ADAM & EVE
Specialized Medical Centre

Adam & Eve Specialized Medical Centre

Corporate Profile

Compassionate care. Advanced expertise.
Committed to your well-being.

Compassion | Care | Excellence

Pink Building, M-Floor, O1 & 02
Electra Street, Abu Dhabi

Tel: 02 6767 366
Mob: 055 155 5366

info@aesmc.com

www.aesmc.com

About Us

Where Health Meets Care

Adam & Eve Medical Centre, a proud member of the Al Zaabi Group, operates under Al Zaabi Health Care, the healthcare division of the Group. As part of this trusted network, Adam & Eve Medical Centre is dedicated to setting new benchmarks in the healthcare industry.

We bring together leading experts from diverse medical fields to deliver comprehensive healthcare solutions at an affordable cost. Guided by our belief in treating patients as friends, we combine therapeutic expertise, advanced technology, and compassionate care to create true value and ensure exceptional outcomes.

Adam & Eve Medical Centre is located on Electra Street, Abu Dhabi. We also operate other centres including Adam & Eve Medical Centre Br. Al Karama, Abu Dhabi, and Royal Medical One Day Surgery, Shakhbout City, Abu Dhabi. By continuously expanding and upgrading our capabilities, Al Zaabi Health Care remains committed to addressing the region's evolving healthcare demands with excellence and empathy.

Mission Statement

- Provide innovative and affordable healthcare solutions
- Promote wellness and preventive care awareness
- Advance excellence in medical services and technology
- Practice sustainability with social responsibility
- Enhance community well-being and quality of life

Vision Statement

- Lead through excellence in healthcare delivery
- Care with compassion, integrity, and respect
- Innovate to meet evolving patient needs
- Build trust through quality and reliability
- Inspire healthier and stronger communities

More than just a medical centre, we aim to be a hub of excellence—bringing together a wide range of specialties under one roof and delivering advanced, holistic healthcare at accessible costs. Our mission is to ensure that quality care is within everyone's reach by blending medical expertise with innovation and compassion.

Departments

- Paediatrics
- Internal Medicine
- ENT
- Obstetrics & Gynaecology
- Dental
- Orthodontics
- Oral & Maxillofacial Surgery
- Cardiology
- Orthopaedic
- Family Medicine
- General Medicine
- Dermatology
- Cosmetology
- Ayurveda
- Radiology
- Physiotherapy
- Phlebotomy

ADAM & EVE
Specialized Medical Centre

RIGHT CARE HERE

WHERE HEALTH MEETS CARE

At Adam & Eve, we believe healthcare goes beyond treatment—it is about trust, empathy, and personalized attention. Guided by these values, our doctors and staff in Abu Dhabi are committed to offering patient-focused care where every individual is treated with dignity, respect, and unwavering dedication.

Our Team

Dr. Sajith P Hameed
Specialist ENT Surgeon

Dr. Saud M.S
Specialist Internal Medicine

Dr. Kusumam Thomas
Specialist Dermatologist &
Cosmetologist

Dr. Beena Abdul Kader
Specialist Obstetrics &
Gynaecology

Dr. Mohamed Muthiullah
Consultant Cardiologist

Dr. Krishna Kumar Manjul
Specialist Orthopedic Surgeon

Dr. Priyanka Bhattacharjee
Specialist Family Medicine
Medical Director
(Al Zaabi Healthcare)

Dr. Elsy Biju Oommen
Radiologist

Dr. Ahamed Namshir
Specialist Orthodontist

Dr. Sneha Surendran
Specialist Orthodontist

Dr. Jisha Rachel John
GP Dentist

Dr. Soumya Simon
GP Dentist

Dr. Jaseena Thidil
GP Dentist

Dr. Haseena Imthiyaz
GP Dentist

Dr. Fareeha Damda
GP Dentist

Dr. Ranjith Kumar M.K
GP Dentist

Dr. Sruthi Subramanian
GP Dentist

Dr. Minimol George
GP Dentist

Dr. Athira Palamadathil
GP Dentist

Dr. Anu Ninan
Pediatrician

Our Team

Dr. Sathish AK
Pediatrician

Dr. Meena S Murjani
General Practitioner

Dr. Veena Pramod
General Practitioner

Dr. Naseeba P.P
General Practitioner

Dr. Imtiaz A Abdul
General Practitioner

Dr. Tirso Jr Williams Jacalan
General Practitioner

Dr. Adeeba Masood
General Practitioner

Dr. Sidra Siddique
General Practitioner

Dr. Raiza Shukoor
General Practitioner

Dr. Jinsa Salim
General Practitioner

Dr. Priyanka Suresh
General Practitioner

Mr. Hafizul Azad M
Senior Physiotherapist

Mr. Harshad
Physiotherapist

Ms. Akshaya
Physiotherapist

Shahida Zumana
Physiotherapist

Family & General Medicine

The Family Medicine Department provides comprehensive healthcare for patients of all ages. Our physicians and support staff manage both minor and major illnesses, ensuring preventive care and long-term health for the entire family.

Key Services

- Chronic disease management (Diabetes, Hypertension)
- Treatment of hyperlipidemia & obesity
- ECG monitoring & evaluation
- Care for upper & lower respiratory infections, including asthma
- General fitness certification
- Minor surgical procedures (e.g. ear piercing)
- Suturing & dressing of wounds
- Complete physical check-ups
- Lifestyle, diet & hygiene guidance
- Incision & drainage of abscesses
- Tailored corporate health packages

Internal Medicine

Our Department of Internal Medicine specializes in managing both simple and complex adult conditions. We provide expert care for chronic illnesses—covering prevention, diagnosis, and treatment—with a focus on long-term health and consistent medical support.

Key Services

- Screening & treatment of hormonal disorders, with focus on thyroid health
- ECG screening for heart conditions
- Lung evaluation through Pulmonary Function Test (PFT)
- Kidney ultrasound for stones & cystic disease with management advisory
- Ultrasound for fatty liver & gallbladder stones with treatment guidance
- Chest X-ray for detection of pneumonia & tuberculosis
- Pre-employment screening with fitness certification
- Screening for occupational health disorders
- Urgent care for emergencies (oxygen, nebulization for asthma)
- Management of back & joint pain, with referral to physiotherapy as needed
- Screening & treatment of peripheral neuropathy & vitamin B12 deficiency

Paediatrics

Our Paediatrics Department offers specialized care for infants, children, and adolescents. With expert supervision, we manage common health conditions, monitor growth, and support every stage of a child's development.

Key Services

- Treatment of congenital diseases
- Management of childhood feeding disorders
- Care for seasonal & common infections
- Growth monitoring & development tracking
- Vaccination & nutritional support
- Paediatric psychiatry & mental health care
- Routine check-ups & immunization programs
- Specialized care for newborns
- Diagnosis & treatment of acute illnesses
- Health assessments for school-age children

Dermatology

Our Dermatology Department treats skin, hair, and nail conditions with clinically proven methods. We also offer advanced cosmetic solutions for acne, scarring, pigmentation, hair loss, and skin ageing.

Medical Services

- Acne scar treatment (microneedling, chemical peels)
- Radiosurgery for warts, moles & skin tags
- Cryosurgery for warts & keloids
- Auto-implantation therapy for viral warts
- Intralesional therapy for keloids & alopecia areata
- Excision of benign & malignant skin lesions

Cosmetic & Laser Treatments

- Chemical peels for acne, pigmentation & photoageing
- Anti-ageing treatments (Botulinum toxin, fillers)
- Mesotherapy for hair loss, dark circles & skin rejuvenation
- Laser hair removal for long-lasting results

Cardiology

Our Cardiology Department delivers advanced care for heart and vascular conditions. With preventive programs, routine check-ups, and specialized procedures, our cardiologists tailor treatment plans to ensure optimal heart health.

Key Services

- Emergency care for chest pain & heart attacks
- Diagnosis & treatment of congenital heart defects
- Management of high cholesterol & coronary artery disease
- Care for arrhythmias (irregular heart rhythms)
- Diabetes-related heart health management
- Abdominal aortic aneurysm treatment & prevention
- Diagnosis & care for heart murmurs
- Pediatric & congenital heart disease management

Dental

The Dental Department provides preventive, restorative, and cosmetic dentistry with advanced technology and expert care. Our goal is to maintain healthy teeth and give every patient a confident smile.

General Dentistry

- Dental check-up & X-ray
- Tooth fillings & extractions
- Preventive dentistry (sealants)
- Root canal treatments
- Scaling & polishing
- Tooth replacement solutions
- Paediatric dental care

Cosmetic Dentistry

- Hollywood Smile (veneers & lumineers)
- Laser & Zoom teeth whitening
- Gum depigmentation
- Dental jewelry

ENT (Ear, Nose & Throat)

Our ENT Department manages a full range of conditions affecting the ear, nose, and throat. From simple issues to complex disorders, our specialists combine medical expertise with advanced technology to restore health and improve quality of life.

Key Services

- Diagnostic nasal endoscopy
- Diagnostic laryngoscopy
- Diagnostic otoendoscopy
- Control of epistaxis (nosebleeds)
- Removal of foreign bodies from ear, nose & throat
- Vestibular function assessment
- Comprehensive hearing assessment

Audiology

Our Audiology team provides expert care for patients with hearing and balance issues. Using advanced methods, we diagnose, prevent, and manage hearing loss and related disorders with personalized solutions.

Key Services

- Hearing assessment & diagnosis
- Prevention & management of hearing loss
- Therapy for balance-related disorders
- Counseling & treatment plans for long-term care

Orthopaedics

Our Orthopaedic Department specializes in treating musculoskeletal conditions. From pain management to surgical procedures, we provide comprehensive care for bones, joints, and muscles.

Key Services

- Patient assessment & diagnosis
- Local & intra-articular steroid injections
- Cast & slab applications
- Wound debridement & dressing
- Suturing of cut wounds
- Aspiration of joints (diagnostic & therapeutic)
- Hyaluronic acid joint injections
- Excision of ingrown toenails
- Treatment for ganglion cysts
- Minor surgical procedures (cyst, lipoma, corn removal)

Obstetrics & Gynaecology

Our Obstetrics & Gynaecology Department supports women's health across all life stages. From puberty to pregnancy and beyond, our team ensures safe, compassionate, and advanced care in a comfortable environment.

Key Services

- Diagnosis & treatment of PCOD & PCOS
- Hormonal disorder & menstrual cycle management
- Infertility treatment & support
- Comprehensive female health care
- Antenatal & postnatal check-ups

Radiology

Our Radiology Department combines modern imaging technology with patient-focused care. Equipped with advanced digital X-ray and ultrasound machines, we provide accurate diagnostic support in a comfortable environment.

Ultrasound Services

- Abdominal, pelvic, K.U.B., thyroid, breast & scrotal ultrasound
- Hernia & superficial ultrasound
- Obstetric ultrasound (fetal assessment)
- 3D/4D ultrasound & anomaly scan
- Fetal Doppler studies
- Transvaginal ultrasound & folliculometry
- Transcranial Doppler for newborns
- Doppler studies (arterial & venous, upper & lower limbs, carotid, renal)
- Joint ultrasound (shoulder, elbow, wrist, hip, knee, ankle)

Physiotherapy

Our Physiotherapy Department restores mobility, strength, and confidence through advanced therapies and expert guidance. We provide customized treatment plans to aid recovery and improve quality of life.

Key Services

- Rehabilitation for neck & back pain
- Treatment of tennis elbow & plantar fasciitis
- Management of trapped nerves & frozen shoulder
- Therapy for osteoarthritis & impingement syndrome
- Care for meniscal & ligament injuries
- Stroke rehabilitation & milestone delay management
- Programs to restore maximum physical function

ADAM & EVE ayurveda

Natural holistic healing

Adam & Eve is a firm believer of Ayurveda's natural, holistic healing principles that withstood the test of time by showcasing its effectivity through unquestionable results. We aims to revolutionize the ancient medicinal system through lifestyle interventions and amalgamating traditional and modernistic practices.

By blending ancient wisdom with modern science and aligning the body with nature's rhythms, we help cleanse impurities, fight disease, and boost immunity. Ayurveda's timeless principles guide our treatments, giving us confidence in healing through the holistic power of the Science of Life.

Our Doctors

Dr. Athira Boban
BAMS / MD
Ayurveda Practitioner

Dr. Einsha Huda
BAMS / PGCPK
Ayurveda Practitioner

Dr. Aswathy R Nair
BAMS
Ayurveda Practitioner

Adam & Eve Specialized Medical Centre L.L.C.
Pink Building, Floor No: 01 & 02, Electra Street, Abu Dhabi
www.ayurveda.aesmc.com
Tel: 02 307 1199 | Mob: 056 418 4499

Our Specialized Ayurvedic Treatments

Head & Sense Organ Therapies

- **Shirodhara**
  - Oil stream therapy on the forehead
- **Shiro Abhyanga**
  - Traditional head massage
- **Shiro Vasti**
  - Oil retention on the scalp
- **Thalapothichil**
  - Herbal head pack
- **Shirolepam**
  - Herbal paste for scalp
- **Akshi Tarpanam**
  - Eye nourishment treatment
- **Nasyam**
  - Nasal detoxification therapy

Facial & Skin Treatments

- **Herbal Face Care Therapy**
  - Natural facial rejuvenation
- **Lepam**
  - Skin-healing herbal pack

Kizhi (Herbal Bundle) Therapies

- **Full Body Podikizhi**
  - Dry herbal powder bundle therapy
- **Elakizhi**
  - Herbal leaf compress therapy
- **Naranga Kizhi**
  - Lemon bundle therapy
- **Njavara Kizhi**
  - Medicated rice bundle therapy

Dhara (Pouring) Therapies

- **Pizhichil**
  - Warm medicated oil bath
- **Dhanyamla Dhara**
  - Fermented herbal liquid stream
- **Kashaya Dhara**
  - Herbal decoction pouring
- **Ksheera Dhara**
  - Milk stream therapy
- **Takradhara**
  - Buttermilk stream therapy

Vasti Therapies (Oil Retention)

- **Kati Vasti** – Lower back therapy
- **Janu Vasti** – Knee joint therapy
- **Greeva Vasti** – Neck therapy
- **Nabhi Vasti** – Navel area therapy
- **Uro Vasti** – Chest region therapy

Body Therapies

- **Udwarthanam**
  - Dry herbal powder massage

Our other Treatments

- Deep Tissue Massage
- Lymphatic Drainage Massage
- Hot Stone Massage
- Detoxifying Wrap
- Detoxifying Scrub
- Foot Reflexology
- Thai Massage

Holistic Care Solutions

Health Concerns

- Cervical Spondylosis & Neck Pain Problem
- Lower Back Pain & Sciatica
- Disc Prolapse
- Fibromyalgia
- Joint Pain & Arthritis
- Gout
- Frozen Shoulder
- Varicose Veins
- Diabetic Care Management
- Psoriasis & Eczema
- Obesity Management
- Sinusitis & Allergy
- Dry Eye Syndrome & Eye Strain
- Digestive Disorder
- Stress Management
- Insomnia
- Polycystic Ovary Syndrome & Menopause
- Multiple Sclerosis
- Systemic Lupus Erythematosus
- Sports Injury
- Hair Fall & Dandruff

Doctor Consultation

- Ayurveda Consultation
- Ayurveda Body Type Analysis
- Nadi Pariksha
- Personalized Diet Program
- Lifestyle Recommendations

Pregnancy & Baby Care

- Holistic Pregnancy
- Ayurveda for Baby & Child Care

Wellness & Detox

- Slimming Therapies
- Detox Program
- Beauty Therapies
- Ayurveda Immunity Boost Program

Insurance accepted on a reimbursement basis

Membership packages available

Your Health,
Our Priority—Every Day.

Our pharmacies have grown to become some of the most widely recognized in the UAE, proudly forming part of the largest pharmacy network in the country. As a trusted name under the Al Zaabi Group, we have become an integral part of local communities by consistently delivering quality healthcare solutions tailored to everyday needs.

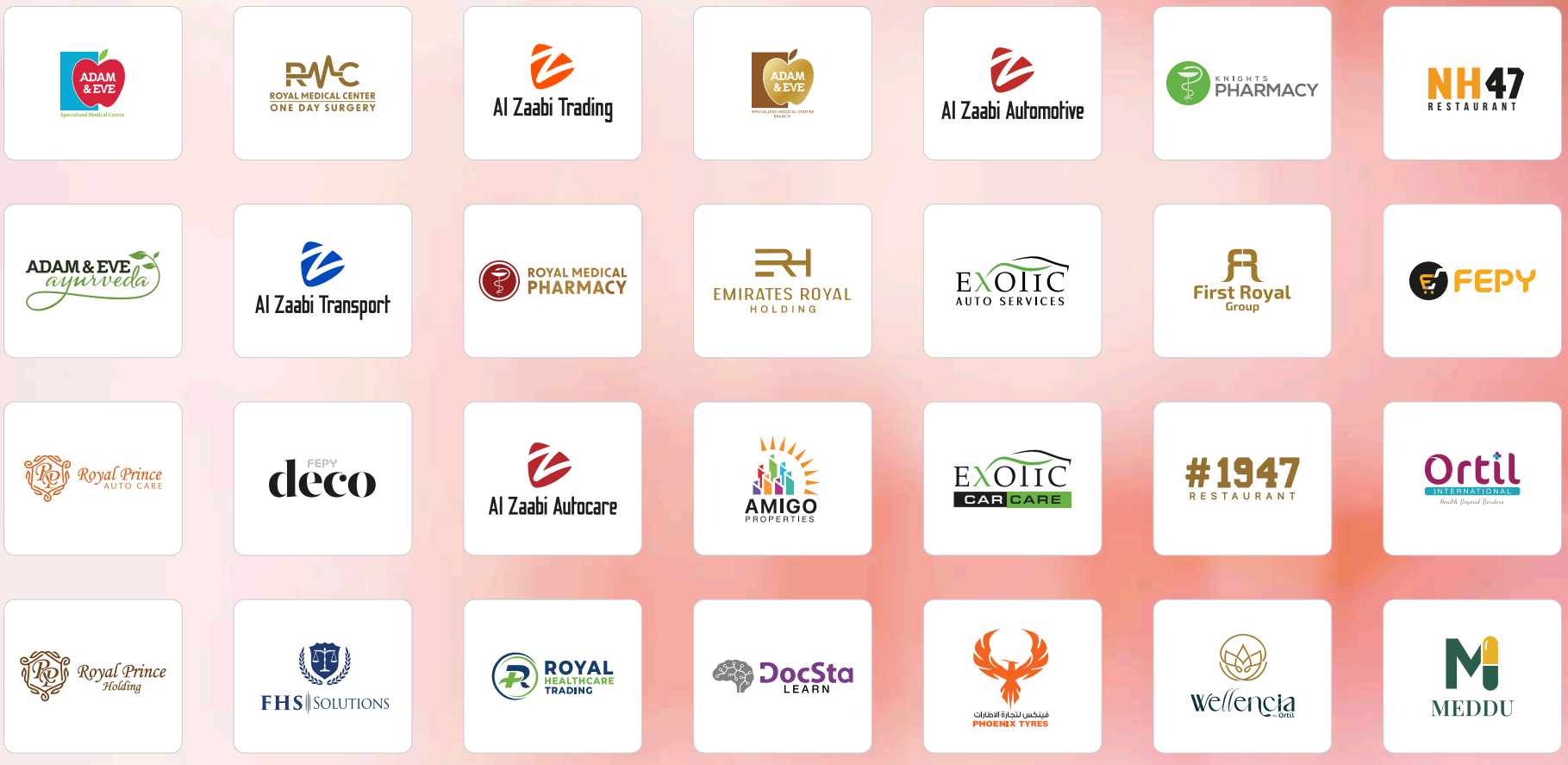
We offer a comprehensive range of products along with expert medical advice, ensuring that every customer receives the care and guidance they deserve. Our focus remains on delivering friendly service, great value, and a customer-centered healthcare experience that supports better health and well-being outcomes for all.

Our network includes Royal Medical Pharmacy LLC, Knight Pharmacy LLC – Electra Branch, and Knight Pharmacy LLC – Al Karama Branch. Through these branches, we continue to expand our reach and impact, offering convenient access to reliable healthcare services across the UAE.

Knight Pharmacy L.L.C.
Pink Building - Ground Floor, Electra Street, Abu Dhabi
Tel: 02 676 7966, Mob: 056 401 8473

Insurance Partners

Al Zaabi Group



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