of Functional Medicine

Who we are :

- **Holistic** medicine clinic treating the mind, body & spirit
- Housing all alternative sciences **under one roof**
- **NO chemicals** and non-invasive therapy to complement other treatments

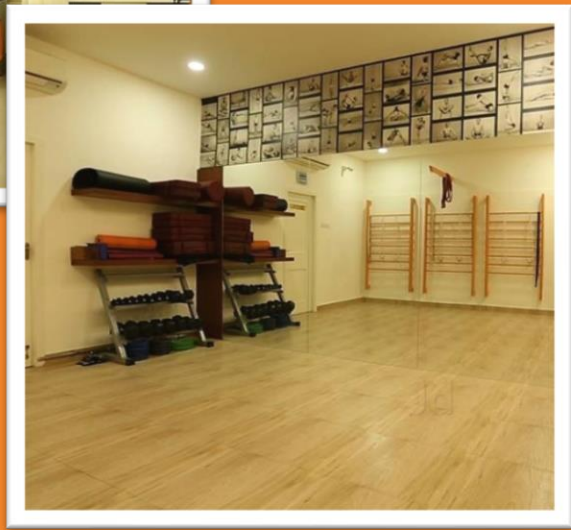




What we do:

- Address the healthcare needs of the people in an individualistic way **rather than a component-based approach**
- All our treatment methods are formulated to **achieve maximum harmony, metabolic balance, and total wellness for our patients**





Our Sciences



Yoga
Chikitsa



Functional
Medicine



Nutrition



Ayurveda



Homeopathy



Acupuncture

How we do it:

- **Step 1 : Detailed consultation with the chief therapist** who understands the patient's disease and plans a treatment module using ***one*** or ***more*** sciences
- **Step 2 : Internal discussion with the doctors & therapists to formulate a combined therapy plan**
- **Step 3 : Monitor patient progress** at regular intervals with feedback & added therapy sesions



Our Panel



Fharzana Siraj

Yoga Chikitsa



Dr. Abhishek Lulla

Ayurveda



Dr. Mathews Jo

Homeopathy



Dr. Visalam R.

Functional Medicine



Minacshi Pettucola

Nutritionist


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We Treat:

- Diabetes, Hypertension,
- Obesity, Dyslipidemia
- Spondylosis
- Sciatica
- Disk Bulge / Prolapse
- Depression, Anxiety, PTSD
- Anti-aging and Skin revival
- Psoriasis, Eczema, Lichen Planus
- Fertility issues in men & women









Why us?

- Our way of treatment determines how and why illness occurs and restores health by addressing the root causes of disease for each individual
- It involves a detailed understanding of each patient’s genetic, biochemical, and lifestyle factors for personalized treatment plans
- By addressing root cause, rather than symptoms, we identify the complexity of disease.
- As a result, our treatment targets the specific manifestations of disease in each individual.





Being a doctor and Bharatanatyam artiste, I have always been keen on fitness and flexibility and have always been part of yoga and fitness routines for so many years.

But my happiest association has been with Orange Ray. I have never seen so much personal involvement, customization and absolute dedication from the entire team. My yoga guru Fharzana has really helped me to achieve new heights of flexibility and pain free performance. I also find the holistic approach to wellbeing and ambience of the centre extremely harmonious and serene.

I pray for their continued success and many more happy students like me.

— Dr. Srinidhi Chidambaram



I met Ms. Fharzana Siraj in Singapore, where she treated my brother and completely cured his back pain. It was there that I was diagnosed with Chronic Kidney Disease. She asked me to visit her clinic, Orange Ray, in Chennai and she organized our stay right next to her clinic as well.

We took diagnostic tests before the treatment started, to check my blood sugar, blood pressure and EGFR levels. In three weeks she treated me through Yoga Therapy, Ayurveda & Acupuncture. After the treatment, when we took the same tests again there was a phenomenal difference. My blood sugar had dropped, my blood pressure was normal, and my EGFR (which is a function of the kidney) increased from 40 to 48. Fharzana really was a breath of fresh air, and this is one of the best investments I have made. I am going to regularly visit from Dhaka, Bangladesh to meet her and undergo on-going treatment.

- Dr. Shaheen Afroze

In 2004, I had undergone a surgery where something went wrong, they cut a nerve in my back, result was a paralyzed leg and foot. One week after this surgery, I couldn't walk anymore, so again surgery. I spent 6 weeks in the hospital doing physiotherapy to try and walk again, with a brace to keep my foot upright.

I kept wearing my brace which gave me a lot of other problems as blisters and pain

Then we moved to Chennai, where I got in touch with Fharzana. One of the best things in my life. She was shocked to see me wearing a brace. She taught me yoga and exercises and suggested me to try to walk without the brace. And so, I did. I don't use my brace anymore, so relieved! I of course have to pay attention when I walk, but with a pair of good, stable shoes, I'm able to walk, even long distances. No pain and blisters anymore!

A big thanks to Fharzana who gave me the courage to throw my brace away

— Tineke Sysmans





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