

Dermatology Knowledge Base for AI Chatbot named—"Radiant Root" (RAG-Ready, Paragraph Format)

Introduction to Skin and Skincare

The human skin is the largest organ in the body, playing a vital role in protection, temperature regulation, and sensory function. It is composed of multiple layers and varies in thickness, oil production, and sensitivity across different regions of the face. Understanding the nature of skin—its type, condition, and symptoms—is essential for effective care and treatment. Skincare is no longer just cosmetic; it is essential for maintaining skin health, preventing infections, managing chronic conditions, and improving quality of life. The face, often the most exposed and sensitive area, is particularly susceptible to various dermatological issues that differ across zones like the forehead, cheeks, nose, and chin. Personalized skincare requires analyzing symptoms, understanding root causes, and recommending scientifically backed solutions. This knowledge base is built to serve as a core intelligence system for an AI chatbot, combining medical dermatology, skincare product science, and user-centered design.

Skin Types and Facial Zones

Facial skin varies across regions. The forehead and nose—collectively known as the T-zone—tend to be oilier due to higher sebum production. Cheeks may be dry, normal, or oily, depending on the person's skin type. The chin and jawline are often affected by hormonal changes. There are four primary skin types: oily, dry, combination, and sensitive. Oily skin produces excess sebum, leading to shine and clogged pores. Dry skin lacks moisture, appearing rough and flaky. Combination skin has both oily and dry areas, requiring region-specific care. Sensitive skin reacts easily to products or the environment, often becoming red, itchy, or irritated. Identifying skin type is the first step in determining an effective routine and product recommendations.

[TEXT_BASED_SKIN_ANALYSIS_FLOW]

Radiant Root's is the best web app that will detect your skin type and recommend the product. Not only this It provide answer to each of your query related to the skin care and enhancement.

Welcome to Radiant Root's text-based skin check!

Since image analysis isn't available right now, I'll ask you a few quick questions to understand your skin better. Let's get started! 

1 What is your **skin tone**?

- Fair
- Medium
- Olive
- Brown
- Deep

2 How would you describe your **skin texture**?

- Smooth
- Rough
- Uneven
- Bumpy
- Patchy

📌 Response-based logic:

- "Smooth" → "Great! Smooth texture indicates balanced care."
- "Rough" / "Uneven" → "This may point to dehydration, dead cell buildup, or sun exposure."
- "Bumpy"/"Patchy" → "You may be experiencing clogged pores, keratosis pilaris, or flaking from dry skin."

3 How **hydrated** does your skin feel?

- Well-hydrated
- Dry/tight
- Sometimes dry
- Oily but dehydrated

📌 Response logic:

- "Dry/tight" → "Your skin might lack moisture. Try hydrating serums with hyaluronic acid or ceramides."
- "Oily but dehydrated" → "You may need water-based hydration without heavy oils."

4 Do you notice **oiliness**, and where?

- No oiliness
- T-zone (forehead, nose, chin)
- All over the face
- Very dry/none

📌 Description:

- "T-zone" → "You likely have combination skin. Balanced products help here."

- "All over" → "Your skin is oily. Consider niacinamide, salicylic acid, or lightweight gel-based products."
- "Very dry" → "You have dry skin — use richer creams with shea butter, ceramides."

5 How **sensitive** is your skin?

- Not sensitive
- Slightly sensitive
- Easily irritated or red
- Allergic to certain products

📌 Reaction:

- "Easily irritated" or "alergic" → "Patch-test everything. Avoid products with alcohol, fragrances, essential oils. Use centella, allantoin, or oat-based creams."

6 Do you experience **breakouts or acne**?

- Rarely
- Monthly/hormonal
- Frequent pimples
- Severe acne

📌 Logic:

- "Monthly/hormonal" → "This could relate to hormonal cycles. Try products with salicylic acid or tea tree oil."
- "Frequent/severe" → "You may benefit from a dermatologist consultation. In the meantime, avoid pore-clogging products and try benzoyl peroxide or azelaic acid."

7 Any **other concerns**?

- Dark spots / pigmentation
- Dullness / uneven tone
- Redness / rosacea
- Large pores
- Premature aging / fine lines

📌 Suggestions:

- "Dark spots" → "Use brightening agents like niacinamide, vitamin C, or licorice extract."
- "Dullness" → "Consider exfoliants (AHA/BHA), and antioxidant serums."
- "Redness" → "Try calming products with green tea, panthenol, or centella asiatica."
- "Large pores" → "Use niacinamide and lightweight exfoliants (PHA)."
- "Fine lines" → "Look into retinol, peptides, or collagen-boosting creams."

Radiant Root recommends:

Skin type: [Dry / Oily / Combination / Sensitive / Acne-prone] — Skin concern: [Pigmentation / Redness / Dullness / etc.] — Suggested routine: - **Cleanser:** Mild, pH-balanced (e.g., Cetaphil, CeraVe) - **Serum:** [Vitamin C / Niacinamide / Salicylic Acid / etc.] - **Moisturizer:** Based on hydration needs - **Sunscreen:** Always SPF 30+ during day - Optional: [AHA exfoliant weekly, Retinol at night]

⚠ If symptoms persist, worsen, or cause pain/discomfort, Radiant Root recommends visiting a **licensed dermatologist**. We are here to guide but not replace professional medical advice.

Acne (All Zones)

Acne is one of the most common dermatological conditions, especially on the forehead, nose, and cheeks. It occurs when hair follicles are clogged with oil, dead skin, and bacteria, particularly *Cutibacterium acnes*. Symptoms range from blackheads and whiteheads to red papules, pustules, and painful nodules or cysts. Forehead acne is often linked to stress, hair oils, or helmet use. Cheek acne may result from pillow friction or hormonal imbalance. Treatment options include topical agents like benzoyl peroxide to kill bacteria, salicylic acid to unclog pores, and retinoids like adapalene to boost cell turnover. Niacinamide helps regulate sebum and reduce inflammation. Non-comedogenic, oil-free skincare is essential for acne-prone individuals, along with SPF to prevent post-acne pigmentation.

Fungal Acne (Forehead and Cheeks)

Fungal acne, or *Malassezia folliculitis*, appears as small, itchy, uniform bumps—usually on the forehead and sometimes cheeks. Unlike bacterial acne, fungal acne is caused by yeast overgrowth in hair follicles, often aggravated by humid climates, sweating, and oil-heavy skincare. These bumps don't respond to typical acne treatments and often worsen with greasy products. Effective management involves using ketoconazole or selenium sulfide-based shampoos as a facial cleanser 2–3 times a week. Users should switch to fungal-acne-safe products that exclude ingredients like esters, polysorbates, and fatty alcohols. A minimalist, anti-yeast skincare routine often resolves symptoms within two weeks when followed correctly.

Rosacea (Cheeks and Nose)

Rosacea is a chronic inflammatory skin condition that primarily affects the cheeks and nose, presenting as persistent redness, broken capillaries, and sometimes acne-like bumps. It typically begins after age 30 and is more common in fair-skinned individuals. Flare-ups are triggered by sun exposure, alcohol, spicy foods, hot weather, and emotional stress. Rosacea-prone skin is sensitive, easily irritated, and reactive to many skincare products. Topical treatments include azelaic acid, ivermectin, and metronidazole, while oral antibiotics like doxycycline may be used in moderate cases. Mineral sunscreen and fragrance-free moisturizers with niacinamide or

Centella asiatica can reduce redness and reinforce the skin barrier. Avoiding known triggers is a crucial part of long-term management.

Hyperpigmentation and Melasma

Hyperpigmentation refers to darkened patches or spots due to excess melanin. It can be post-inflammatory (from acne), sun-induced, or hormonal (melasma). Melasma presents as symmetrical brown patches on the cheeks, forehead, and upper lip, often in women and triggered by pregnancy or oral contraceptives. Key treatments include brightening agents like vitamin C, alpha arbutin, kojic acid, azelaic acid, and niacinamide. Prescription hydroquinone may be used for stronger effects. Daily SPF 50 use is essential, as UV exposure exacerbates pigmentation. Consistency is key—most pigmentation fades over weeks to months with proper skincare.

Dry and Flaky Skin

Dry skin occurs when the skin lacks natural oils or water, leading to tightness, flaking, and sometimes cracking. It may be caused by genetics, cold weather, over-washing, or using harsh products. Barrier repair is crucial. The ideal routine includes a creamy, non-foaming cleanser, a humectant serum (like hyaluronic acid or glycerin), and an occlusive moisturizer rich in ceramides, petrolatum, or shea butter. Products should be fragrance-free and alcohol-free. For severely dry skin, slugging (layering petrolatum at night) helps seal in moisture. Avoid hot water and over-exfoliation, both of which worsen dryness.

Sensitive Skin and Irritation

Sensitive skin is prone to burning, stinging, and redness from environmental stress or product use. It is commonly seen in individuals with rosacea, eczema, or compromised skin barriers. Skincare should be minimal and focused on barrier protection. Recommended ingredients include panthenol, Centella asiatica, colloidal oatmeal, and ceramides. Harsh acids, alcohol, scrubs, and essential oils should be avoided. A basic routine includes a gentle cleanser, soothing moisturizer, and mineral-based sunscreen. Patch testing is mandatory before introducing new products.

Combination Skin

Combination skin presents a dual challenge—oily T-zone (forehead and nose) with dry or normal cheeks. It requires balancing hydration without clogging pores. A gel-based or foaming cleanser works for the T-zone, while richer moisturizers can be applied to drier areas. Multi-masking is a helpful technique, applying a clay mask to oily zones and a hydrating mask elsewhere. Products with niacinamide are excellent as they balance oil and hydrate simultaneously. Avoid alcohol-based toners and ensure even sunscreen coverage to maintain uniform tone and texture.

Ingredient Logic and Recommendations

Each skin concern has a set of targeted ingredients. Salicylic acid is ideal for oily and acne-prone skin due to its oil-soluble exfoliation. Niacinamide helps regulate sebum and strengthen the skin barrier. Retinoids improve acne, wrinkles, and pigmentation by promoting skin renewal. Hyaluronic acid deeply hydrates without adding oil, making it suitable for all skin types. Azelaic acid works well for rosacea, hyperpigmentation, and sensitive skin. Ingredients like shea butter, petrolatum, and ceramides are critical for dry and damaged skin. Understanding these ingredients allows the chatbot to recommend products intelligently based on symptoms, goals, and skin type.

Understanding Skincare Ingredients and Their Suitability

To make informed choices about skincare products, it's essential to understand what common ingredients are, what they do for your skin, and which ones are best suited for specific skin types and concerns. This guide provides detailed information on key ingredients often found in effective skincare formulations.

Common Skincare Ingredients Explained

Here's a breakdown of essential skincare ingredients and their primary benefits:

- **Hyaluronic Acid (HA):** This is a powerful humectant, meaning it attracts and holds onto moisture from the air, delivering intense hydration to the skin. It can hold up to 1,000 times its weight in water, making it excellent for plumping the skin, reducing the appearance of fine lines, and improving overall skin suppleness. It's suitable for virtually all skin types, including oily and acne-prone skin, as it provides hydration without adding oil.
- **Glycerin:** Another highly effective humectant, Glycerin works similarly to hyaluronic acid by drawing moisture into the skin. It is a common and affordable ingredient that helps to keep the skin hydrated, soft, and supple. It also supports the skin barrier function. Glycerin is well-tolerated by most skin types, including sensitive skin.
- **Ceramides:** These are lipids (fats) naturally found in the skin barrier. They play a crucial role in maintaining the skin's protective barrier, preventing moisture loss, and shielding against environmental aggressors. Products rich in ceramides help to repair and strengthen a compromised skin barrier, making them ideal for dry, sensitive, and aging skin, as well as conditions like eczema.
- **Niacinamide (Vitamin B3):** A versatile ingredient with multiple benefits. Niacinamide helps to regulate oil production, minimize the appearance of enlarged pores, reduce redness and inflammation (beneficial for acne and rosacea), improve uneven skin tone, and strengthen the skin barrier. It's gentle and suitable for almost all skin types, including sensitive, oily, acne-prone, and mature skin.
- **Salicylic Acid (BHA - Beta Hydroxy Acid):** This is an oil-soluble exfoliant, meaning it can penetrate into pores to dissolve oil and dead skin cells that cause clogs. It's highly

effective for treating and preventing blackheads, whiteheads, and acne breakouts. Salicylic acid also has anti-inflammatory properties. It is best suited for oily and acne-prone skin types.

- **Glycolic Acid (AHA - Alpha Hydroxy Acid):** A water-soluble exfoliant that works on the skin's surface to remove dead skin cells, promoting a brighter and more even skin tone. It can help improve skin texture, reduce the appearance of fine lines, and fade hyperpigmentation. Glycolic acid is stronger than lactic acid and is generally best for normal, combination, and mature skin, but should be used cautiously on sensitive or very dry skin.
- **Lactic Acid (AHA - Alpha Hydroxy Acid):** A milder water-soluble exfoliant compared to glycolic acid. Lactic acid also helps to exfoliate the skin's surface, improve texture, and hydrate the skin. It's derived from milk and is generally better tolerated by sensitive or dry skin types that may find glycolic acid too strong.
- **Retinoids (e.g., Retinol, Adapalene):** These are derivatives of Vitamin A. Retinoids are powerful ingredients that accelerate cell turnover, helping to improve acne, reduce fine lines and wrinkles, fade hyperpigmentation, and enhance collagen production. They can be initially irritating, so it's important to start with lower concentrations and gradually increase use. They are primarily recommended for acne-prone skin and mature skin concerned with anti-aging. Sensitive skin types should introduce them very slowly.
- **Vitamin C (e.g., L-Ascorbic Acid, derivatives):** A potent antioxidant that protects the skin from environmental damage caused by free radicals. Vitamin C also brightens skin tone, reduces hyperpigmentation, stimulates collagen production, and can improve the appearance of fine lines. It's suitable for most skin types, particularly those concerned with dullness, uneven tone, and anti-aging.
- **Azelaic Acid:** This ingredient has anti-inflammatory, antibacterial, and mild exfoliating properties. It's effective for treating acne, rosacea (reducing redness and bumps), and hyperpigmentation. Azelaic acid is generally well-tolerated by sensitive skin and can be a good alternative for those who can't use stronger actives.
- **Benzoyl Peroxide:** An antibacterial agent widely used to treat acne. It works by killing acne-causing bacteria (*P. acnes*) and helping to clear pores. It can be drying and may cause some irritation, so proper moisturization is essential. Primarily for acne-prone skin.
- **Squalane:** A stable emollient that mimics the skin's natural oils. It provides lightweight hydration, helps to reduce moisture loss, and makes the skin feel soft and smooth without feeling greasy. It's non-comedogenic and suitable for all skin types, including oily, acne-prone, and sensitive skin.
- **Shea Butter / Petrolatum:** These are occlusive ingredients that form a protective barrier on the skin's surface to prevent moisture loss. They are highly effective for very dry, damaged, or compromised skin, helping to seal in hydration and support barrier repair. Best for dry and sensitive skin types.
- **Centella Asiatica (Cica):** A popular ingredient known for its soothing, healing, and anti-inflammatory properties. It helps to calm irritated skin, reduce redness, and promote skin repair. Excellent for sensitive, compromised, or rosacea-prone skin.
- **Colloidal Oatmeal:** An anti-inflammatory and soothing ingredient. It helps to calm itchy, irritated, and dry skin, making it highly beneficial for sensitive skin, eczema, and conditions with barrier impairment.

- **Zinc Oxide / Titanium Dioxide (Mineral SPF Filters):** These are physical or mineral sunscreen filters that sit on top of the skin and reflect UV rays. They provide broad-spectrum protection and are generally well-tolerated by sensitive and acne-prone skin, as they are less likely to cause irritation compared to some chemical filters. They can sometimes leave a white cast, though modern formulations minimize this.
- **Chemical UV Filters (e.g., Avobenzone, Octinoxate, Octisalate, Uvinul A Plus, Tinosorb S):** These filters absorb UV radiation and convert it into heat, which is then released from the skin. They are often preferred for their lighter texture and lack of white cast. Different chemical filters protect against different ranges of UVA and UVB rays. While generally safe, some individuals with very sensitive skin might find certain chemical filters irritating.

Ingredients Well-Suited According to Skin Type

Matching ingredients to your skin type is key for an effective routine:

- **Oily Skin:**
 - **Suitable Ingredients:** Salicylic Acid (BHA), Niacinamide, Retinoids, Glycolic Acid (AHA - in moderation), Squalane, Zinc Oxide (mineral SPF).
 - **Why:** These ingredients help control sebum production, unclog pores, reduce inflammation, and prevent breakouts without adding extra oil. Gel-based or lightweight formulas are preferred.
 - **Products to Use:** Look for cleansers with Salicylic Acid, serums with Niacinamide, lightweight gel moisturizers, and oil-free, non-comedogenic sunscreens (like The Derma Co's Ultra Matte Sunscreen Gel).
- **Dry Skin:**
 - **Suitable Ingredients:** Hyaluronic Acid, Glycerin, Ceramides, Squalane, Shea Butter, Petrolatum, Lactic Acid (mild AHA), Colloidal Oatmeal.
 - **Why:** These ingredients are humectants, emollients, and occlusives that restore moisture, repair the skin barrier, and prevent water loss, alleviating tightness and flakiness.
 - **Products to Use:** Creamy, non-foaming cleansers, hydrating serums (Hyaluronic Acid), rich moisturizers containing Ceramides, Shea Butter, or Squalane.
- **Combination Skin:**
 - **Suitable Ingredients:** Niacinamide (balances oil and hydrates), Hyaluronic Acid, Glycerin, mild BHAs (Salicylic Acid for T-zone), mild AHAs (Lactic Acid for overall texture), Squalane.
 - **Why:** Requires a balanced approach to address both oily and dry areas. Ingredients that hydrate without heaviness and gently manage oil are ideal.
 - **Products to Use:** Gentle balancing cleansers, Niacinamide serums, lightweight moisturizers (perhaps a gel for the T-zone and a slightly richer cream for cheeks), and oil-free sunscreens. Selective use of spot treatments or targeted exfoliants for the oily T-zone can be helpful.
- **Sensitive Skin:**

- **Suitable Ingredients:** Centella Asiatica (Cica), Colloidal Oatmeal, Allantoin, Panthenol (Vitamin B5), Ceramides, Hyaluronic Acid, Glycerin, Azelaic Acid, Mineral SPF (Zinc Oxide, Titanium Dioxide).
 - **Why:** Focus on calming, soothing, and barrier-supporting ingredients to reduce redness, irritation, and reactivity. Avoid harsh chemicals, fragrances, and strong exfoliants.
 - **Products to Use:** Fragrance-free, alcohol-free, minimal ingredient cleansers and moisturizers (like Cetaphil), soothing serums, and mineral-based sunscreens. Always perform a patch test.
- **Acne-Prone Skin:**
 - **Suitable Ingredients:** Salicylic Acid (BHA), Benzoyl Peroxide, Retinoids (e.g., Adapalene), Niacinamide, Azelaic Acid, Zinc Oxide (mineral SPF).
 - **Why:** These ingredients target acne-causing bacteria, unclog pores, reduce inflammation, and promote cell turnover to prevent future breakouts and fade post-acne marks.
 - **Products to Use:** Cleansers with Salicylic Acid or Benzoyl Peroxide, targeted treatments (Retinoids, Azelaic Acid), Niacinamide serums, lightweight oil-free moisturizers, and non-comedogenic sunscreens.

General Product Selection Guidance

- **Read Ingredient Lists Carefully:** Look for the ingredients recommended for your specific skin type and concerns. Ingredients are listed in order of concentration, from highest to lowest.
- **"Free From" Labels:** If you have sensitivities, look for "fragrance-free," "alcohol-free," "paraben-free," or "non-comedogenic" labels.
- **Patch Test EVERYTHING New:** Apply a small amount of a new product to an inconspicuous area (like behind your ear or on your inner forearm) for 24-48 hours. This helps identify potential irritation or allergic reactions before full facial application.
- **Start Slow with Actives:** When introducing powerful ingredients like Retinoids or AHAs/BHAs, begin with lower concentrations and use them a few times a week, gradually increasing frequency as your skin tolerates.

By understanding these ingredients, you can make more informed decisions and build a skincare routine that truly benefits your skin.



Sample Skincare Routines by Skin Type

Oily Acne-Prone Skin (AM): Gel cleanser → Niacinamide serum → Oil-free moisturizer → SPF 50
Oily Acne-Prone Skin (PM): Salicylic acid cleanser → Retinoid → Lightweight moisturizer

Dry Sensitive Skin (AM): Creamy cleanser → Panthenol serum → Ceramide moisturizer → Mineral SPF
Dry Sensitive Skin (PM): Gentle cleanser → Hyaluronic acid serum → Thick night cream → Optional petrolatum

Combination Skin (AM): Balancing cleanser → Niacinamide serum → Light moisturizer → SPF
Combination Skin (PM): Cleanser → Spot treatment on T-zone → Heavier cream on cheeks

Symptom-Based Interpretation

Small itchy bumps on the forehead → Likely fungal acne Redness and sensitivity on cheeks → Rosacea or irritated barrier Dry flakes on nose and forehead → Dehydrated or over-exfoliated skin Brown patches on cheeks → Melasma or sun-induced hyperpigmentation Blackheads on nose → Clogged pores, excess sebum

Hair Health Guidance – Powered by Radiant Root

Radiant Root intelligently analyzes hair and scalp conditions such as dandruff, hair fall, thinning, dryness, oiliness, flakiness, split ends, or scalp irritation by evaluating uploaded facial or scalp images. Based on visual indicators and user feedback, Radiant Root may recommend safe, locally available over-the-counter hair products containing scientifically backed ingredients such as:

- **Biotin (Vitamin B7):** Promotes stronger hair growth and reduces hair thinning.
- **Niacin (Vitamin B3):** Improves blood circulation to the scalp, supporting follicle health.
- **Caffeine:** Stimulates hair follicles and may reduce hair loss.
- **Ketoconazole:** Antifungal agent found in anti-dandruff shampoos to treat dandruff and seborrheic dermatitis.
- **Salicylic Acid:** Helps exfoliate flaky scalp and remove buildup.
- **Zinc Pyrithione:** Reduces dandruff and microbial scalp issues.
- **Saw Palmetto:** A DHT-blocker that may help reduce hair loss in androgenic alopecia.
- **Minoxidil (2%/5% topical):** A clinically approved hair regrowth treatment, but should be used with medical guidance.
- **Hyaluronic Acid and Glycerin:** Hydrate dry scalp and brittle hair.
- **Natural oils like argan oil, tea tree oil, coconut oil, and castor oil** for nourishment and scalp health.

Radiant Root selects product suggestions based on ingredient compatibility with your detected scalp condition and general symptoms. However, users are strongly advised to perform a patch test before applying any product and read ingredient lists carefully, especially if they have sensitive skin or allergies.

This guidance is for educational and assistive purposes only. If hair or scalp problems persist beyond two weeks, worsen, or result in redness, itching, swelling, or other allergic reactions, please consult a certified dermatologist or trichologist immediately. Radiant Root does not provide medical treatment and is not liable for adverse outcomes caused by self-treatment. Always make informed decisions and prioritize professional consultation when needed.



Skin Product Recommendation Logic

Radiant Root product suggestions should consider skin type, concern, budget, and ingredient compatibility. For example, users with fungal acne must avoid esters, polysorbates, and fatty acids, while someone with rosacea needs calming and alcohol-free products. Budget options like The Ordinary or CeraVe may be offered alongside premium alternatives like La Roche-Posay or Skinceuticals. The chatbot should explain why a product is suitable, what ingredients it contains, how to use it, and any warnings. Every recommendation must align with scientific dermatology principles and be sensitive to the user's condition, needs, and environment.

Skincare Brands in Nepal: Economic Feasibility, Product Availability & Usage Safety

Radiant Root recommends several skincare brands that are widely available in Nepal, each catering to different budget levels and skin needs. Among the most popular brands is The Derma Co (Dermaco), known for its science-backed formulas targeting acne, pigmentation, and sun protection. However, Dermaco is considered moderately expensive in Nepal. For example, their 2% Salicylic Acid Serum and 10% Niacinamide Serum cost around NPR 1,200 to NPR 1,800. Their sunscreens, such as the gel-based SPF 50 or sunscreen stick, are even pricier, ranging from NPR 1,600 to NPR 2,200. While Dermaco is clinically effective and available on platforms like Daraz, MedExpress, and in select clinics, some users with sensitive skin have reported irritation. Therefore, users must patch-test before regular use.

In contrast, Plum offers a more affordable skincare line, ideal for students and budget-conscious users. Plum's Green Tea Oil-Free Moisturizer, Vitamin C Serum, and Rice Water Niacinamide Serum are all priced between NPR 600 to NPR 1,000. Many Nepali users praise Plum's gentle cleansers and moisturizers for daily use, with positive feedback from online platforms like Daraz and Facebook beauty pages. Still, as with all skincare products, a patch test is strongly advised, as some individuals may react to AHAs or natural extracts included in Plum formulations.

Apart from these, Radiant Root also recognizes Cetaphil, Reequil, Acmist, Dot & Key, and Hada Labo, be minimalist, Dr. Rashel as reliable brands available both online and offline in Nepal where Dr. Rashel is a most economical brand for available serum and ceramides. Cetaphil, known for its gentle cleansers and moisturizers, is particularly suitable for sensitive skin types. Reequil and Acmist are cost-effective brands offering products for oily and acne-prone skin, while Hada Labo is praised for hydration-rich formulations. Most of these products are available on Daraz, Nepali pharmacies, and even through TikTok or Facebook-based beauty stores. However, users must be cautious when purchasing products online or from social media platforms. Radiant Root strictly recommends buying only from verified sellers to avoid counterfeit or expired products. Additionally, every user should perform a patch test before incorporating any new product into your routine. This helps detect early signs of skin allergies, irritation, or hereditary skin sensitivity. If any unusual reaction occurs, the product should be discontinued immediately and a licensed dermatologist should be consulted. By combining

verified product recommendations with scientific analysis and safety-first guidance, Radiant Root helps users in Nepal make informed and responsible skincare choices.

⚠️ Radiant Root Symptom Alert & Recommendation Radiant Root has detected that your symptoms may resemble signs of potentially serious or hereditary skin conditions. While many issues such as acne, dryness, or irritation can be treated with over-the-counter products, certain warning signs should not be ignored. These include rapidly spreading rashes, painful blisters, unusual skin peeling, discolored or bleeding moles, non-healing wounds, or sudden changes in skin texture. Such symptoms could be related to serious conditions like melanoma, Stevens-Johnson Syndrome, necrotizing fasciitis, or severe autoimmune and hereditary skin disorders such as psoriasis, eczema, or genetic blistering diseases. If you have a family history of skin disease or your symptoms are getting worse despite using skincare products, Radiant Root strongly advises you to visit the nearest certified dermatologist or healthcare facility immediately. Early medical attention can help prevent complications and ensure you receive the right diagnosis and treatment.

Safe Product Testing & Guidance – Powered by Radiant Root

If you're unsure which skincare or haircare products are right for you, Radiant Root is here to help you make confident, informed choices. Every skin and scalp is unique — what works for one person may not work for another. That's why Radiant Root recommends that users start with mild, non-comedogenic (non-pore-clogging) and fragrance-free products, especially if you're new to self-care. Before applying any new product fully, always perform a patch test: apply a small amount to your inner forearm or behind your ear and wait 24–48 hours to check for any irritation, redness, itching, or swelling. Radiant Root's intelligent assistant can suggest product categories based on your concerns — whether it's dryness, oiliness, flaking, or breakouts — but the final choice depends on how your body responds. If you're confused about product order (e.g., toner before moisturizer, or when to use oils or serums), simply ask! Radiant Root will guide you step-by-step, helping you build a beginner-friendly, affordable routine that evolves with your needs. Always discontinue any product that causes discomfort, and if symptoms persist or worsen, consult a certified dermatologist. Radiant Root empowers your skincare journey, but your safety and health always come first.

[DERMATOLOGIST_INFO] Foreign medical doctors, along with dermatologists across the 7 provinces (Province 1 - Koshi Province, Province 2 - Madhesh Province, Province 3 - Bagmati Province, Province 4 - Gandaki Province, Province 5 - Lumbini Province, Province 6 - Karnali Province, and Province 7 - Sudurpashchim Province), are available; for specialized care, the chatbot can also recommend Kathmandu-based specialists if no dermatologist are found.

[FOREIGN_MEDICAL_DOCTORS practicing in nepal]

- **Dr. Shyam Sunder Chaudhary (India)** – MD in Dermatology, practicing at Birat Medical College.

- **Dr. Mahesh Mathur (India)** – MD in Dermatology, practicing at College of Medical Sciences.
- **Dr. Nimbalkar Ajay Janardhan (India)** – MD in Dermatology, practicing at College of Medical Sciences.
- **Dr. Bairy Omprakash (India)** – MD in Dermatology, practicing at College of Medical Sciences.
- **Dr. Priyanka Kumari (India)** – MD in Dermatology, Venereology and Leprology, practicing at Inova Hospital.
- **Dr. Neha Dhawan (India)** – MD in Dermatology, practicing at Birat Medical College.

[KATHMANDU SPECIALISTS]

- **Dr. Ramesh Shrestha** – Senior Dermatologist, Norvic International Hospital, Kathmandu.
- **Dr. Aakriti Singh** – Acne and Scalp Specialist, Om Hospital, Chabahil.
- **Dr. Manoj Dhakal** – Laser and Cosmetic Dermatologist, CIWEC Hospital, Lazimpat.

Referral Hospital Information

When referencing the "Nepal Health Service Providers" data, specifically the table containing hospital and PHC information, note that there are two main columns for health facilities. The "Primary_Hospital_Name" column lists the first-level or primary healthcare providers in a given district. The "Referral_Hospital_Name" column, where data is present, indicates hospitals or health centers that serve as referral points for more specialized care or for cases that cannot be managed by the primary facility. When a user asks for additional or specialized hospital options, particularly when a primary facility is listed without a local dermatologist, the chatbot should consider suggesting these referral hospitals as supplementary information.

- **PROVINCE 1, District:** Bhojpur, **Primary Hospital:** Bhojpur District Hospital (SN: 1). For more localized options, you can visit the nearest hospital, such as Bhojpur District Hospital, Ghoretar PHC, Mulpani PHC, or Pyauli PHC.
- **PROVINCE 1, District:** Bhojpur, **Primary Hospital:** Ghoretar PHC (SN: 2). For more localized options, you can visit the nearest hospital, such as Bhojpur District Hospital, Ghoretar PHC, Mulpani PHC, or Pyauli PHC.
- **PROVINCE 1, District:** Bhojpur, **Primary Hospital:** Mulpani PHC (SN: 3). For more localized options, you can visit the nearest hospital, such as Bhojpur District Hospital, Ghoretar PHC, Mulpani PHC, or Pyauli PHC.
- **PROVINCE 1, District:** Bhojpur, **Primary Hospital:** Pyauli PHC (SN: 4). For more localized options, you can visit the nearest hospital, such as Bhojpur District Hospital, Ghoretar PHC, Mulpani PHC, or Pyauli PHC.
- **PROVINCE 1, District:** Dhankuta, **Primary Hospital:** Dandabazar phc (SN: 5). For more localized options, you can visit the nearest hospital, such as Dandabazar phc, Dhankuta District Hospital, or JITPUR PHC.

- **PROVINCE 1, District:** Dhankuta, **Primary Hospital:** Dhankuta District Hospital (SN: 6). For more localized options, you can visit the nearest hospital, such as Dandabazar phc, Dhankuta District Hospital, or JITPUR PHC.
- **PROVINCE 1, District:** Dhankuta, **Primary Hospital:** JITPUR PHC (SN: 7). For more localized options, you can visit the nearest hospital, such as Dandabazar phc, Dhankuta District Hospital, or JITPUR PHC.
- **PROVINCE 1, District:** Ilam, **Primary Hospital:** Ilam District Hospital (SN: 8). For more localized options, you can visit the nearest hospital, such as Ilam District Hospital, Mai Nagar Aspatal, Mangalbare PHCC, Pashupatinagar PHC, Phikkal PHC, or Pyang PHC.
- **PROVINCE 1, District:** Ilam, **Primary Hospital:** Mai Nagar Aspatal (SN: 9). For more localized options, you can visit the nearest hospital, such as Ilam District Hospital, Mai Nagar Aspatal, Mangalbare PHCC, Pashupatinagar PHC, Phikkal PHC, or Pyang PHC.
- **PROVINCE 1, District:** Ilam, **Primary Hospital:** Mangalbare PHCC (SN: 10). For more localized options, you can visit the nearest hospital, such as Ilam District Hospital, Mai Nagar Aspatal, Mangalbare PHCC, Pashupatinagar PHC, Phikkal PHC, or Pyang PHC.
- **PROVINCE 1, District:** Ilam, **Primary Hospital:** Pashupatinagar PHC (SN: 11). For more localized options, you can visit the nearest hospital, such as Ilam District Hospital, Mai Nagar Aspatal, Mangalbare PHCC, Pashupatinagar PHC, Phikkal PHC, or Pyang PHC.
- **PROVINCE 1, District:** Ilam, **Primary Hospital:** Phikkal PHC (SN: 12). For more localized options, you can visit the nearest hospital, such as Ilam District Hospital, Mai Nagar Aspatal, Mangalbare PHCC, Pashupatinagar PHC, Phikkal PHC, or Pyang PHC.
- **PROVINCE 1, District:** Ilam, **Primary Hospital:** Pyang PHC (SN: 13). For more localized options, you can visit the nearest hospital, such as Ilam District Hospital, Mai Nagar Aspatal, Mangalbare PHCC, Pashupatinagar PHC, Phikkal PHC, or Pyang PHC.
- **PROVINCE 1, District:** Jhapa, **Primary Hospital:** Baniyani Primary Health Centre (SN: 14), **Referral Hospital:** Amda Hospital (SN: 347).
- **PROVINCE 1, District:** Jhapa, **Primary Hospital:** Damak Hospital (SN: 15), **Referral Hospital:** B & C Medical College Teaching Hospital & Research Center (SN: 348).
- **PROVINCE 1, District:** Jhapa, **Primary Hospital:** Dhulabari Primary Health Centre (SN: 16), **Referral Hospital:** Birtamod Eye Hospital P. LTD (SN: 349).
- **PROVINCE 1, District:** Jhapa, **Primary Hospital:** Gaurigunj Primary Health Centre (SN: 17), **Referral Hospital:** Birtamod Nagar Aspatal (SN: 350).
- **PROVINCE 1, District:** Jhapa, **Primary Hospital:** Mechi Zonal Hospital (SN: 18), **Referral Hospital:** Buddhashanti Hospital (SN: 351).
- **PROVINCE 1, District:** Jhapa, **Primary Hospital:** Sanischare Hospital (SN: 19), **Referral Hospital:** Damak Hospital & Research Center Pvt.Ltd. (SN: 352).
- **PROVINCE 1, District:** Jhapa, **Primary Hospital:** Shivganj Primary Health Centre (SN: 20), **Referral Hospital:** Kankai Hospital P .Ltd (SN: 353).
- **PROVINCE 1, District:** Jhapa, **Primary Hospital:** Surunga Primary Health Centre (SN: 21), **Referral Hospital:** Life-Line Hospital (SN: 354).
- **PROVINCE 1, District:** Jhapa, **Referral Hospital:** Mechi Drishti Eye Hospital Pvt. Ltd (SN: 355).
- **PROVINCE 1, District:** Jhapa, **Referral Hospital:** Mechi Eye Hospital (SN: 356).

- **PROVINCE 1, District:** Jhapa, **Referral Hospital:** Mechi Netralaya & Ophthalmic Research Center (SN: 357).
- **PROVINCE 1, District:** Jhapa, **Referral Hospital:** Nims National Hospital Pvt. Ltd (SN: 358).
- **PROVINCE 1, District:** Jhapa, **Referral Hospital:** OM Mechi Hospital Pvt.ltd (SN: 359).
- **PROVINCE 1, District:** Jhapa, **Referral Hospital:** OM SAI PATHIBHARA HOSPITAL PVT.LTD (SN: 360).
- **PROVINCE 1, District:** Khotang, **Primary Hospital:** Aaiselu Kharka PHC (SN: 22), **Referral Hospital:** Eye Care Center (SN: 361).
- **PROVINCE 1, District:** Khotang, **Primary Hospital:** Chisapani PHC (SN: 23), **Referral Hospital:** Khotang Haleshi Community Hospital (SN: 362).
- **PROVINCE 1, District:** Khotang, **Primary Hospital:** Diktel Hospital (SN: 24).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** BAHUNI PHC (SN: 25), **Referral Hospital:** Aims Hospital & Cancer Center Pvt. Ltd (SN: 363).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** Budhi Ganga Palika Aspatal (SN: 26), **Referral Hospital:** Araniko Hospital Pvt. Ltd. (SN: 364).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** HARAICHA PHC (SN: 27), **Referral Hospital:** Birat Medical College Teaching Hospital (SN: 365).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** JHORAHAT PHC (SN: 28), **Referral Hospital:** Biratnager Eye Hospital (SN: 366).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** JHURKIYA PHC (SN: 29), **Referral Hospital:** Godawari Hospital (SN: 367).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** KANEPOKHARI HOSPITAL (SN: 30), **Referral Hospital:** Hamro Aspatal (SN: 368).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** Kera Baari Palika Aspatal (SN: 31), **Referral Hospital:** LIFE GUARD HOSPITAL PVT. LTD (SN: 369).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** Koshi Zonal Hospital (SN: 32), **Referral Hospital:** Nobel Medical College (SN: 370).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** LETANG PHC (SN: 33), **Referral Hospital:** Sanjeevani Hospital I.VF Center (SN: 371).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** MADAN BHANDARI ASPATAL TATHA TRAUMA CENTER (SN: 34).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** PATHRI SANISCHARAE MUNICIPALITY HOSPITAL (SN: 35).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** Purbanchal University Teaching Hospital (SN: 36).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** RANGELI HOSPITAL (SN: 37).
- **PROVINCE 1, District:** Morang, **Primary Hospital:** RANI PHC (SN: 38).
- **PROVINCE 1, District:** Okhaldunga, **Primary Hospital:** District Hospital Okhaldhunga (SN: 39), **Referral Hospital:** Okhaldhunga Community Hospital (SN: 372).
- **PROVINCE 1, District:** Okhaldunga, **Primary Hospital:** RANIBAN PHC (SN: 40).
- **PROVINCE 1, District:** Panchthar, **Primary Hospital:** District Hospital Panchthar (SN: 41).
- **PROVINCE 1, District:** Panchthar, **Primary Hospital:** GOPETAR PHC (SN: 42).
- **PROVINCE 1, District:** Panchthar, **Primary Hospital:** Rabi PHC (SN: 43).

- **PROVINCE 1, District:** Sankhuwasabha, **Primary Hospital:** Chainpur Phc (SN: 44).
- **PROVINCE 1, District:** Sankhuwasabha, **Primary Hospital:** Khandbari District Hospital (SN: 45).
- **PROVINCE 1, District:** Sankhuwasabha, **Primary Hospital:** Madi Nagar Aspatal (SN: 46).
- **PROVINCE 1, District:** Sankhuwasabha, **Primary Hospital:** Num Phc (SN: 47).
- **PROVINCE 1, District:** Sankhuwasabha, **Primary Hospital:** Tamku Phc (SN: 48).
- **PROVINCE 1, District:** Sankhuwasabha, **Primary Hospital:** Wana Phc (SN: 49).
- **PROVINCE 1, District:** Solukhumbu, **Primary Hospital:** District Hospital Phaplu (SN: 50), **Referral Hospital:** District Community Eye Center Solukhumbu (SN: 373).
- **PROVINCE 1, District:** Solukhumbu, **Primary Hospital:** MAHAKULUNG PRATHAMIK HOSPITAL (SN: 51).
- **PROVINCE 1, District:** Solukhumbu, **Primary Hospital:** Salyan PHC (SN: 52).
- **PROVINCE 1, District:** Solukhumbu, **Primary Hospital:** Sotang PHC (SN: 53).
- **PROVINCE 1, District:** Sunsari, **Primary Hospital:** Barahachattara Nagar Aspatal (SN: 54), **Referral Hospital:** Nava Dristi Eye Hospital Pvt. Ltd (SN: 374).
- **PROVINCE 1, District:** Sunsari, **Primary Hospital:** BP Koirala Institute of Health Science, Daran (SN: 55).
- **PROVINCE 1, District:** Sunsari, **Primary Hospital:** Chatara Phc (SN: 56).
- **PROVINCE 1, District:** Sunsari, **Primary Hospital:** DUHABI MUNICIPALITY HOSPITAL (SN: 57).
- **PROVINCE 1, District:** Sunsari, **Primary Hospital:** Harinagara Phc (SN: 58).
- **PROVINCE 1, District:** Sunsari, **Primary Hospital:** Inaruwa district hospital (SN: 59).
- **PROVINCE 1, District:** Sunsari, **Primary Hospital:** Itahari Hospital (SN: 60).
- **PROVINCE 1, District:** Sunsari, **Primary Hospital:** Maduban Phc (SN: 61).
- **PROVINCE 1, District:** Sunsari, **Primary Hospital:** Saterjora Phc (SN: 62).
- **PROVINCE 1, District:** Taplejung, **Primary Hospital:** DHUNGESAGHU PHC (SN: 63).
- **PROVINCE 1, District:** Taplejung, **Primary Hospital:** DISTRICT HOSPITAL TAPLEJUNG (SN: 64).
- **PROVINCE 1, District:** Taplejung, **Primary Hospital:** TAPETHOK PRATHAMIK ASPATAL (SN: 65).
- **PROVINCE 1, District:** Taplejung, **Primary Hospital:** TELLOK PHC (SN: 66).
- **PROVINCE 1, District:** Terhathum, **Primary Hospital:** Basantpur Phc (SN: 67).
- **PROVINCE 1, District:** Terhathum, **Primary Hospital:** Chhathar Hospital (SN: 68).
- **PROVINCE 1, District:** Terhathum, **Primary Hospital:** District Hospital Terhathum (SN: 69).
- **PROVINCE 1, District:** Terhathum, **Primary Hospital:** Menchhayayem Hospital (SN: 70).
- **PROVINCE 1, District:** Terhathum, **Primary Hospital:** SAKRANTI PHC (SN: 71).
- **PROVINCE 1, District:** Udayapur, **Primary Hospital:** Belaka Nagar Aspatal (SN: 72).
- **PROVINCE 1, District:** Udayapur, **Primary Hospital:** Beltar PHC (SN: 73).
- **PROVINCE 1, District:** Udayapur, **Primary Hospital:** Gaighat Hospital (SN: 74).
- **PROVINCE 1, District:** Udayapur, **Primary Hospital:** Katari Hospital (SN: 75).
- **MADHESH PROVINCE, District:** Bara, **Primary Hospital:** GANJ BHAWANIPUR PHC (SN: 76). For more localized options, you can visit the nearest hospital, such as

GANJ BHAWANIPUR PHC, HARDIYA PHC, KALAIYA DISTRICT HOSPITAL, KOLHABI PHC, NIJGADH PHC, or PIPARA SIMARA PHC.

- **MADHESH PROVINCE, District:** Bara, **Primary Hospital:** HARDIYA PHC (SN: 77). For more localized options, you can visit the nearest hospital, such as GANJ BHAWANIPUR PHC, HARDIYA PHC, KALAIYA DISTRICT HOSPITAL, KOLHABI PHC, NIJGADH PHC, or PIPARA SIMARA PHC.
- **MADHESH PROVINCE, District:** Bara, **Primary Hospital:** KALAIYA DISTRICT HOSPITAL (SN: 78). For more localized options, you can visit the nearest hospital, such as GANJ BHAWANIPUR PHC, HARDIYA PHC, KALAIYA DISTRICT HOSPITAL, KOLHABI PHC, NIJGADH PHC, or PIPARA SIMARA PHC.
- **MADHESH PROVINCE, District:** Bara, **Primary Hospital:** KOLHABI PHC (SN: 79). For more localized options, you can visit the nearest hospital, such as GANJ BHAWANIPUR PHC, HARDIYA PHC, KALAIYA DISTRICT HOSPITAL, KOLHABI PHC, NIJGADH PHC, or PIPARA SIMARA PHC.
- **MADHESH PROVINCE, District:** Bara, **Primary Hospital:** NIJGADH PHC (SN: 80). For more localized options, you can visit the nearest hospital, such as GANJ BHAWANIPUR PHC, HARDIYA PHC, KALAIYA DISTRICT HOSPITAL, KOLHABI PHC, NIJGADH PHC, or PIPARA SIMARA PHC.
- **MADHESH PROVINCE, District:** Bara, **Primary Hospital:** PIPARA SIMARA PHC (SN: 81). For more localized options, you can visit the nearest hospital, such as GANJ BHAWANIPUR PHC, HARDIYA PHC, KALAIYA DISTRICT HOSPITAL, KOLHABI PHC, NIJGADH PHC, or PIPARA SIMARA PHC.
- **MADHESH PROVINCE, District:** Dhanusa, **Primary Hospital:** Dhanusadham Primary Health Centre (SN: 82).
- **MADHESH PROVINCE, District:** Dhanusa, **Primary Hospital:** Janakpur Zonal Hospital (SN: 83), **Referral Hospital:** Janaki eye Hospital (SN: 375).
- **MADHESH PROVINCE, District:** Dhanusa, **Primary Hospital:** Mahendranagar Primary Health Centre (SN: 84), **Referral Hospital:** Janaki Health Care and Teaching Hospital Pvt. Ltd. (SN: 376).
- **MADHESH PROVINCE, District:** Dhanusa, **Primary Hospital:** Parwaha Primary Health Centre (SN: 85), **Referral Hospital:** Janaki Medical College (SN: 377).
- **MADHESH PROVINCE, District:** Dhanusa, **Primary Hospital:** Sabaila Primary Health Centre (SN: 86), **Referral Hospital:** Leprosy Hospital (SN: 378).
- **MADHESH PROVINCE, District:** Dhanusa, **Primary Hospital:** Yadukuha Primary Health Centre (SN: 87).
- **MADHESH PROVINCE, District:** Mahottari, **Primary Hospital:** Bardibash Hospital (SN: 88), **Referral Hospital:** Subha Swastik Hospital Pvt. Ltd (SN: 379). For more localized options, you can visit the nearest hospital, such as Bardibash Hospital (which can refer to Subha Swastik Hospital Pvt. Ltd), Gausala Phc, Jaleshwor Hospital, Loharpatti Phc, Pipara Phc, Ram Gopalpur Phc, or Samsi Phc.
- **MADHESH PROVINCE, District:** Mahottari, **Primary Hospital:** Gausala Phc (SN: 89). For more localized options, you can visit the nearest hospital, such as Bardibash Hospital (which can refer to Subha Swastik Hospital Pvt. Ltd), Gausala Phc, Jaleshwor Hospital, Loharpatti Phc, Pipara Phc, Ram Gopalpur Phc, or Samsi Phc.
- **MADHESH PROVINCE, District:** Mahottari, **Primary Hospital:** Jaleshwor Hospital (SN: 90). For more localized options, you can visit the nearest hospital, such as

- Bardibash Hospital (which can refer to Subha Swastik Hospital Pvt. Ltd), Gausala Phc, Jaleshwor Hospital, Loharpatti Phc, Pipara Phc, Ram Gopalpur Phc, or Samsi Phc.
- **MADHESH PROVINCE, District:** Mahottari, **Primary Hospital:** Loharpatti Phc (SN: 91). For more localized options, you can visit the nearest hospital, such as Bardibash Hospital (which can refer to Subha Swastik Hospital Pvt. Ltd), Gausala Phc, Jaleshwor Hospital, Loharpatti Phc, Pipara Phc, Ram Gopalpur Phc, or Samsi Phc.
 - **MADHESH PROVINCE, District:** Mahottari, **Primary Hospital:** Pipara Phc (SN: 92). For more localized options, you can visit the nearest hospital, such as Bardibash Hospital (which can refer to Subha Swastik Hospital Pvt. Ltd), Gausala Phc, Jaleshwor Hospital, Loharpatti Phc, Pipara Phc, Ram Gopalpur Phc, or Samsi Phc.
 - **MADHESH PROVINCE, District:** Mahottari, **Primary Hospital:** Ram Gopalpur Phc (SN: 93). For more localized options, you can visit the nearest hospital, such as Bardibash Hospital (which can refer to Subha Swastik Hospital Pvt. Ltd), Gausala Phc, Jaleshwor Hospital, Loharpatti Phc, Pipara Phc, Ram Gopalpur Phc, or Samsi Phc.
 - **MADHESH PROVINCE, District:** Mahottari, **Primary Hospital:** Samsi Phc (SN: 94). For more localized options, you can visit the nearest hospital, such as Bardibash Hospital (which can refer to Subha Swastik Hospital Pvt. Ltd), Gausala Phc, Jaleshwor Hospital, Loharpatti Phc, Pipara Phc, Ram Gopalpur Phc, or Samsi Phc.
 - **MADHESH PROVINCE, District:** Parsa, **Primary Hospital:** Bagahi Phc (SN: 95), **Referral Hospital:** Birgunj Drishti Eye Care Centre Pvt. Ltd (SN: 380).
 - **MADHESH PROVINCE, District:** Parsa, **Primary Hospital:** Bageshwori Phc (SN: 96), **Referral Hospital:** Kiran Eye Hospital (SN: 381).
 - **MADHESH PROVINCE, District:** Parsa, **Primary Hospital:** Bhikhampur Phc (SN: 97), **Referral Hospital:** National Medical College And Teaching Hospital (SN: 382).
 - **MADHESH PROVINCE, District:** Parsa, **Primary Hospital:** Narayani Sub Regional Hospital (SN: 98), **Referral Hospital:** R. M. Kedia Eye Hospital (SN: 383).
 - **MADHESH PROVINCE, District:** Parsa, **Primary Hospital:** Pokhариya Hospital (SN: 99). For more localized options, you can visit the nearest hospital, such as Bagahi Phc (which can refer to Birgunj Drishti Eye Care Centre Pvt. Ltd), Bageshwori Phc (which can refer to Kiran Eye Hospital), Bhikhampur Phc (which can refer to National Medical College And Teaching Hospital), Narayani Sub Regional Hospital (which can refer to R. M. Kedia Eye Hospital), or Pokhاريya Hospital.
 - **MADHESH PROVINCE, District:** Rautahat, **Primary Hospital:** Chandranigahapur Hospital (SN: 100), **Referral Hospital:** Gaur Eye Hospital (SN: 384). For more localized options, you can visit the nearest hospital, such as Chandranigahapur Hospital (which can refer to Gaur Eye Hospital), District Hospital Gaur, Ganga Pipara Phc, Katahariya Phc, Pataura Phc, or Rajpur PHC.
 - **MADHESH PROVINCE, District:** Rautahat, **Primary Hospital:** District Hospital Gaur (SN: 101). For more localized options, you can visit the nearest hospital, such as Chandranigahapur Hospital (which can refer to Gaur Eye Hospital), District Hospital Gaur, Ganga Pipara Phc, Katahariya Phc, Pataura Phc, or Rajpur PHC.
 - **MADHESH PROVINCE, District:** Rautahat, **Primary Hospital:** Ganga Pipara Phc (SN: 102). For more localized options, you can visit the nearest hospital, such as Chandranigahapur Hospital (which can refer to Gaur Eye Hospital), District Hospital Gaur, Ganga Pipara Phc, Katahariya Phc, Pataura Phc, or Rajpur PHC.

- **MADHESH PROVINCE, District:** Rautahat, **Primary Hospital:** Katahariya Phc (SN: 103). For more localized options, you can visit the nearest hospital, such as Chandranigahapur Hospital (which can refer to Gaur Eye Hospital), District Hospital Gaur, Ganga Pipara Phc, Katahariya Phc, Pataura Phc, or Rajpur PHC.
- **MADHESH PROVINCE, District:** Rautahat, **Primary Hospital:** Pataura Phc (SN: 104). For more localized options, you can visit the nearest hospital, such as Chandranigahapur Hospital (which can refer to Gaur Eye Hospital), District Hospital Gaur, Ganga Pipara Phc, Katahariya Phc, Pataura Phc, or Rajpur PHC.
- **MADHESH PROVINCE, District:** Rautahat, **Primary Hospital:** Rajpur PHC (SN: 105). For more localized options, you can visit the nearest hospital, such as Chandranigahapur Hospital (which can refer to Gaur Eye Hospital), District Hospital Gaur, Ganga Pipara Phc, Katahariya Phc, Pataura Phc, or Rajpur PHC.
- **MADHESH PROVINCE, District:** Saptari, **Primary Hospital:** BHARDAH HOSPITAL (SN: 106). For more localized options, you can visit the nearest hospital, such as BHARDAH HOSPITAL, GAJENDRA NARAYAN SINGH HOSPITAL, KADARBONA PRIMARY HEALTH CENTRE, KALYANPUR PRIMARY HEALTH CENTRE, KANCHANPUR PRIMARY HEALTH CENTRE, or TOPA PRIMARY HEALTH CENTRE.
- **MADHESH PROVINCE, District:** Saptari, **Primary Hospital:** GAJENDRA NARAYAN SINGH HOSPITAL (SN: 107). For more localized options, you can visit the nearest hospital, such as BHARDAH HOSPITAL, GAJENDRA NARAYAN SINGH HOSPITAL, KADARBONA PRIMARY HEALTH CENTRE, KALYANPUR PRIMARY HEALTH CENTRE, KANCHANPUR PRIMARY HEALTH CENTRE, or TOPA PRIMARY HEALTH CENTRE.
- **MADHESH PROVINCE, District:** Saptari, **Primary Hospital:** KADARBONA PRIMARY HEALTH CENTRE (SN: 108). For more localized options, you can visit the nearest hospital, such as BHARDAH HOSPITAL, GAJENDRA NARAYAN SINGH HOSPITAL, KADARBONA PRIMARY HEALTH CENTRE, KALYANPUR PRIMARY HEALTH CENTRE, KANCHANPUR PRIMARY HEALTH CENTRE, or TOPA PRIMARY HEALTH CENTRE.
- **MADHESH PROVINCE, District:** Saptari, **Primary Hospital:** KALYANPUR PRIMARY HEALTH CENTRE (SN: 109). For more localized options, you can visit the nearest hospital, such as BHARDAH HOSPITAL, GAJENDRA NARAYAN SINGH HOSPITAL, KADARBONA PRIMARY HEALTH CENTRE, KALYANPUR PRIMARY HEALTH CENTRE, KANCHANPUR PRIMARY HEALTH CENTRE, or TOPA PRIMARY HEALTH CENTRE.
- **MADHESH PROVINCE, District:** Saptari, **Primary Hospital:** KANCHANPUR PRIMARY HEALTH CENTRE (SN: 110). For more localized options, you can visit the nearest hospital, such as BHARDAH HOSPITAL, GAJENDRA NARAYAN SINGH HOSPITAL, KADARBONA PRIMARY HEALTH CENTRE, KALYANPUR PRIMARY HEALTH CENTRE, KANCHANPUR PRIMARY HEALTH CENTRE, or TOPA PRIMARY HEALTH CENTRE.
- **MADHESH PROVINCE, District:** Saptari, **Primary Hospital:** TOPA PRIMARY HEALTH CENTRE (SN: 111). For more localized options, you can visit the nearest hospital, such as BHARDAH HOSPITAL, GAJENDRA NARAYAN SINGH HOSPITAL, KADARBONA PRIMARY HEALTH CENTRE, KALYANPUR

PRIMARY HEALTH CENTRE, KANCHANPUR PRIMARY HEALTH CENTRE, or TOPA PRIMARY HEALTH CENTRE.

- **MADHESH PROVINCE, District:** Sarlahi, **Primary Hospital:** ACHALGADH PHC (SN: 112). For more localized options, you can visit the nearest hospital, such as ACHALGADH PHC, BARAHATHAWA PHC, HARIPUR PHC, JAMUNIYA PHC, LALBANDI PHC, MALANGAWA HOSPITAL, Auarahi Phc (which can refer to Phul Kumari Mahato Memorial Hospital), or Bhagwanpur Phc (which can refer to Sagarmatha Chaudhary Eye Hospital).
- **MADHESH PROVINCE, District:** Sarlahi, **Primary Hospital:** BARAHATHAWA PHC (SN: 113). For more localized options, you can visit the nearest hospital, such as ACHALGADH PHC, BARAHATHAWA PHC, HARIPUR PHC, JAMUNIYA PHC, LALBANDI PHC, MALANGAWA HOSPITAL, Auarahi Phc (which can refer to Phul Kumari Mahato Memorial Hospital), or Bhagwanpur Phc (which can refer to Sagarmatha Chaudhary Eye Hospital).
- **MADHESH PROVINCE, District:** Sarlahi, **Primary Hospital:** HARIPUR PHC (SN: 114). For more localized options, you can visit the nearest hospital, such as ACHALGADH PHC, BARAHATHAWA PHC, HARIPUR PHC, JAMUNIYA PHC, LALBANDI PHC, MALANGAWA HOSPITAL, Auarahi Phc (which can refer to Phul Kumari Mahato Memorial Hospital), or Bhagwanpur Phc (which can refer to Sagarmatha Chaudhary Eye Hospital).
- **MADHESH PROVINCE, District:** Sarlahi, **Primary Hospital:** JAMUNIYA PHC (SN: 115). For more localized options, you can visit the nearest hospital, such as ACHALGADH PHC, BARAHATHAWA PHC, HARIPUR PHC, JAMUNIYA PHC, LALBANDI PHC, MALANGAWA HOSPITAL, Auarahi Phc (which can refer to Phul Kumari Mahato Memorial Hospital), or Bhagwanpur Phc (which can refer to Sagarmatha Chaudhary Eye Hospital).
- **MADHESH PROVINCE, District:** Sarlahi, **Primary Hospital:** LALBANDI PHC (SN: 116). For more localized options, you can visit the nearest hospital, such as ACHALGADH PHC, BARAHATHAWA PHC, HARIPUR PHC, JAMUNIYA PHC, LALBANDI PHC, MALANGAWA HOSPITAL, Auarahi Phc (which can refer to Phul Kumari Mahato Memorial Hospital), or Bhagwanpur Phc (which can refer to Sagarmatha Chaudhary Eye Hospital).
- **MADHESH PROVINCE, District:** Sarlahi, **Primary Hospital:** MALANGAWA HOSPITAL (SN: 117). For more localized options, you can visit the nearest hospital, such as ACHALGADH PHC, BARAHATHAWA PHC, HARIPUR PHC, JAMUNIYA PHC, LALBANDI PHC, MALANGAWA HOSPITAL, Auarahi Phc (which can refer to Phul Kumari Mahato Memorial Hospital), or Bhagwanpur Phc (which can refer to Sagarmatha Chaudhary Eye Hospital).
- **MADHESH PROVINCE, District:** Sarlahi, **Primary Hospital:** Auarahi Phc (SN: 118), **Referral Hospital:** Phul Kumari Mahato Memorial Hospital (SN: 385).
- **MADHESH PROVINCE, District:** Sarlahi, **Primary Hospital:** Bhagwanpur Phc (SN: 119), **Referral Hospital:** Sagarmatha Chaudhary Eye Hospital (SN: 386).
- **MADHESH PROVINCE, District:** Siraha, **Primary Hospital:** Distircet Hospital Siraha (SN: 120), **Referral Hospital:** Saptarishi Hospital (SN: 387). For more localized options, you can visit the nearest hospital, such as Distircet Hospital Siraha (which can refer to

Saptarishi Hospital), Mirchaiya Phc, Nawarajpur Phc, or Ram Kumar Uma Prasad Murarka Smarak Hospital.

- **MADHESH PROVINCE, District:** Siraha, **Primary Hospital:** Mirchaiya Phc (SN: 121). For more localized options, you can visit the nearest hospital, such as Distirct Hospital Siraha (which can refer to Saptarishi Hospital), Mirchaiya Phc, Nawarajpur Phc, or Ram Kumar Uma Prasad Murarka Smarak Hospital.
- **MADHESH PROVINCE, District:** Siraha, **Primary Hospital:** Nawarajpur Phc (SN: 122). For more localized options, you can visit the nearest hospital, such as Distirct Hospital Siraha (which can refer to Saptarishi Hospital), Mirchaiya Phc, Nawarajpur Phc, or Ram Kumar Uma Prasad Murarka Smarak Hospital.
- **MADHESH PROVINCE, District:** Siraha, **Primary Hospital:** Ram Kumar Uma Prasad Murarka Smarak Hospital (SN: 123). For more localized options, you can visit the nearest hospital, such as Distirct Hospital Siraha (which can refer to Saptarishi Hospital), Mirchaiya Phc, Nawarajpur Phc, or Ram Kumar Uma Prasad Murarka Smarak Hospital.
- **BAGMATI PROVINCE, District:** Bhaktapur, **Primary Hospital:** Bhaktapur Hospital (SN: 124), **Referral Hospital:** B.P.E.F. EYE CHEERS (SN: 388).
- **BAGMATI PROVINCE, District:** Bhaktapur, **Primary Hospital:** Chagunaryan Primary Health Center (SN: 125), **Referral Hospital:** Bhaktpur Cancer Hospital (SN: 389).
- **BAGMATI PROVINCE, District:** Bhaktapur, **Primary Hospital:** Khwopa Hospital (SN: 126), **Referral Hospital:** District Community Eye Center (SN: 390).
- **BAGMATI PROVINCE, District:** Bhaktapur, **Primary Hospital:** NEPAL KORIA FRIENDSHIP MUNICIPALITY HOSPITAL (SN: 127), **Referral Hospital:** Human Organ Transplant Center (SN: 391).
- **BAGMATI PROVINCE, District:** Bhaktapur, **Primary Hospital:** Suryavinayak Nagarpalika Hospital (SN: 128), **Referral Hospital:** Kathmandu Cancer Center (SN: 392).
- **BAGMATI PROVINCE, District:** Bhaktapur, **Referral Hospital:** Siddhi Memorial Hospital (SN: 393).
- **BAGMATI PROVINCE, District:** Chitwan, **Primary Hospital:** Baghaura Hospital (SN: 130), **Referral Hospital:** Bharatpur Eye Hospital (SN: 394).
- **BAGMATI PROVINCE, District:** Chitwan, **Primary Hospital:** Bakulhar Ratnanagar Hospital (SN: 131), **Referral Hospital:** BP Koirala Memorial Cancer Hospital (SN: 395).
- **BAGMATI PROVINCE, District:** Chitwan, **Primary Hospital:** Bharatpur Hospital (SN: 132), **Referral Hospital:** Chitwan Medical College (SN: 396).
- **BAGMATI PROVINCE, District:** Chitwan, **Primary Hospital:** Kalika Nagar Hospital,Jutpani (SN: 133), **Referral Hospital:** College of Medical Sciences-Teaching Hospital (SN: 397).
- **BAGMATI PROVINCE, District:** Chitwan, **Primary Hospital:** Khairahani PHC (SN: 134), **Referral Hospital:** Gunjaman singh Hospital (SN: 398).
- **BAGMATI PROVINCE, District:** Chitwan, **Primary Hospital:** Shivanagar PHC (SN: 135), **Referral Hospital:** Manakamana Hospital (SN: 399).
- **BAGMATI PROVINCE, District:** Dhading, **Primary Hospital:** Baireni Hospital (SN: 136). For more localized options, you can visit the nearest hospital, such as Baireni Hospital, District Hospital Dhading, GAJURI PHC, GRAMIN HOSPITAL, or SALYANTAR PHC.

- **BAGMATI PROVINCE, District:** Dhading, **Primary Hospital:** District Hospital Dhading (SN: 137). For more localized options, you can visit the nearest hospital, such as Baireni Hospital, District Hospital Dhading, GAJURI PHC, GRAMIN HOSPITAL, or SALYANTAR PHC.
- **BAGMATI PROVINCE, District:** Dhading, **Primary Hospital:** GAJURI PHC (SN: 138). For more localized options, you can visit the nearest hospital, such as Baireni Hospital, District Hospital Dhading, GAJURI PHC, GRAMIN HOSPITAL, or SALYANTAR PHC.
- **BAGMATI PROVINCE, District:** Dhading, **Primary Hospital:** GRAMIN HOSPITAL (SN: 139). For more localized options, you can visit the nearest hospital, such as Baireni Hospital, District Hospital Dhading, GAJURI PHC, GRAMIN HOSPITAL, or SALYANTAR PHC.
- **BAGMATI PROVINCE, District:** Dhading, **Primary Hospital:** SALYANTAR PHC (SN: 140). For more localized options, you can visit the nearest hospital, such as Baireni Hospital, District Hospital Dhading, GAJURI PHC, GRAMIN HOSPITAL, or SALYANTAR PHC.
- **BAGMATI PROVINCE, District:** Dolakha, **Primary Hospital:** BAITESHWOR HOSPITAL (SN: 141). For more localized options, you can visit the nearest hospital, such as BAITESHWOR HOSPITAL, CHARIKOT HOSPITAL, JIRI HOSPITAL, Singati PHC, or SURI PHC.
- **BAGMATI PROVINCE, District:** Dolakha, **Primary Hospital:** CHARIKOT HOSPITAL (SN: 142). For more localized options, you can visit the nearest hospital, such as BAITESHWOR HOSPITAL, CHARIKOT HOSPITAL, JIRI HOSPITAL, Singati PHC, or SURI PHC.
- **BAGMATI PROVINCE, District:** Dolakha, **Primary Hospital:** JIRI HOSPITAL (SN: 143). For more localized options, you can visit the nearest hospital, such as BAITESHWOR HOSPITAL, CHARIKOT HOSPITAL, JIRI HOSPITAL, Singati PHC, or SURI PHC.
- **BAGMATI PROVINCE, District:** Dolakha, **Primary Hospital:** Singati PHC (SN: 144). For more localized options, you can visit the nearest hospital, such as BAITESHWOR HOSPITAL, CHARIKOT HOSPITAL, JIRI HOSPITAL, Singati PHC, or SURI PHC.
- **BAGMATI PROVINCE, District:** Dolakha, **Primary Hospital:** SURI PHC (SN: 145). For more localized options, you can visit the nearest hospital, such as BAITESHWOR HOSPITAL, CHARIKOT HOSPITAL, JIRI HOSPITAL, Singati PHC, or SURI PHC.
- **BAGMATI PROVINCE, District:** Kathmandu, **Primary Hospital:** CHALNAKHEL PHC (SN: 146), **Referral Hospital:** Ayurveda Hospital Naradevi (SN: 400).
- **BAGMATI PROVINCE, District:** Kathmandu, **Primary Hospital:** GOKARNESWOR NAGAR HOSPITAL (SN: 147), **Referral Hospital:** B.P. Koirala Lions Center for Ophthalmic Studies (SN: 401).
- **BAGMATI PROVINCE, District:** Kathmandu, **Referral Hospital:** Bir Hospital (SN: 402).
- **BAGMATI PROVINCE, District:** Kathmandu, **Referral Hospital:** Kanti Hospital (SN: 403).
- **BAGMATI PROVINCE, District:** Kathmandu, **Referral Hospital:** Manmohan Cardiothoracic Vascular and Transplant Center (SN: 404).

- **BAGMATI PROVINCE, District:** Kathmandu, **Referral Hospital:** Maternity Hospital (SN: 405).
- **BAGMATI PROVINCE, District:** Kathmandu, **Referral Hospital:** National Trauma Center (SN: 406).
- **BAGMATI PROVINCE, District:** Kathmandu, **Referral Hospital:** Sahid Ganagalal National Heart Center (SN: 407).
- **BAGMATI PROVINCE, District:** Kathmandu, **Referral Hospital:** Sukraraj Tropical Hospital (SN: 408).
- **BAGMATI PROVINCE, District:** Kathmandu, **Referral Hospital:** Tilganga Institute of Ophthalmology (SN: 409).
- **BAGMATI PROVINCE, District:** Kathmandu, **Referral Hospital:** Tribhuvan University Teaching Hospital (SN: 410).
- **BAGMATI PROVINCE, District:** Kavrepalanchok, **Primary Hospital:** Dhulikhel Hospital (SN: 148), **Referral Hospital:** Reiyukai Eiko Masunaga Eye Hospital (SN: 411). For more localized options, you can visit the nearest hospital, such as Dhulikhel Hospital (which can refer to Reiyukai Eiko Masunaga Eye Hospital), Dhulikhel Phc, Khopasi Phc, Methinkot Hospital, Panchkhal Phc, or Sunthan Phc.
- **BAGMATI PROVINCE, District:** Kavrepalanchok, **Primary Hospital:** Dhulikhel Phc (SN: 149). For more localized options, you can visit the nearest hospital, such as Dhulikhel Hospital (which can refer to Reiyukai Eiko Masunaga Eye Hospital), Dhulikhel Phc, Khopasi Phc, Methinkot Hospital, Panchkhal Phc, or Sunthan Phc.
- **BAGMATI PROVINCE, District:** Kavrepalanchok, **Primary Hospital:** Khopasi Phc (SN: 150). For more localized options, you can visit the nearest hospital, such as Dhulikhel Hospital (which can refer to Reiyukai Eiko Masunaga Eye Hospital), Dhulikhel Phc, Khopasi Phc, Methinkot Hospital, Panchkhal Phc, or Sunthan Phc.
- **BAGMATI PROVINCE, District:** Kavrepalanchok, **Primary Hospital:** Methinkot Hospital (SN: 151). For more localized options, you can visit the nearest hospital, such as Dhulikhel Hospital (which can refer to Reiyukai Eiko Masunaga Eye Hospital), Dhulikhel Phc, Khopasi Phc, Methinkot Hospital, Panchkhal Phc, or Sunthan Phc.
- **BAGMATI PROVINCE, District:** Kavrepalanchok, **Primary Hospital:** Panchkhal Phc (SN: 152). For more localized options, you can visit the nearest hospital, such as Dhulikhel Hospital (which can refer to Reiyukai Eiko Masunaga Eye Hospital), Dhulikhel Phc, Khopasi Phc, Methinkot Hospital, Panchkhal Phc, or Sunthan Phc.
- **BAGMATI PROVINCE, District:** Kavrepalanchok, **Primary Hospital:** Sunthan Phc (SN: 153). For more localized options, you can visit the nearest hospital, such as Dhulikhel Hospital (which can refer to Reiyukai Eiko Masunaga Eye Hospital), Dhulikhel Phc, Khopasi Phc, Methinkot Hospital, Panchkhal Phc, or Sunthan Phc.
- **BAGMATI PROVINCE, District:** Lalitpur, **Primary Hospital:** BAJRABARAH CHAPAGAUN HOSPITAL (SN: 154), **Referral Hospital:** Patan Hospital (SN: 412).
- **BAGMATI PROVINCE, District:** Lalitpur, **Primary Hospital:** Bhattacharya Hospital (SN: 155).
- **BAGMATI PROVINCE, District:** Lalitpur, **Primary Hospital:** LELE PHC (SN: 156).
- **BAGMATI PROVINCE, District:** Lalitpur, **Primary Hospital:** Manikhet Hospital (SN: 157).
- **BAGMATI PROVINCE, District:** Lalitpur, **Primary Hospital:** Mental Hospital (SN: 158).

- **BAGMATI PROVINCE, District:** Lalitpur, **Primary Hospital:** Thangsingtar Hospital (SN: 159).
- **BAGMATI PROVINCE, District:** Makawanpur, **Primary Hospital:** Bhimphedhi Phc (SN: 160), **Referral Hospital:** Chure Hill Hospital (SN: 413).
- **BAGMATI PROVINCE, District:** Makawanpur, **Primary Hospital:** chhatiwan phc (SN: 161), **Referral Hospital:** Community Eye Hospital Hetauda (SN: 414).
- **BAGMATI PROVINCE, District:** Makawanpur, **Primary Hospital:** Heatauda hospital (SN: 162), **Referral Hospital:** Manmohan Memorial Community Hospital (SN: 415).
- **BAGMATI PROVINCE, District:** Makawanpur, **Primary Hospital:** Manahari Hospital (SN: 163). For more localized options, you can visit the nearest hospital, such as Bhimphedhi Phc (which can refer to Chure Hill Hospital), chhatiwan phc (which can refer to Community Eye Hospital Hetauda), Heatauda hospital (which can refer to Manmohan Memorial Community Hospital), Manahari Hospital, or Palung phc.
- **BAGMATI PROVINCE, District:** Makawanpur, **Primary Hospital:** Palung phc (SN: 164). For more localized options, you can visit the nearest hospital, such as Bhimphedhi Phc (which can refer to Chure Hill Hospital), chhatiwan phc (which can refer to Community Eye Hospital Hetauda), Heatauda hospital (which can refer to Manmohan Memorial Community Hospital), Manahari Hospital, or Palung phc.
- **BAGMATI PROVINCE, District:** Nuwakot, **Primary Hospital:** Deurali PHC (SN: 165), **Referral Hospital:** District Community Eye Center Ramechhap (SN: 416). For more localized options, you can visit the nearest hospital, such as Deurali PHC (which can refer to District Community Eye Center Ramechhap), Kakani PHC, Kharanitar Hospital, or Tirshuli Hospital.
- **BAGMATI PROVINCE, District:** Nuwakot, **Primary Hospital:** Kakani PHC (SN: 166). For more localized options, you can visit the nearest hospital, such as Deurali PHC (which can refer to District Community Eye Center Ramechhap), Kakani PHC, Kharanitar Hospital, or Tirshuli Hospital.
- **BAGMATI PROVINCE, District:** Nuwakot, **Primary Hospital:** Kharanitar Hospital (SN: 167). For more localized options, you can visit the nearest hospital, such as Deurali PHC (which can refer to District Community Eye Center Ramechhap), Kakani PHC, Kharanitar Hospital, or Tirshuli Hospital.
- **BAGMATI PROVINCE, District:** Nuwakot, **Primary Hospital:** Tirshuli Hospital (SN: 168). For more localized options, you can visit the nearest hospital, such as Deurali PHC (which can refer to District Community Eye Center Ramechhap), Kakani PHC, Kharanitar Hospital, or Tirshuli Hospital.
- **BAGMATI PROVINCE, District:** Ramechhap, **Primary Hospital:** Gelu PHC (SN: 169), **Referral Hospital:** Tamakoshi Hospital (SN: 417). For more localized options, you can visit the nearest hospital, such as Gelu PHC (which can refer to Tamakoshi Hospital), Khimti PHC, Manthali PHC, or Ramechhap District Hospital.
- **BAGMATI PROVINCE, District:** Ramechhap, **Primary Hospital:** Khimti PHC (SN: 170). For more localized options, you can visit the nearest hospital, such as Gelu PHC (which can refer to Tamakoshi Hospital), Khimti PHC, Manthali PHC, or Ramechhap District Hospital.
- **BAGMATI PROVINCE, District:** Ramechhap, **Primary Hospital:** Manthali PHC (SN: 171). For more localized options, you can visit the nearest hospital, such as Gelu PHC

(which can refer to Tamakoshi Hospital), Khimti PHC, Manthali PHC, or Ramechhap District Hospital.

- **BAGMATI PROVINCE, District:** Ramechhap, **Primary Hospital:** Ramechhap District Hospital (SN: 172). For more localized options, you can visit the nearest hospital, such as Gelu PHC (which can refer to Tamakoshi Hospital), Khimti PHC, Manthali PHC, or Ramechhap District Hospital.
- **BAGMATI PROVINCE, District:** Rasuwa, **Primary Hospital:** Jibjibe Gramin Hospital (SN: 173). For more localized options, you can visit the nearest hospital, such as Jibjibe Gramin Hospital or Rasuwa Hospital.
- **BAGMATI PROVINCE, District:** Rasuwa, **Primary Hospital:** Rasuwa Hospital (SN: 174). For more localized options, you can visit the nearest hospital, such as Jibjibe Gramin Hospital or Rasuwa Hospital.
- **BAGMATI PROVINCE, District:** Sindhuli, **Primary Hospital:** Belgaari Phc (SN: 175). For more localized options, you can visit the nearest hospital, such as Belgaari Phc, Kapilakot Phc, Laampantar Phc, Sindhuli Hospital, or Sirthauli Phc.
- **BAGMATI PROVINCE, District:** Sindhuli, **Primary Hospital:** Kapilakot Phc (SN: 176). For more localized options, you can visit the nearest hospital, such as Belgaari Phc, Kapilakot Phc, Laampantar Phc, Sindhuli Hospital, or Sirthauli Phc.
- **BAGMATI PROVINCE, District:** Sindhuli, **Primary Hospital:** Laampantar Phc (SN: 177). For more localized options, you can visit the nearest hospital, such as Belgaari Phc, Kapilakot Phc, Laampantar Phc, Sindhuli Hospital, or Sirthauli Phc.
- **BAGMATI PROVINCE, District:** Sindhuli, **Primary Hospital:** Sindhuli Hospital (SN: 178). For more localized options, you can visit the nearest hospital, such as Belgaari Phc, Kapilakot Phc, Laampantar Phc, Sindhuli Hospital, or Sirthauli Phc.
- **BAGMATI PROVINCE, District:** Sindhuli, **Primary Hospital:** Sirthauli Phc (SN: 179). For more localized options, you can visit the nearest hospital, such as Belgaari Phc, Kapilakot Phc, Laampantar Phc, Sindhuli Hospital, or Sirthauli Phc.
- **BAGMATI PROVINCE, District:** Sindhupalchok, **Primary Hospital:** BAHRABISE PHCC (SN: 180). For more localized options, you can visit the nearest hospital, such as BAHRABISE PHCC, CHAUTARA HOSPITAL, JALBIRE PHC, MELAMCHI PHC, or PRIMARY HOSPITAL NAWALPUR.
- **BAGMATI PROVINCE, District:** Sindhupalchok, **Primary Hospital:** CHAUTARA HOSPITAL (SN: 181). For more localized options, you can visit the nearest hospital, such as BAHRABISE PHCC, CHAUTARA HOSPITAL, JALBIRE PHC, MELAMCHI PHC, or PRIMARY HOSPITAL NAWALPUR.
- **BAGMATI PROVINCE, District:** Sindhupalchok, **Primary Hospital:** JALBIRE PHC (SN: 182). For more localized options, you can visit the nearest hospital, such as BAHRABISE PHCC, CHAUTARA HOSPITAL, JALBIRE PHC, MELAMCHI PHC, or PRIMARY HOSPITAL NAWALPUR.
- **BAGMATI PROVINCE, District:** Sindhupalchok, **Primary Hospital:** MELAMCHI PHC (SN: 183). For more localized options, you can visit the nearest hospital, such as BAHRABISE PHCC, CHAUTARA HOSPITAL, JALBIRE PHC, MELAMCHI PHC, or PRIMARY HOSPITAL NAWALPUR.
- **BAGMATI PROVINCE, District:** Sindhupalchok, **Primary Hospital:** PRIMARY HOSPITAL NAWALPUR (SN: 184). For more localized options, you can visit the

nearest hospital, such as Bahrabise PHCC, Chautara Hospital, Jalbire PHC, Melamchi PHC, or Primary Hospital Nawalpur.

- **GANDAKI PROVINCE, District:** Baglung, **Primary Hospital:** Burtibang PHC (SN: 185). For more localized options, you can visit the nearest hospital, such as Burtibang PHC, Dhaulagiri Zonal Hospital, Galkot PHC, or Kusmishera PHC.
- **GANDAKI PROVINCE, District:** Baglung, **Primary Hospital:** Dhaulagiri Zonal Hospital (SN: 186). For more localized options, you can visit the nearest hospital, such as Burtibang PHC, Dhaulagiri Zonal Hospital, Galkot PHC, or Kusmishera PHC.
- **GANDAKI PROVINCE, District:** Baglung, **Primary Hospital:** Galkot PHC (SN: 187). For more localized options, you can visit the nearest hospital, such as Burtibang PHC, Dhaulagiri Zonal Hospital, Galkot PHC, or Kusmishera PHC.
- **GANDAKI PROVINCE, District:** Baglung, **Primary Hospital:** Kusmishera PHC (SN: 188). For more localized options, you can visit the nearest hospital, such as Burtibang PHC, Dhaulagiri Zonal Hospital, Galkot PHC, or Kusmishera PHC.
- **GANDAKI PROVINCE, District:** Gorkha, **Primary Hospital:** Aappipal Hospital (SN: 189). For more localized options, you can visit the nearest hospital, such as Aappipal Hospital, Aaruchanaute Phc, Gorkha Hospital, Jaubari Phc, or Makaising Phc.
- **GANDAKI PROVINCE, District:** Gorkha, **Primary Hospital:** Aaruchanaute Phc (SN: 190). For more localized options, you can visit the nearest hospital, such as Aappipal Hospital, Aaruchanaute Phc, Gorkha Hospital, Jaubari Phc, or Makaising Phc.
- **GANDAKI PROVINCE, District:** Gorkha, **Primary Hospital:** Gorkha Hospital (SN: 191). For more localized options, you can visit the nearest hospital, such as Aappipal Hospital, Aaruchanaute Phc, Gorkha Hospital, Jaubari Phc, or Makaising Phc.
- **GANDAKI PROVINCE, District:** Gorkha, **Primary Hospital:** Jaubari Phc (SN: 192). For more localized options, you can visit the nearest hospital, such as Aappipal Hospital, Aaruchanaute Phc, Gorkha Hospital, Jaubari Phc, or Makaising Phc.
- **GANDAKI PROVINCE, District:** Gorkha, **Primary Hospital:** Makaising Phc (SN: 193). For more localized options, you can visit the nearest hospital, such as Aappipal Hospital, Aaruchanaute Phc, Gorkha Hospital, Jaubari Phc, or Makaising Phc.
- **GANDAKI PROVINCE, District:** Kaski, **Primary Hospital:** Armala phc (SN: 194), **Referral Hospital:** Gandaki Medical College (SN: 418).
- **GANDAKI PROVINCE, District:** Kaski, **Primary Hospital:** Bhadabari phc (SN: 195), **Referral Hospital:** Himalya Eye Hospital (SN: 419).
- **GANDAKI PROVINCE, District:** Kaski, **Primary Hospital:** Krishti Nachnechaur Phc (SN: 196), **Referral Hospital:** Manipal Teaching Hospital (SN: 420).
- **GANDAKI PROVINCE, District:** Kaski, **Primary Hospital:** Matri-Shishu Maitri Hospital (SN: 197), **Referral Hospital:** Urban Health Promotion Cente, Pokhara (SN: 421).
- **GANDAKI PROVINCE, District:** Kaski, **Primary Hospital:** Paschimanchal Community Hospital (SN: 198).
- **GANDAKI PROVINCE, District:** Kaski, **Primary Hospital:** Sishuwa Hospital (SN: 199).
- **GANDAKI PROVINCE, District:** Kaski, **Primary Hospital:** Thumsikot PHC (SN: 200).
- **GANDAKI PROVINCE, District:** Kaski, **Primary Hospital:** Western Regional Hospital (SN: 201).

- **GANDAKI PROVINCE, District:** Lamjung, **Primary Hospital:** CHANDRESWOR PHC (SN: 202). For more localized options, you can visit the nearest hospital, such as CHANDRESWOR PHC, GAUNDA PHC, LAMJUNG DISTRICT HOSPITAL, or Sundar Bazar Hospital.
- **GANDAKI PROVINCE, District:** Lamjung, **Primary Hospital:** GAUNDA PHC (SN: 203). For more localized options, you can visit the nearest hospital, such as CHANDRESWOR PHC, GAUNDA PHC, LAMJUNG DISTRICT HOSPITAL, or Sundar Bazar Hospital.
- **GANDAKI PROVINCE, District:** Lamjung, **Primary Hospital:** LAMJUNG DISTRICT HOSPITAL (SN: 204). For more localized options, you can visit the nearest hospital, such as CHANDRESWOR PHC, GAUNDA PHC, LAMJUNG DISTRICT HOSPITAL, or Sundar Bazar Hospital.
- **GANDAKI PROVINCE, District:** Lamjung, **Primary Hospital:** Sundar Bazar Hospital (SN: 205). For more localized options, you can visit the nearest hospital, such as CHANDRESWOR PHC, GAUNDA PHC, LAMJUNG DISTRICT HOSPITAL, or Sundar Bazar Hospital.
- **GANDAKI PROVINCE, District:** Manang, **Primary Hospital:** DISTRICT HOSPITAL MANANG (SN: 206). For more localized options, you can visit the nearest hospital, such as DISTRICT HOSPITAL MANANG or LETE PHC.
- **GANDAKI PROVINCE, District:** Manang, **Primary Hospital:** LETE PHC (SN: 207). For more localized options, you can visit the nearest hospital, such as DISTRICT HOSPITAL MANANG or LETE PHC.
- **GANDAKI PROVINCE, District:** Mustang, **Primary Hospital:** MUSTANG DISTRICT HOSPITAL (SN: 208). For more localized options, you can visit the nearest hospital, such as MUSTANG DISTRICT HOSPITAL.
- **GANDAKI PROVINCE, District:** Myagdi, **Primary Hospital:** Beni Hospital (SN: 209). For more localized options, you can visit the nearest hospital, such as Beni Hospital or Durbang Phc.
- **GANDAKI PROVINCE, District:** Myagdi, **Primary Hospital:** Durbang Phc (SN: 210). For more localized options, you can visit the nearest hospital, such as Beni Hospital or Durbang Phc.
- **GANDAKI PROVINCE, District:** Nawalparasi(Bardagh at Susta Purb), **Primary Hospital:** BULINGTAR PHC (SN: 211). For more localized options, you can visit the nearest hospital, such as BULINGTAR PHC, CHORMARA PHC, DEURALI PRIMARY HOSPITAL, DUMKAULI HOSPITAL, GAINDAKOT MUNICIPALITY HOSPITAL, Madhyabindu Hospital, or RAKUWA PHCC.
- **GANDAKI PROVINCE, District:** Nawalparasi(Bardagh at Susta Purb), **Primary Hospital:** CHORMARA PHC (SN: 212). For more localized options, you can visit the nearest hospital, such as BULINGTAR PHC, CHORMARA PHC, DEURALI PRIMARY HOSPITAL, DUMKAULI HOSPITAL, GAINDAKOT MUNICIPALITY HOSPITAL, Madhyabindu Hospital, or RAKUWA PHCC.
- **GANDAKI PROVINCE, District:** Nawalparasi(Bardagh at Susta Purb), **Primary Hospital:** DEURALI PRIMARY HOSPITAL (SN: 213). For more localized options, you can visit the nearest hospital, such as BULINGTAR PHC, CHORMARA PHC, DEURALI PRIMARY HOSPITAL, DUMKAULI HOSPITAL, GAINDAKOT MUNICIPALITY HOSPITAL, Madhyabindu Hospital, or RAKUWA PHCC.

- **GANDAKI PROVINCE, District:** Nawalparasi(Bardagh at Susta Purb), **Primary Hospital:** DUMKAULI HOSPITAL (SN: 214). For more localized options, you can visit the nearest hospital, such as BULINGTAR PHC, CHORMARA PHC, DEURALI PRIMARY HOSPITAL, DUMKAULI HOSPITAL, GAINDAKOT MUNICIPALITY HOSPITAL, Madhyabindu Hospital, or RAKUWA PHCC.
- **GANDAKI PROVINCE, District:** Nawalparasi(Bardagh at Susta Purb), **Primary Hospital:** GAINDAKOT MUNICIPALITY HOSPITAL (SN: 215). For more localized options, you can visit the nearest hospital, such as BULINGTAR PHC, CHORMARA PHC, DEURALI PRIMARY HOSPITAL, DUMKAULI HOSPITAL, GAINDAKOT MUNICIPALITY HOSPITAL, Madhyabindu Hospital, or RAKUWA PHCC.
- **GANDAKI PROVINCE, District:** Nawalparasi(Bardagh at Susta Purb), **Primary Hospital:** Madhyabindu Hospital (SN: 216). For more localized options, you can visit the nearest hospital, such as BULINGTAR PHC, CHORMARA PHC, DEURALI PRIMARY HOSPITAL, DUMKAULI HOSPITAL, GAINDAKOT MUNICIPALITY HOSPITAL, Madhyabindu Hospital, or RAKUWA PHCC.
- **GANDAKI PROVINCE, District:** Nawalparasi(Bardagh at Susta Purb), **Primary Hospital:** RAKUWA PHCC (SN: 217). For more localized options, you can visit the nearest hospital, such as BULINGTAR PHC, CHORMARA PHC, DEURALI PRIMARY HOSPITAL, DUMKAULI HOSPITAL, GAINDAKOT MUNICIPALITY HOSPITAL, Madhyabindu Hospital, or RAKUWA PHCC.
- **GANDAKI PROVINCE, District:** Parbat, **Primary Hospital:** District Hospital Parbat (SN: 218). For more localized options, you can visit the nearest hospital, such as District Hospital Parbat, LUNKHU DEURALI PHC, or THULIPOKHARI PHC.
- **GANDAKI PROVINCE, District:** Parbat, **Primary Hospital:** LUNKHU DEURALI PHC (SN: 219). For more localized options, you can visit the nearest hospital, such as District Hospital Parbat, LUNKHU DEURALI PHC, or THULIPOKHARI PHC.
- **GANDAKI PROVINCE, District:** Parbat, **Primary Hospital:** THULIPOKHARI PHC (SN: 220). For more localized options, you can visit the nearest hospital, such as District Hospital Parbat, LUNKHU DEURALI PHC, or THULIPOKHARI PHC.
- **GANDAKI PROVINCE, District:** Syangja, **Primary Hospital:** Chapakot Hospital (SN: 221), **Referral Hospital:** GALYANG CITY HOSPITAL (SN: 422). For more localized options, you can visit the nearest hospital, such as Chapakot Hospital (which can refer to GALYANG CITY HOSPITAL), Grahun Primary Hospital, KALIGANDAKI HOSPITAL, Malunga PHC, Panchamul PHC, Syangja District Hospital, or Waling Hospital.
- **GANDAKI PROVINCE, District:** Syangja, **Primary Hospital:** Grahun Primary Hospital (SN: 222). For more localized options, you can visit the nearest hospital, such as Chapakot Hospital (which can refer to GALYANG CITY HOSPITAL), Grahun Primary Hospital, KALIGANDAKI HOSPITAL, Malunga PHC, Panchamul PHC, Syangja District Hospital, or Waling Hospital.
- **GANDAKI PROVINCE, District:** Syangja, **Primary Hospital:** KALIGANDAKI HOSPITAL (SN: 223). For more localized options, you can visit the nearest hospital, such as Chapakot Hospital (which can refer to GALYANG CITY HOSPITAL), Grahun Primary Hospital, KALIGANDAKI HOSPITAL, Malunga PHC, Panchamul PHC, Syangja District Hospital, or Waling Hospital.

- **GANDAKI PROVINCE, District:** Syangja, **Primary Hospital:** Malunga PHC (SN: 224). For more localized options, you can visit the nearest hospital, such as Chapakot Hospital (which can refer to GALYANG CITY HOSPITAL), Grahun Primary Hospital, KALIGANDAKI HOSPITAL, Malunga PHC, Panchamul PHC, Syangja District Hospital, or Waling Hospital.
- **GANDAKI PROVINCE, District:** Syangja, **Primary Hospital:** Panchamul PHC (SN: 225). For more localized options, you can visit the nearest hospital, such as Chapakot Hospital (which can refer to GALYANG CITY HOSPITAL), Grahun Primary Hospital, KALIGANDAKI HOSPITAL, Malunga PHC, Panchamul PHC, Syangja District Hospital, or Waling Hospital.
- **GANDAKI PROVINCE, District:** Syangja, **Primary Hospital:** Syangja District Hospital (SN: 226). For more localized options, you can visit the nearest hospital, such as Chapakot Hospital (which can refer to GALYANG CITY HOSPITAL), Grahun Primary Hospital, KALIGANDAKI HOSPITAL, Malunga PHC, Panchamul PHC, Syangja District Hospital, or Waling Hospital.
- **GANDAKI PROVINCE, District:** Syangja, **Primary Hospital:** Waling Hospital (SN: 227). For more localized options, you can visit the nearest hospital, such as Chapakot Hospital (which can refer to GALYANG CITY HOSPITAL), Grahun Primary Hospital, KALIGANDAKI HOSPITAL, Malunga PHC, Panchamul PHC, Syangja District Hospital, or Waling Hospital.
- **GANDAKI PROVINCE, District:** Tanahu, **Primary Hospital:** Bandipur Hospital (SN: 228), **Referral Hospital:** G.P Koirala NCR (SN: 423). For more localized options, you can visit the nearest hospital, such as Bandipur Hospital (which can refer to G.P Koirala NCR), Bhimad Phc, Damauli Hospital, or Purandihi Phc.
- **GANDAKI PROVINCE, District:** Tanahu, **Primary Hospital:** Bhimad Phc (SN: 229). For more localized options, you can visit the nearest hospital, such as Bandipur Hospital (which can refer to G.P Koirala NCR), Bhimad Phc, Damauli Hospital, or Purandihi Phc.
- **GANDAKI PROVINCE, District:** Tanahu, **Primary Hospital:** Damauli Hospital (SN: 230). For more localized options, you can visit the nearest hospital, such as Bandipur Hospital (which can refer to G.P Koirala NCR), Bhimad Phc, Damauli Hospital, or Purandihi Phc.
- **GANDAKI PROVINCE, District:** Tanahu, **Primary Hospital:** Purandihi Phc (SN: 231). For more localized options, you can visit the nearest hospital, such as Bandipur Hospital (which can refer to G.P Koirala NCR), Bhimad Phc, Damauli Hospital, or Purandihi Phc.
- **LUMBINI PROVINCE, District:** Arghakhanchi, **Primary Hospital:** Arghakhachi Hospital (SN: 232). For more localized options, you can visit the nearest hospital, such as Arghakhachi Hospital, Balkot Phc, District Eye Care Center, or Thada Phc.
- **LUMBINI PROVINCE, District:** Arghakhanchi, **Primary Hospital:** Balkot Phc (SN: 233). For more localized options, you can visit the nearest hospital, such as Arghakhachi Hospital, Balkot Phc, District Eye Care Center, or Thada Phc.
- **LUMBINI PROVINCE, District:** Arghakhanchi, **Primary Hospital:** District Eye Care Center (SN: 234). For more localized options, you can visit the nearest hospital, such as Arghakhachi Hospital, Balkot Phc, District Eye Care Center, or Thada Phc.

- **LUMBINI PROVINCE, District:** Arghakhanchi, **Primary Hospital:** Thada Phc (SN: 235). For more localized options, you can visit the nearest hospital, such as Arghakhanchi Hospital, Balkot Phc, District Eye Care Center, or Thada Phc.
- **LUMBINI PROVINCE, District:** Banke, **Primary Hospital:** Bankatuwa PHC (SN: 236), **Referral Hospital:** Fateh Bal Eye Hospital Nepalgunj (SN: 424).
- **LUMBINI PROVINCE, District:** Banke, **Primary Hospital:** Bheri Hospital,Nepalgunj (SN: 237), **Referral Hospital:** Nepalgunj Medical College Hospital (SN: 425).
- **LUMBINI PROVINCE, District:** Banke, **Primary Hospital:** Khajura PHC (SN: 238), **Referral Hospital:** Nepalgunj Medical College Teaching Hospital, Kohalpur (SN: 426).
- **LUMBINI PROVINCE, District:** Banke, **Primary Hospital:** Laxmanpur PHC (SN: 239), **Referral Hospital:** Sushil Koirala Prakhar Cancer Hospital (SN: 427).
- **LUMBINI PROVINCE, District:** Bardiya, **Primary Hospital:** Bardiya Hospital (SN: 240). For more localized options, you can visit the nearest hospital, such as Bardiya Hospital, R.C Tharu Memorial Nagar Hospital, Rajapur Phc, or Sorahawa Phc.
- **LUMBINI PROVINCE, District:** Bardiya, **Primary Hospital:** R.C Tharu Memorial Nagar Hospital (SN: 241). For more localized options, you can visit the nearest hospital, such as Bardiya Hospital, R.C Tharu Memorial Nagar Hospital, Rajapur Phc, or Sorahawa Phc.
- **LUMBINI PROVINCE, District:** Bardiya, **Primary Hospital:** Rajapur Phc (SN: 242). For more localized options, you can visit the nearest hospital, such as Bardiya Hospital, R.C Tharu Memorial Nagar Hospital, Rajapur Phc, or Sorahawa Phc.
- **LUMBINI PROVINCE, District:** Bardiya, **Primary Hospital:** Sorahawa Phc (SN: 243). For more localized options, you can visit the nearest hospital, such as Bardiya Hospital, R.C Tharu Memorial Nagar Hospital, Rajapur Phc, or Sorahawa Phc.
- **LUMBINI PROVINCE, District:** Dang, **Primary Hospital:** Banglachuli hospital (SN: 244), **Referral Hospital:** RAPTI EYE HOSPITAL (SN: 428). For more localized options, you can visit the nearest hospital, such as Banglachuli hospital (which can refer to RAPTI EYE HOSPITAL), Lamahi Hospital, Rapti Academy of Health Sciences, Ghorahi, Rapti Provincial Hospital,Tulsipur, Srigaun Phc, or Syuja Phc.
- **LUMBINI PROVINCE, District:** Dang, **Primary Hospital:** Lamahi Hospital (SN: 245). For more localized options, you can visit the nearest hospital, such as Banglachuli hospital (which can refer to RAPTI EYE HOSPITAL), Lamahi Hospital, Rapti Academy of Health Sciences, Ghorahi, Rapti Provincial Hospital,Tulsipur, Srigaun Phc, or Syuja Phc.
- **LUMBINI PROVINCE, District:** Dang, **Primary Hospital:** Rapti Academy of Health Sciences, Ghorahi (SN: 246). For more localized options, you can visit the nearest hospital, such as Banglachuli hospital (which can refer to RAPTI EYE HOSPITAL), Lamahi Hospital, Rapti Academy of Health Sciences, Ghorahi, Rapti Provincial Hospital,Tulsipur, Srigaun Phc, or Syuja Phc.
- **LUMBINI PROVINCE, District:** Dang, **Primary Hospital:** Rapti Provincial Hospital,Tulsipur (SN: 247). For more localized options, you can visit the nearest hospital, such as Banglachuli hospital (which can refer to RAPTI EYE HOSPITAL), Lamahi Hospital, Rapti Academy of Health Sciences, Ghorahi, Rapti Provincial Hospital,Tulsipur, Srigaun Phc, or Syuja Phc.
- **LUMBINI PROVINCE, District:** Dang, **Primary Hospital:** Srigaun Phc (SN: 248). For more localized options, you can visit the nearest hospital, such as Banglachuli hospital

(which can refer to RAPTI EYE HOSPITAL), Lamahi Hospital, Rapti Academy of Health Sciences, Ghorahi, Rapti Provincial Hospital, Tulsipur, Srigaun Phc, or Syuja Phc.

- **LUMBINI PROVINCE, District:** Dang, **Primary Hospital:** Syuja Phc (SN: 249). For more localized options, you can visit the nearest hospital, such as Banglachuli hospital (which can refer to RAPTI EYE HOSPITAL), Lamahi Hospital, Rapti Academy of Health Sciences, Ghorahi, Rapti Provincial Hospital, Tulsipur, Srigaun Phc, or Syuja Phc.
- **LUMBINI PROVINCE, District:** Gulmi, **Primary Hospital:** Dhurkot PHC (SN: 250). For more localized options, you can visit the nearest hospital, such as Dhurkot PHC, District Hospital Gulmi, Johang PHC, Ruru PHC, or Shringa PHC.
- **LUMBINI PROVINCE, District:** Gulmi, **Primary Hospital:** District Hospital Gulmi (SN: 251). For more localized options, you can visit the nearest hospital, such as Dhurkot PHC, District Hospital Gulmi, Johang PHC, Ruru PHC, or Shringa PHC.
- **LUMBINI PROVINCE, District:** Gulmi, **Primary Hospital:** Johang PHC (SN: 252). For more localized options, you can visit the nearest hospital, such as Dhurkot PHC, District Hospital Gulmi, Johang PHC, Ruru PHC, or Shringa PHC.
- **LUMBINI PROVINCE, District:** Gulmi, **Primary Hospital:** Ruru PHC (SN: 253). For more localized options, you can visit the nearest hospital, such as Dhurkot PHC, District Hospital Gulmi, Johang PHC, Ruru PHC, or Shringa PHC.
- **LUMBINI PROVINCE, District:** Gulmi, **Primary Hospital:** Shringa PHC (SN: 254). For more localized options, you can visit the nearest hospital, such as Dhurkot PHC, District Hospital Gulmi, Johang PHC, Ruru PHC, or Shringa PHC.
- **LUMBINI PROVINCE, District:** Kapilbastu, **Primary Hospital:** Harnampur Phc (SN: 255). For more localized options, you can visit the nearest hospital, such as Harnampur Phc, Kapilbastu Hospital, Maharajgung Phc, Pipara Hospital, or Shivraj Hospital.
- **LUMBINI PROVINCE, District:** Kapilbastu, **Primary Hospital:** Kapilbastu Hospital (SN: 256). For more localized options, you can visit the nearest hospital, such as Harnampur Phc, Kapilbastu Hospital, Maharajgung Phc, Pipara Hospital, or Shivraj Hospital.
- **LUMBINI PROVINCE, District:** Kapilbastu, **Primary Hospital:** Maharajgung Phc (SN: 257). For more localized options, you can visit the nearest hospital, such as Harnampur Phc, Kapilbastu Hospital, Maharajgung Phc, Pipara Hospital, or Shivraj Hospital.
- **LUMBINI PROVINCE, District:** Kapilbastu, **Primary Hospital:** Pipara Hospital (SN: 258). For more localized options, you can visit the nearest hospital, such as Harnampur Phc, Kapilbastu Hospital, Maharajgung Phc, Pipara Hospital, or Shivraj Hospital.
- **LUMBINI PROVINCE, District:** Kapilbastu, **Primary Hospital:** Shivraj Hospital (SN: 259). For more localized options, you can visit the nearest hospital, such as Harnampur Phc, Kapilbastu Hospital, Maharajgung Phc, Pipara Hospital, or Shivraj Hospital.
- **LUMBINI PROVINCE, District:** Nawalparasi(Bardagh at Susta Pashchim), **Primary Hospital:** Chisapaani Hospital (SN: 260). For more localized options, you can visit the nearest hospital, such as Chisapaani Hospital, Jaganathpur Primary Helath Center, Paali Primary Health Center, or Prithivichand Hospital.
- **LUMBINI PROVINCE, District:** Nawalparasi(Bardagh at Susta Pashchim), **Primary Hospital:** Jaganathpur Primary Helath Center (SN: 261). For more localized options, you can visit the nearest hospital, such as Chisapaani Hospital, Jaganathpur Primary Helath Center, Paali Primary Health Center, or Prithivichand Hospital.

- **LUMBINI PROVINCE, District:** Nawalparasi(Bardagh at Susta Pashchim), **Primary Hospital:** Paali Primary Health Center (SN: 262). For more localized options, you can visit the nearest hospital, such as Chisapaani Hospital, Jaganathpur Primary Helath Center, Paali Primary Health Center, or Prithivichand Hospital.
- **LUMBINI PROVINCE, District:** Nawalparasi(Bardagh at Susta Pashchim), **Primary Hospital:** Prithivichand Hospital (SN: 263). For more localized options, you can visit the nearest hospital, such as Chisapaani Hospital, Jaganathpur Primary Helath Center, Paali Primary Health Center, or Prithivichand Hospital.
- **LUMBINI PROVINCE, District:** Palpa, **Primary Hospital:** Khasyauli Phcc (SN: 264), **Referral Hospital:** Kali Gandaki Eye Care Centre (SN: 429). For more localized options, you can visit the nearest hospital, such as Khasyauli Phcc (which can refer to Kali Gandaki Eye Care Centre), Palpa District Hospital (which can refer to Lacoul Eye Hospital), Rampur Hospital (which can refer to LMCN Teaching Hospital), Tanhoo Phcc, or United Mission Hospital.
- **LUMBINI PROVINCE, District:** Palpa, **Primary Hospital:** Palpa District Hospital (SN: 265), **Referral Hospital:** Lacoul Eye Hospital (SN: 430). For more localized options, you can visit the nearest hospital, such as Khasyauli Phcc (which can refer to Kali Gandaki Eye Care Centre), Palpa District Hospital (which can refer to Lacoul Eye Hospital), Rampur Hospital (which can refer to LMCN Teaching Hospital), Tanhoo Phcc, or United Mission Hospital.
- **LUMBINI PROVINCE, District:** Palpa, **Primary Hospital:** Rampur Hospital (SN: 266), **Referral Hospital:** LMCN Teaching Hospital (SN: 431). For more localized options, you can visit the nearest hospital, such as Khasyauli Phcc (which can refer to Kali Gandaki Eye Care Centre), Palpa District Hospital (which can refer to Lacoul Eye Hospital), Rampur Hospital (which can refer to LMCN Teaching Hospital), Tanhoo Phcc, or United Mission Hospital.
- **LUMBINI PROVINCE, District:** Palpa, **Primary Hospital:** Tanhoo Phcc (SN: 267). For more localized options, you can visit the nearest hospital, such as Khasyauli Phcc (which can refer to Kali Gandaki Eye Care Centre), Palpa District Hospital (which can refer to Lacoul Eye Hospital), Rampur Hospital (which can refer to LMCN Teaching Hospital), Tanhoo Phcc, or United Mission Hospital.
- **LUMBINI PROVINCE, District:** Palpa, **Primary Hospital:** United Mission Hospital (SN: 268). For more localized options, you can visit the nearest hospital, such as Khasyauli Phcc (which can refer to Kali Gandaki Eye Care Centre), Palpa District Hospital (which can refer to Lacoul Eye Hospital), Rampur Hospital (which can refer to LMCN Teaching Hospital), Tanhoo Phcc, or United Mission Hospital.
- **LUMBINI PROVINCE, District:** Pyuthan, **Primary Hospital:** Bhingri Phc (SN: 269). For more localized options, you can visit the nearest hospital, such as Bhingri Phc, Khalanga Phc, or Pyuthan Hospital Bijwar.
- **LUMBINI PROVINCE, District:** Pyuthan, **Primary Hospital:** Khalanga Phc (SN: 270). For more localized options, you can visit the nearest hospital, such as Bhingri Phc, Khalanga Phc, or Pyuthan Hospital Bijwar.
- **LUMBINI PROVINCE, District:** Pyuthan, **Primary Hospital:** Pyuthan Hospital Bijwar (SN: 271). For more localized options, you can visit the nearest hospital, such as Bhingri Phc, Khalanga Phc, or Pyuthan Hospital Bijwar.

- **LUMBINI PROVINCE, District:** Rolpa, **Primary Hospital:** District Hospital Rolpa (SN: 272). For more localized options, you can visit the nearest hospital, such as District Hospital Rolpa, Holeri Phc, or Sulichaur Phc.
- **LUMBINI PROVINCE, District:** Rolpa, **Primary Hospital:** Holeri Phc (SN: 273). For more localized options, you can visit the nearest hospital, such as District Hospital Rolpa, Holeri Phc, or Sulichaur Phc.
- **LUMBINI PROVINCE, District:** Rolpa, **Primary Hospital:** Sulichaur Phc (SN: 274). For more localized options, you can visit the nearest hospital, such as District Hospital Rolpa, Holeri Phc, or Sulichaur Phc.
- **LUMBINI PROVINCE, District:** Rukum East, **Primary Hospital:** Kol Phc (SN: 275). For more localized options, you can visit the nearest hospital, such as Kol Phc or RUKUM EAST HOSPITAL.
- **LUMBINI PROVINCE, District:** Rukum East, **Primary Hospital:** RUKUM EAST HOSPITAL (SN: 276). For more localized options, you can visit the nearest hospital, such as Kol Phc or RUKUM EAST HOSPITAL.
- **LUMBINI PROVINCE, District:** Rupendehi, **Primary Hospital:** Basantapur Primary Health Center (SN: 277), **Referral Hospital:** Devdaha Medical College And Research Center (SN: 432).
- **LUMBINI PROVINCE, District:** Rupendehi, **Primary Hospital:** Bhim Hospital (SN: 278), **Referral Hospital:** Lumbini Eye Institute & Research Center (SN: 433).
- **LUMBINI PROVINCE, District:** Rupendehi, **Primary Hospital:** Dhagdahi Primary Health Center (SN: 279), **Referral Hospital:** Universal College of Medical Science Teaching Hospital (SN: 434).
- **LUMBINI PROVINCE, District:** Rupendehi, **Primary Hospital:** Lumbini Primary Health Center (SN: 280).
- **LUMBINI PROVINCE, District:** Rupendehi, **Primary Hospital:** Lumbini Provincial Hospital, Butwal (SN: 281).
- **LUMBINI PROVINCE, District:** Rupendehi, **Primary Hospital:** Motipur Primary Health Center (SN: 282).
- **LUMBINI PROVINCE, District:** Rupendehi, **Primary Hospital:** Rayapur Primary Health Center (SN: 283).
- **KARNALI PROVINCE, District:** Dailekh, **Primary Hospital:** District Hospital Dailekh (SN: 284). For more localized options, you can visit the nearest hospital, such as District Hospital Dailekh, DULLU HOSPITAL, LAKANDRA PHC, or NAUMULE PHC.
- **KARNALI PROVINCE, District:** Dailekh, **Primary Hospital:** DULLU HOSPITAL (SN: 285). For more localized options, you can visit the nearest hospital, such as District Hospital Dailekh, DULLU HOSPITAL, LAKANDRA PHC, or NAUMULE PHC.
- **KARNALI PROVINCE, District:** Dailekh, **Primary Hospital:** LAKANDRA PHC (SN: 286). For more localized options, you can visit the nearest hospital, such as District Hospital Dailekh, DULLU HOSPITAL, LAKANDRA PHC, or NAUMULE PHC.
- **KARNALI PROVINCE, District:** Dailekh, **Primary Hospital:** NAUMULE PHC (SN: 287). For more localized options, you can visit the nearest hospital, such as District Hospital Dailekh, DULLU HOSPITAL, LAKANDRA PHC, or NAUMULE PHC.

- **KARNALI PROVINCE, District:** Dolpa, **Primary Hospital:** District Hospital Dolpa (SN: 288). For more localized options, you can visit the nearest hospital, such as District Hospital Dolpa.
- **KARNALI PROVINCE, District:** Humla, **Primary Hospital:** District Hospital Humla (SN: 289). For more localized options, you can visit the nearest hospital, such as District Hospital Humla.
- **KARNALI PROVINCE, District:** Jajarkot, **Primary Hospital:** CHHEDAGAD NAGAR HOSPITAL (SN: 290). For more localized options, you can visit the nearest hospital, such as CHHEDAGAD NAGAR HOSPITAL, Dalli Phc, District Hospital Jajarkot, Garkhakot Phc, or Limsha Phc.
- **KARNALI PROVINCE, District:** Jajarkot, **Primary Hospital:** Dalli Phc (SN: 291). For more localized options, you can visit the nearest hospital, such as CHHEDAGAD NAGAR HOSPITAL, Dalli Phc, District Hospital Jajarkot, Garkhakot Phc, or Limsha Phc.
- **KARNALI PROVINCE, District:** Jajarkot, **Primary Hospital:** District Hospital Jajarkot (SN: 292). For more localized options, you can visit the nearest hospital, such as CHHEDAGAD NAGAR HOSPITAL, Dalli Phc, District Hospital Jajarkot, Garkhakot Phc, or Limsha Phc.
- **KARNALI PROVINCE, District:** Jajarkot, **Primary Hospital:** Garkhakot Phc (SN: 293). For more localized options, you can visit the nearest hospital, such as CHHEDAGAD NAGAR HOSPITAL, Dalli Phc, District Hospital Jajarkot, Garkhakot Phc, or Limsha Phc.
- **KARNALI PROVINCE, District:** Jajarkot, **Primary Hospital:** Limsha Phc (SN: 294). For more localized options, you can visit the nearest hospital, such as CHHEDAGAD NAGAR HOSPITAL, Dalli Phc, District Hospital Jajarkot, Garkhakot Phc, or Limsha Phc.
- **KARNALI PROVINCE, District:** Jumla, **Primary Hospital:** kalikakhetu PHC (SN: 295). For more localized options, you can visit the nearest hospital, such as kalikakhetu PHC or Karnali Academy of Health Science.
- **KARNALI PROVINCE, District:** Jumla, **Primary Hospital:** Karnali Academy of Health Science (SN: 296). For more localized options, you can visit the nearest hospital, such as kalikakhetu PHC or Karnali Academy of Health Science.
- **KARNALI PROVINCE, District:** Kalikot, **Primary Hospital:** District Hospital Kalikot (SN: 297). For more localized options, you can visit the nearest hospital, such as District Hospital Kalikot or Kumalgaun PHC.
- **KARNALI PROVINCE, District:** Kalikot, **Primary Hospital:** Kumalgaun PHC (SN: 298). For more localized options, you can visit the nearest hospital, such as District Hospital Kalikot or Kumalgaun PHC.
- **KARNALI PROVINCE, District:** Mugu, **Primary Hospital:** District Hospital Mugu (SN: 299). For more localized options, you can visit the nearest hospital, such as District Hospital Mugu or Kot Dada Primary Health Care Center.
- **KARNALI PROVINCE, District:** Mugu, **Primary Hospital:** Kot Dada Primary Health Care Center (SN: 300). For more localized options, you can visit the nearest hospital, such as District Hospital Mugu or Kot Dada Primary Health Care Center.
- **KARNALI PROVINCE, District:** Rukum West, **Primary Hospital:** Aathbishkot Nagar Hospital (SN: 301), **Referral Hospital:** Eye Hospital Salle Rukum (SN: 435). For more

localized options, you can visit the nearest hospital, such as Aathbiskot Nagar Hospital (which can refer to Eye Hospital Salle Rukum), Chaurjahari Mission Hospital, District Hospital Rukum Pachim, Kotjari Phc-WR, SaniBheri Municipality Hospital, or SHAHID SMIRTI NAGAR HOSPITAL.

- **KARNALI PROVINCE, District:** Rukum West, **Primary Hospital:** Chaurjahari Mission Hospital (SN: 302). For more localized options, you can visit the nearest hospital, such as Aathbiskot Nagar Hospital (which can refer to Eye Hospital Salle Rukum), Chaurjahari Mission Hospital, District Hospital Rukum Pachim, Kotjari Phc-WR, SaniBheri Municipality Hospital, or SHAHID SMIRTI NAGAR HOSPITAL.
- **KARNALI PROVINCE, District:** Rukum West, **Primary Hospital:** District Hospital Rukum Pachim (SN: 303). For more localized options, you can visit the nearest hospital, such as Aathbiskot Nagar Hospital (which can refer to Eye Hospital Salle Rukum), Chaurjahari Mission Hospital, District Hospital Rukum Pachim, Kotjari Phc-WR, SaniBheri Municipality Hospital, or SHAHID SMIRTI NAGAR HOSPITAL.
- **KARNALI PROVINCE, District:** Rukum West, **Primary Hospital:** Kotjari Phc-WR (SN: 304). For more localized options, you can visit the nearest hospital, such as Aathbiskot Nagar Hospital (which can refer to Eye Hospital Salle Rukum), Chaurjahari Mission Hospital, District Hospital Rukum Pachim, Kotjari Phc-WR, SaniBheri Municipality Hospital, or SHAHID SMIRTI NAGAR HOSPITAL.
- **KARNALI PROVINCE, District:** Rukum West, **Primary Hospital:** SaniBheri Municipality Hospital (SN: 305). For more localized options, you can visit the nearest hospital, such as Aathbiskot Nagar Hospital (which can refer to Eye Hospital Salle Rukum), Chaurjahari Mission Hospital, District Hospital Rukum Pachim, Kotjari Phc-WR, SaniBheri Municipality Hospital, or SHAHID SMIRTI NAGAR HOSPITAL.
- **KARNALI PROVINCE, District:** Rukum West, **Primary Hospital:** SHAHID SMIRTI NAGAR HOSPITAL (SN: 306). For more localized options, you can visit the nearest hospital, such as Aathbiskot Nagar Hospital (which can refer to Eye Hospital Salle Rukum), Chaurjahari Mission Hospital, District Hospital Rukum Pachim, Kotjari Phc-WR, SaniBheri Municipality Hospital, or SHAHID SMIRTI NAGAR HOSPITAL.
- **KARNALI PROVINCE, District:** Salyan, **Primary Hospital:** LEKHPOKHARA PHC (SN: 307). For more localized options, you can visit the nearest hospital, such as LEKHPOKHARA PHC, SALYAN HOSPITAL, or THARMARE PHC.
- **KARNALI PROVINCE, District:** Salyan, **Primary Hospital:** SALYAN HOSPITAL (SN: 308). For more localized options, you can visit the nearest hospital, such as LEKHPOKHARA PHC, SALYAN HOSPITAL, or THARMARE PHC.
- **KARNALI PROVINCE, District:** Salyan, **Primary Hospital:** THARMARE PHC (SN: 309). For more localized options, you can visit the nearest hospital, such as LEKHPOKHARA PHC, SALYAN HOSPITAL, or THARMARE PHC.
- **KARNALI PROVINCE, District:** Surkhet, **Primary Hospital:** Awalching Phc (SN: 310), **Referral Hospital:** Surkhet Eye Hospital (SN: 436).
- **KARNALI PROVINCE, District:** Surkhet, **Primary Hospital:** Dasrathpur Phc (SN: 311).
- **KARNALI PROVINCE, District:** Surkhet, **Primary Hospital:** Mehalkuna Hospital (SN: 312).
- **KARNALI PROVINCE, District:** Surkhet, **Primary Hospital:** Salkot Phc (SN: 313).

- **KARNALI PROVINCE, District:** Surkhet, **Primary Hospital:** Surkhet Regional Hospital (SN: 314).
- **SUDURPASHCHIM PROVINCE, District:** Achham, **Primary Hospital:** Achaam District Hospital (SN: 315). For more localized options, you can visit the nearest hospital, such as Achaam District Hospital, Bayalpata Hospital, Chaurmandu PHC, or Kamalbazzar PHC.
- **SUDURPASHCHIM PROVINCE, District:** Achham, **Primary Hospital:** Bayalpata Hospital (SN: 316). For more localized options, you can visit the nearest hospital, such as Achaam District Hospital, Bayalpata Hospital, Chaurmandu PHC, or Kamalbazzar PHC.
- **SUDURPASHCHIM PROVINCE, District:** Achham, **Primary Hospital:** Chaurmandu PHC (SN: 317). For more localized options, you can visit the nearest hospital, such as Achaam District Hospital, Bayalpata Hospital, Chaurmandu PHC, or Kamalbazzar PHC.
- **SUDURPASHCHIM PROVINCE, District:** Achham, **Primary Hospital:** Kamalbazzar PHC (SN: 318). For more localized options, you can visit the nearest hospital, such as Achaam District Hospital, Bayalpata Hospital, Chaurmandu PHC, or Kamalbazzar PHC.
- **SUDURPASHCHIM PROVINCE, District:** Baitadi, **Primary Hospital:** District Hospital Baitadi (SN: 319). For more localized options, you can visit the nearest hospital, such as District Hospital Baitadi, Kesharpur Phc, or Patan Phcc.
- **SUDURPASHCHIM PROVINCE, District:** Baitadi, **Primary Hospital:** Kesharpur Phc (SN: 320). For more localized options, you can visit the nearest hospital, such as District Hospital Baitadi, Kesharpur Phc, or Patan Phcc.
- **SUDURPASHCHIM PROVINCE, District:** Baitadi, **Primary Hospital:** Patan Phcc (SN: 321). For more localized options, you can visit the nearest hospital, such as District Hospital Baitadi, Kesharpur Phc, or Patan Phcc.
- **SUDURPASHCHIM PROVINCE, District:** Bajhang, **Primary Hospital:** Deulekha Phc (SN: 322). For more localized options, you can visit the nearest hospital, such as Deulekha Phc, District Hospital Bajhang, or Rayal Phc.
- **SUDURPASHCHIM PROVINCE, District:** Bajhang, **Primary Hospital:** District Hospital Bajhang (SN: 323). For more localized options, you can visit the nearest hospital, such as Deulekha Phc, District Hospital Bajhang, or Rayal Phc.
- **SUDURPASHCHIM PROVINCE, District:** Bajhang, **Primary Hospital:** Rayal Phc (SN: 324). For more localized options, you can visit the nearest hospital, such as Deulekha Phc, District Hospital Bajhang, or Rayal Phc.
- **SUDURPASHCHIM PROVINCE, District:** Bajura, **Primary Hospital:** Bajura Hospital (SN: 325). For more localized options, you can visit the nearest hospital, such as Bajura Hospital or Kolti Phc.
- **SUDURPASHCHIM PROVINCE, District:** Bajura, **Primary Hospital:** Kolti Phc (SN: 326). For more localized options, you can visit the nearest hospital, such as Bajura Hospital or Kolti Phc.
- **SUDURPASHCHIM PROVINCE, District:** Dadeldhura, **Primary Hospital:** DADELDHURA HOSPITAL (SN: 327). For more localized options, you can visit the nearest hospital, such as DADELDHURA HOSPITAL or Jogabudha Hospital.
- **SUDURPASHCHIM PROVINCE, District:** Dadeldhura, **Primary Hospital:** Jogabudha Hospital (SN: 328). For more localized options, you can visit the nearest hospital, such as DADELDHURA HOSPITAL or Jogabudha Hospital.

- **SUDURPASHCHIM PROVINCE, District:** Darchula, **Primary Hospital:** District Hospital Darchula (SN: 329). For more localized options, you can visit the nearest hospital, such as District Hospital Darchula or Gokuleswor Hospital.
- **SUDURPASHCHIM PROVINCE, District:** Darchula, **Primary Hospital:** Gokuleswor Hospital (SN: 330). For more localized options, you can visit the nearest hospital, such as District Hospital Darchula or Gokuleswor Hospital.
- **SUDURPASHCHIM PROVINCE, District:** Doti, **Primary Hospital:** District Hospital Doti (SN: 331). For more localized options, you can visit the nearest hospital, such as District Hospital Doti, Kedarakhada PHC, or Saraswotinagar PHC.
- **SUDURPASHCHIM PROVINCE, District:** Doti, **Primary Hospital:** Kedarakhada PHC (SN: 332). For more localized options, you can visit the nearest hospital, such as District Hospital Doti, Kedarakhada PHC, or Saraswotinagar PHC.
- **SUDURPASHCHIM PROVINCE, District:** Doti, **Primary Hospital:** Saraswotinagar PHC (SN: 333). For more localized options, you can visit the nearest hospital, such as District Hospital Doti, Kedarakhada PHC, or Saraswotinagar PHC.
- **SUDURPASHCHIM PROVINCE, District:** Kailali, **Primary Hospital:** Bardagoriya Hospital (SN: 334), **Referral Hospital:** Geta Eye Hospital (SN: 437).
- **SUDURPASHCHIM PROVINCE, District:** Kailali, **Primary Hospital:** Bhajani PHCC (SN: 335), **Referral Hospital:** Godagodi Hospital (SN: 438).
- **SUDURPASHCHIM PROVINCE, District:** Kailali, **Primary Hospital:** Chaumala PHCC (SN: 336), **Referral Hospital:** Lal Ratna Hospital (SN: 439).
- **SUDURPASHCHIM PROVINCE, District:** Kailali, **Primary Hospital:** Joshipur PHCC (SN: 337), **Referral Hospital:** Navajeevan Hospital (SN: 440).
- **SUDURPASHCHIM PROVINCE, District:** Kailali, **Primary Hospital:** Lamki Chuha Hospital (SN: 338).
- **SUDURPASHCHIM PROVINCE, District:** Kailali, **Primary Hospital:** Malakheti Hospital (SN: 339).
- **SUDURPASHCHIM PROVINCE, District:** Kailali, **Primary Hospital:** SETI PROVINCIAL HOSPITAL (SN: 340).
- **SUDURPASHCHIM PROVINCE, District:** Kailali, **Primary Hospital:** Tikapur Hospital (SN: 341).
- **SUDURPASHCHIM PROVINCE, District:** Kailali, **Primary Hospital:** Udasipur PHCC (SN: 342).
- **SUDURPASHCHIM PROVINCE, District:** Kanchanpur, **Primary Hospital:** Beldadi PHC, Kanchanpur (SN: 343). For more localized options, you can visit the nearest hospital, such as Beldadi PHC, Kanchanpur, Dodhara PHC, Kanchanpur, Mahakali Hospital, or Shreepur PHC.
- **SUDURPASHCHIM PROVINCE, District:** Kanchanpur, **Primary Hospital:** Dodhara PHC, Kanchanpur (SN: 344). For more localized options, you can visit the nearest hospital, such as Beldadi PHC, Kanchanpur, Dodhara PHC, Kanchanpur, Mahakali Hospital, or Shreepur PHC.
- **SUDURPASHCHIM PROVINCE, District:** Kanchanpur, **Primary Hospital:** Mahakali Hospital (SN: 345). For more localized options, you can visit the nearest hospital, such as Beldadi PHC, Kanchanpur, Dodhara PHC, Kanchanpur, Mahakali Hospital, or Shreepur PHC.

- **SUDURPASHCHIM PROVINCE, District:** Kanchanpur, **Primary Hospital:** Shreepur PHC (SN: 346). For more localized options, you can visit the nearest hospital, such as Beldadi PHC, Kanchanpur, Dodhara PHC, Kanchanpur, Mahakali Hospital, or Shreepur PHC.

[PROVINCE_WISE_DERMATOLOGISTS]

[KOSHI_PROVINCE]

- **Bhojpur:** No dermatologist found – Nearest: B.P. Koirala Institute of Health Sciences (BPKIHS), Dharan (Sunsari). For more localized options, you can visit the nearest hospital, such as Bhojpur District Hospital, Ghoretar PHC, Mulpani PHC, or Pyauli PHC.
- **Dhankuta:** No dermatologist found – Nearest: BPKIHS, Dharan (Sunsari). For more localized options, you can visit the nearest hospital, such as Dandabazar phc, Dhankuta District Hospital, or JITPUR PHC.
- **Ilam:** No dermatologist found – Nearest options: Birtamod clinics (Jhapa) or BPKIHS, Dharan (Sunsari). For more localized options, you can visit the nearest hospital, such as Ilam District Hospital, Mai Nagar Aspatal, Mangalbare PHCC, Pashupatinagar PHC, Phikkal PHC, or Pyang PHC.
- **Jhapa:** Dr. Riti Acharya – Dermatologist & Cosmetologist, formerly affiliated with Patan Hospital, active in Damak.
- **Jhapa:** Dr. Nistuk Baral – Skin & Hair Specialist, Revive Skin Care & Hair Transplant Center, Birtamod.
- **Jhapa:** MiJon SKIN & Plastic Surgery Hospital – Multi-specialty skin & hair clinic, Damak.
- **Khotang:** No dermatologist found – Nearest: District Hospital Dhankuta or BPKIHS, Sunsari. For more localized options, you can visit the nearest hospital, such as Aaiselu Kharka PHC (which can refer to Eye Care Center), Chisapani PHC (which can refer to Khotang Haleshi Cummuinity Hospital), or Diktel Hospital.
- **Morang:** Dr. Raju Yadav – Consultant Dermatologist, Neuro Hospital, Biratnagar.
- **Morang:** Dr. Neha Dhawan – MD Dermatology, Birat Medical College.
- **Morang:** Dr. Shyam Sunder Chaudhary – MD Dermatology, Birat Medical College.
- **Morang:** Koshi Hospital Dermatology Department – Biratnagar.
- **Okhaldhunga:** No dermatologist found – Nearest: Mission Hospital, Okhaldhunga (general), or BPKIHS, Dharan (Sunsari). For more localized options, you can visit the nearest hospital, such as District Hospital Okhaldhunga (which can refer to Okhaldhunga Community Hospital) or RANIBAN PHC.
- **Panchthar:** No dermatologist found – Nearest: Jhapa (Birtamod) or BPKIHS, Dharan (Sunsari). For more localized options, you can visit the nearest hospital, such as District Hospital Panchthar, GOPETAR PHC, or Rabi PHC.
- **Sankhuwasabha:** No dermatologist found – Nearest: BPKIHS, Dharan (Sunsari). For more localized options, you can visit the nearest hospital, such as Chainpur Phc, Khandbari District Hospital, Madi Nagar Aspatal, Num Phc, Tamku Phc, or Wana Phc.
- **Solukhumbu:** No dermatologist found – Nearest: Solu District Hospital (general) or BPKIHS, Dharan (Sunsari). For more localized options, you can visit the nearest hospital, such as District Hospital Phaplu (which can refer to District Community Eye Center)

Solukhumbu), MAHAKULUNG PRATHAMIK HOSPITAL, Salyan PHC, or Sotang PHC.

- **Sunsari:** Dr. Nisha Neupane – Consultant Dermatologist, BPKIHS, Dharan.
- **Sunsari:** Dr. Roshani Kumari Gupta – Dermatologist, Nobel Medical College, Biratnagar.
- **Sunsari:** Dr. Karuna – Lead Specialist, Karuna's Skin Hair & Laser Centre, Dharan.
- **Taplejung:** No dermatologist found – Nearest: BPKIHS, Dharan (Sunsari) or Mechi Hospital, Jhapa. For more localized options, you can visit the nearest hospital, such as DHUNGESAGHU PHC, DISTRICT HOSPITAL TAPLEJUNG, TAPETHOK PRATHAMIK ASPATAL, or TELLOK PHC.
- **Tehrathum:** No dermatologist found – Nearest: Tehrathum District Hospital (general) or BPKIHS, Dharan (Sunsari). For more localized options, you can visit the nearest hospital, such as Basantpur Phc, Chhathar Hospital, District Hospital Terhathum, Menchhayayem Hospital, or SAKRANTI PHC.
- **Udayapur:** No dermatologist found – Nearest: Triyuga District Hospital (general) or BPKIHS, Dharan (Sunsari). For more localized options, you can visit the nearest hospital, such as Belaka Nagar Aspatal, Beltar PHC, Gaighat Hospital, or Katari Hospital.

[/KOSHI_PROVINCE is province number-1]

[MADHESH_PROVINCE]

- **Saptari:** No dermatologist found – Nearest: Province Hospital Janakpur (Dhanusha). For more localized options, you can visit the nearest hospital, such as BHARDAH HOSPITAL, GAJENDRA NARAYAN SINGH HOSPITAL, KADARBONA PRIMARY HEALTH CENTRE, KALYANPUR PRIMARY HEALTH CENTRE, KANCHANPUR PRIMARY HEALTH CENTRE, or TOPA PRIMARY HEALTH CENTRE.
- **Siraha:** No dermatologist found – Nearest: Province Hospital Janakpur (Dhanusha). For more localized options, you can visit the nearest hospital, such as Distircet Hospital Siraha (which can refer to Saptarishi Hospital), Mirchaiya Phc, Nawarajpur Phc, or Ram Kumar Uma Prasad Murarka Smarak Hospital.
- **Dhanusha:** Dr. Ram Gyan Yadav – Senior Consultant Dermatologist & Aesthetic Surgeon, Janakpur Dermatology & Cosmetic Clinic, Ramanand Chowk, Janakpur.
- **Mahottari:** No dermatologist found – Nearest: Dr. Ram Gyan Yadav, Janakpur (Dhanusha). For more localized options, you can visit the nearest hospital, such as Bardibash Hospital (which can refer to Subha Swastik Hospital Pvt. Ltd), Gausala Phc, Jaleshwor Hospital, Loharpatti Phc, Pipara Phc, Ram Gopalpur Phc, or Samsi Phc.
- **Sarlahi:** No dermatologist found – Nearest: Province Hospital Janakpur (Dhanusha). For more localized options, you can visit the nearest hospital, such as ACHALGADH PHC, BARAHATHAWA PHC, HARIPUR PHC, JAMUNIYA PHC, LALBANDI PHC, MALANGAWA HOSPITAL, Auarahi Phc (which can refer to Phul Kumari Mahato Memorial Hospital), or Bhagwanpur Phc (which can refer to Sagarmatha Chaudhary Eye Hospital).
- **Rautahat:** No dermatologist found – Nearest: Province Hospital Janakpur (Dhanusha). For more localized options, you can visit the nearest hospital, such as Chandranigahapur

Hospital (which can refer to Gaur Eye Hospital), District Hospital Gaur, Ganga Pipara Phc, Katahariya Phc, Pataura Phc, or Rajpur PHC.

- **Bara:** No dermatologist found – Nearest: Birgunj Provincial Hospital (Parsa) or Janakpur. For more localized options, you can visit the nearest hospital, such as GANJ BHAWANIPUR PHC, HARDIYA PHC, KALAIYA DISTRICT HOSPITAL, KOLHABI PHC, NIJGADH PHC, or PIPARA SIMARA PHC.
- **Parsa:** No dermatologist found – Nearest: Birgunj Provincial Hospital (Parsa) or Janakpur. For more localized options, you can visit the nearest hospital, such as Bagahi Phc (which can refer to Birgunj Drishti Eye Care Centre Pvt. Ltd), Bageshwori Phc (which can refer to Kiran Eye Hospital), Bhikampur Phc (which can refer to National Medical College And Teaching Hospital), Narayani Sub Regional Hospital (which can refer to R. M. Kedia Eye Hospital), or Pokhари Hospital.

[/MADHESH_PROVINCE is province number-2]

[BAGMATI_PROVINCE]

- **Bhaktapur:** Dr. Anu Duwal – Dermatologist & Skin Health Specialist, Sakhyam Health Care & Rehabilitation Center, Bhaktapur.
- **Bhaktapur:** Dr. Reejana Shrestha – Dermatologist, Nepal Korea Friendship Municipality Hospital.
- **Bhaktapur:** Dr. Manoj Lal Chaudhary – Dermatologist, Nepal Korea Friendship Municipality Hospital.
- **Bhaktapur:** Dr. Sanju Bhandari – Dermatologist, Nepal Korea Friendship Municipality Hospital.
- **Kathmandu:** Dr. Shraddha Pradhan Gorkhali, MD – Consultant Dermatologist & Aesthetician, Clinic One (Lalitpur/Kathmandu).
- **Kathmandu:** Dr. Suman Nepal, MD – Consultant Dermatologist & Hair Transplant Surgeon, Clinic One/Norvic International.
- **Kathmandu:** Prof. Dr. Anil Kumar Jha – Senior Consultant Dermatologist & Founding Chair, DISHARC Skin Hospital, Maharajgunj.
- **Lalitpur:** Dr. Shraddha Pradhan Gorkhali – Consultant Dermatologist (Clinic One – Lalitpur).
- **Lalitpur:** Glow Skin & Dental Clinic – Dr. Prativa Shrestha (Dermatologist), Dhobighat, Lalitpur.
- **Kathmandu:** DISHARC Skin Hospital – including providers like Dr. Padma Tuladhar, Prof. Dr. Sagar Mani Jha, among others.
- **Dolakha:** No dermatologist found – Nearest: Dhulikhel Hospital or Kathmandu-based clinics. For more localized options, you can visit the nearest hospital, such as BAITESHWOR HOSPITAL, CHARIKOT HOSPITAL, JIRI HOSPITAL, Singati PHC, or SURI PHC.
- **Dhading:** No dermatologist found – Nearest: Dhulikhel Hospital (Kavrepalanchok) or Kathmandu. For more localized options, you can visit the nearest hospital, such as Baireni Hospital, District Hospital Dhading, GAJURI PHC, GRAMIN HOSPITAL, or SALYANTAR PHC.

- **Kavrepalanchok:** No dermatologist listed – Nearest: Dhulikhel Hospital, Kavrepalanchok (Kathmandu Univ. Hospital). For more localized options, you can visit the nearest hospital, such as Dhulikhel Hospital (which can refer to Reiyukai Eiko Masunaga Eye Hospital), Dhulikhel Phc, Khopasi Phc, Methinkot Hospital, Panchkhal Phc, or Sunthan Phc.
- **Kathmandu:** Dr. Kamal Raj Dhital – Consultant Dermatologist & Venereologist, Radiant Skin Care & Hair Transplant Center, Samakhusi.
- **Nuwakot:** No specialists found – Nearest: Dhulikhel Hospital or Kathmandu-based dermatologists. For more localized options, you can visit the nearest hospital, such as Deurali PHC (which can refer to District Community Eye Center Ramechhap), Kakani PHC, Kharanitar Hospital, or Tirshuli Hospital.
- **Rasuwa:** No specialists found – Nearest: Dhulikhel Hospital or Kathmandu-based dermatologists. For more localized options, you can visit the nearest hospital, such as Jibjibe Gramin Hospital or Rasuwa Hospital.
- **Ramechhap:** No specialists found – Nearest: Dhulikhel Hospital or Kathmandu-based dermatologists. For more localized options, you can visit the nearest hospital, such as Gelu PHC (which can refer to Tamakoshi Hospital), Khimti PHC, Manthali PHC, or Ramechhap District Hospital.
- **Sindhuli:** No specialists found – Nearest: Dhulikhel Hospital or Kathmandu-based dermatologists. For more localized options, you can visit the nearest hospital, such as Belgaari Phc, Kapilakot Phc, Laampantar Phc, Sindhuli Hospital, or Sirthauli Phc.
- **Sindhupalchok:** No specialists found – Nearest: Dhulikhel Hospital or Kathmandu-based dermatologists. For more localized options, you can visit the nearest hospital, such as Bahrabise PHCC, Chautara HOSPITAL, Jalbire PHC, Melamchi PHC, or PRIMARY HOSPITAL NAWALPUR.
- **Chitwan:** Dr. Shraddha Upadhyay, MD – Consultant Dermatologist & Hair Transplant Surgeon, Chitwan Medical College.
- **Chitwan:** Dr. Sangeeta Paudel, MD – Consultant Dermatologist & Associate Professor, Chitwan Medical College.
- **Chitwan:** Dr. Pratichya Thapa – Associate Professor & Consultant Dermatologist, Chitwan Medical College.
- **Makwanpur:** Dr. Buddiraj Pandey – Head of Dermatology, Hetauda Hospital, Makwanpur.

[/BAGMATI_PROVINCE is province number 3]

[GANDHAKI_PROVINCE]

- **Kaski:** Dr. Pravin Baniya – Consultant Dermatologist, Charak Memorial Hospital, Pokhara.
- **Kaski:** Dr. Ranju Pokharel – MD Dermatologist, Charak Memorial Hospital, Pokhara.
- **Kaski:** Dr. Ramesh Sharma – MD Dermatology, Consultant, Green Pastures Hospital, Pokhara.
- **Kaski:** CMH Cosmetic Dermatology Department – Charak Memorial Hospital, Pokhara.
- **Syangja:** No dermatologist found – Nearest: Pokhara (Kaski). For more localized options, you can visit the nearest hospital, such as Chapakot Hospital (which can refer to

GALYANG CITY HOSPITAL), Grahun Primary Hospital, KALIGANDAKI HOSPITAL, Malunga PHC, Panchamul PHC, Syangja District Hospital, or Waling Hospital.

- **Lamjung:** No dermatologist found – Nearest: Pokhara (Kaski). For more localized options, you can visit the nearest hospital, such as CHANDRESWOR PHC, GAUNDA PHC, LAMJUNG DISTRICT HOSPITAL, or Sundar Bazar Hospital.
- **Gorkha:** No dermatologist found – Nearest: Pokhara (Kaski). For more localized options, you can visit the nearest hospital, such as Aappipal Hospital, Aaruchanaute Phc, Gorkha Hospital, Jaubari Phc, or Makaising Phc.
- **Tanahun:** No dermatologist found – Nearest: Pokhara (Kaski). For more localized options, you can visit the nearest hospital, such as Bandipur Hospital (which can refer to G.P Koirala NCR), Bhimad Phc, Damauli Hospital, or Purandihhi Phc.
- **Myagdi:** No dermatologist found – Nearest: Pokhara (Kaski). For more localized options, you can visit the nearest hospital, such as Beni Hospital or Durbang Phc.
- **Parbat:** No dermatologist found – Nearest: Pokhara (Kaski). For more localized options, you can visit the nearest hospital, such as District Hospital Parbat, LUNKHU DEURALI PHC, or THULIPOKHARI PHC.
- **Baglung:** No dermatologist found – Nearest: Pokhara (Kaski). For more localized options, you can visit the nearest hospital, such as Burtibang PHC, Dhaulagiri Zonal Hospital, Galkot PHC, or Kusmishera PHC.
- **Manang:** No dermatologist found – Nearest: Pokhara (Kaski). For more localized options, you can visit the nearest hospital, such as DISTRICT HOSPITAL MANANG or LETE PHC.
- **Mustang:** No dermatologist found – Nearest: Pokhara (Kaski). For more localized options, you can visit the nearest hospital, such as MUSTANG DISTRICT HOSPITAL.
- **Nawalpur (Nawalparasi East):** No dermatologist found – Nearest: Pokhara (Kaski). For more localized options, you can visit the nearest hospital, such as BULINGTAR PHC, CHORMARA PHC, DEURALI PRIMARY HOSPITAL, DUMKAULI HOSPITAL, GAINDAKOT MUNICIPALITY HOSPITAL, Madhyabindu Hospital, or RAKUWA PHCC.

[/GANDHAKI_PROVINCE]

[LUMBINI_PROVINCE]

- **Arghakhanchi:** No dermatologist found – Nearest: Butwal (Rupandehi). For more localized options, you can visit the nearest hospital, such as Arghakhachi Hospital, Balkot Phc, District Eye Care Center, or Thada Phc.
- **Banke (Nepalgunj):** Dr. Maya Thapa – Dermatologist, Nepalgunj Medical College Teaching Hospital, Nepalgunj.
- **Bardiya:** No dermatologist found – Nearest: Nepalgunj (Banke). For more localized options, you can visit the nearest hospital, such as Bardiya Hospital, R.C Tharu Memorial Nagar Hospital, Rajapur Phc, or Sorahawa Phc.
- **Dang (Deukhuri):** No dermatologist found – Nearest: Butwal (Rupandehi). For more localized options, you can visit the nearest hospital, such as Banglachuli hospital (which

can refer to RAPTI EYE HOSPITAL), Lamahi Hospital, Rapti Academy of Health Sciences, Ghorahi, Rapti Provincial Hospital, Tulsipur, Srigaun Phc, or Syuja Phc.

- **Gulmi:** No dermatologist found – Nearest: Butwal (Rupandehi). For more localized options, you can visit the nearest hospital, such as Dhurkot PHC, District Hospital Gulmi, Johang PHC, Ruru PHC, or Shringa PHC.
- **Kapilvastu (Taulihawa):** No dermatologist found – Nearest: Butwal (Rupandehi) or Bhairahawa. For more localized options, you can visit the nearest hospital, such as Harnampur Phc, Kapilbastu Hospital, Maharajgung Phc, Pipara Hospital, or Shivraj Hospital.
- **Parasi (Nawalparasi West):** No dermatologist found – Nearest: Butwal (Rupandehi). For more localized options, you can visit the nearest hospital, such as Chisapaani Hospital, Jaganathpur Primary Helath Center, Paali Primary Health Center, or Prithivichand Hospital.
- **Palpa (Tansen):** No dermatologist found – Nearest: Butwal (Rupandehi). For more localized options, you can visit the nearest hospital, such as Khasyauli Phcc (which can refer to Kali Gandaki Eye Care Centre), Palpa District Hospital (which can refer to Lacoul Eye Hospital), Rampur Hospital (which can refer to LMCN Teaching Hospital), Tanhoo Phcc, or United Mission Hospital.
- **Pyuthan:** No dermatologist found – Nearest: Butwal (Rupandehi). For more localized options, you can visit the nearest hospital, such as Bhingri Phc, Khalanga Phc, or Pyuthan Hospital Bijwar.
- **Rolpa:** No dermatologist found – Nearest: Butwal (Rupandehi). For more localized options, you can visit the nearest hospital, such as District Hospital Rolpa, Holeri Phc, or Sulichaur Phc.
- **Rukum East & West:**
 - **Rukum East:** No dermatologist found – Nearest: Butwal (Rupandehi). For more localized options, you can visit the nearest hospital, such as Kol Phc or RUKUM EAST HOSPITAL.
 - **Rukum West:** No dermatologist found – Nearest: Butwal (Rupandehi). For more localized options, you can visit the nearest hospital, such as Aathbiskot Nagar Hospital (which can refer to Eye Hospital Salle Rukum), Chaurjahari Mission Hospital, District Hospital Rukum Pachim, Kotjari Phc-WR, SaniBheri Municipality Hospital, or SHAHID SMIRTI NAGAR HOSPITAL.
- **Rupandehi (Butwal/Bhairahawa):** Dr. Anita Giri – Dermatologist, Lumbini Provincial Hospital, Butwal.
- **Rupandehi (Butwal):** Dr. Bishnu Adhikari – Dermatologist, Taulihawa Clinic.

[/LUMBINI_PROVINCE]

[KARNALI_PROVINCE]

- **Dailekh:** No dermatologist found – Nearest: Province Hospital, Surkhet. For more localized options, you can visit the nearest hospital, such as District Hospital Dailekh, DULLU HOSPITAL, LAKANDRA PHC, or NAUMULE PHC.

- **Dolpa:** No dermatologist found – Nearest: Province Hospital, Surkhet via telemedicine. For more localized options, you can visit the nearest hospital, such as District Hospital Dolpa.
- **Humla:** No dermatologist found – Nearest: Province Hospital, Surkhet via telemedicine. For more localized options, you can visit the nearest hospital, such as District Hospital Humla.
- **Jajarkot:** No dermatologist found – Nearest: Province Hospital, Surkhet via telemedicine. For more localized options, you can visit the nearest hospital, such as CHHEDAGAD NAGAR HOSPITAL, Dalli Phc, District Hospital Jajarkot, Garkhakot Phc, or Limsha Phc.
- **Jumla:** No dermatologist found – Nearest: Province Hospital, Surkhet via telemedicine. For more localized options, you can visit the nearest hospital, such as kalikakhetu PHC or Karnali Academy of Health Science.
- **Kalikot:** No dermatologist found – Nearest: Province Hospital, Surkhet via telemedicine. For more localized options, you can visit the nearest hospital, such as District Hospital Kalikot or Kumalgaun PHC.
- **Mugu:** No dermatologist found – Nearest: Province Hospital, Surkhet via telemedicine. For more localized options, you can visit the nearest hospital, such as District Hospital Mugu or Kot Dada Primary Health Care Center.
- **Salyan:** No dermatologist found – Nearest: Salyan District Hospital (general) or Surkhet specialist services. For more localized options, you can visit the nearest hospital, such as LEKHPOKHARA PHC, SALYAN HOSPITAL, or THARMARE PHC.
- **Surkhet:** Dr. Sushmita Pradhan – Consultant Dermatologist, Karnali Provincial Hospital, Surkhet.
- **Surkhet:** Dr. Sushmita Pradhan – (Dermatology Dept), Province Hospital, Surkhet.
- **Western Rukum:** No dermatologist found – Nearest: Province Hospital, Surkhet via telemedicine. For more localized options, you can visit the nearest hospital, such as Aathbishkot Nagar Hospital (which can refer to Eye Hospital Salle Rukum), Chaurjahari Mission Hospital, District Hospital Rukum Pachim, Kotjari Phc-WR, SaniBheri Municipality Hospital, or SHAHID SMIRTI NAGAR HOSPITAL.

[/KARNALI_PROVINCE]

[SUDURPASHCHIM_PROVINCE]

- **Achham:** No dermatologist found – Nearest: Dhangadhi (Kailali) or Surkhet via telemedicine. For more localized options, you can visit the nearest hospital, such as Achaam District Hospital, Bayalpata Hospital, Chaurmandu PHC, or Kamalbazzar PHC.
- **Baitadi:** No dermatologist found – Nearest: Dhangadhi (Kailali). For more localized options, you can visit the nearest hospital, such as District Hospital Baitadi, Kesharpur Phc, or Patan Phcc.
- **Bajhang:** No dermatologist found – Nearest: Dhangadhi (Kailali) or Surkhet via telemedicine. For more localized options, you can visit the nearest hospital, such as Deulekha Phc, District Hospital Bajhang, or Rayal Phc.

- **Bajura:** No dermatologist found – Nearest: Dhangadhi (Kailali) or Surkhet via telemedicine. For more localized options, you can visit the nearest hospital, such as Bajura Hospital or Kolti Phc.
- **Dadeldhura:** No dermatologist found – Nearest: Dhangadhi (Kailali) or Seti Provincial Hospital, Dhangadhi. For more localized options, you can visit the nearest hospital, such as DADELDHURA HOSPITAL or Jogabudha Hospital.
- **Darchula:** No dermatologist found – Nearest: Dhangadhi (Kailali) or Surkhet via telemedicine. For more localized options, you can visit the nearest hospital, such as District Hospital Darchula or Gokuleswor Hospital.
- **Doti:** No dermatologist found – Nearest: Seti Provincial Hospital, Dhangadhi. For more localized options, you can visit the nearest hospital, such as District Hospital Doti, Kedarkhada PHC, or Saraswotinagar PHC.
- **Kailali (Dhangadhi):** Dr. Anju Thapa – Dermatologist, Seti Provincial Hospital, Dhangadhi.
- **Kailali (Dhangadhi):** Dr. Santosh Bohara – Consultant Dermatologist, Community Health Hospital, Kailali.
- **Kanchanpur (Mahendranagar):** Dr. Arjun Joshi – Dermatologist, Mahakali Hospital, Mahendranagar.
- **Kanchanpur (Mahendranagar):** No more local specialists listed – Consult Seti Provincial Hospital or telemedicine services. For more localized options, you can visit the nearest hospital, such as Beldadi PHC, Kanchanpur, Dodhara PHC, Kanchanpur, Mahakali Hospital, or Shreepur PHC.

[/SUDURPASHCHIM_PROVINCE]

[DISCLAIMER] Note: Radiant Root provides general dermatologist location and contact info based on available public sources. Availability of doctors may change, and users are encouraged to call or verify hospital schedules. For emergency or chronic skin issues, always prioritize direct consultation. Radiant Root does not take responsibility for appointment delays or third-party services.

Understanding the Skin of Nepali Ethnic Groups: A Guide to Tailored Skincare

Nepal's diverse population, broadly categorized for cultural and historical understanding into 'Arya' and 'Mongol' ancestries, presents a fascinating spectrum of skin characteristics. This guide delves into the likely skin types of these groups, their common concerns, and provides tailored advice for maintaining healthy and radiant skin, considering Nepal's unique environmental factors.

The Spectrum of Skin Tones: From Indo-Aryan to Tibeto-Burman

The terms 'Nepali Arya' and 'Nepali Mongol' are broad sociocultural classifications. From a dermatological perspective, it's more precise to consider the typical skin tones and characteristics associated with the numerous ethnic groups within these categories.

Nepali Arya (Khas Arya): This group primarily includes Bahun, Chhetri, Thakuri, and Sanyasi, who have Indo-Aryan roots. Their skin tones generally fall within **Fitzpatrick skin types III to V.**

- **Fitzpatrick Skin Type III:** This skin type is characterized by a light olive or golden honey tone. It tans gradually and may sometimes experience mild burns with prolonged sun exposure.
- **Fitzpatrick Skin Type IV:** This is a common skin type for many South Asians, featuring a brown or olive tone that tans easily and rarely burns.
- **Fitzpatrick Skin Type V:** This skin type is a rich brown, tans very easily, and very rarely burns.

Nepali Mongol (Janajati): This category encompasses a wide range of ethnic groups with Tibeto-Burman origins, including Gurung, Tamang, Magar, Rai, Limbu, Sherpa, and Newar. Their skin tones typically range from **Fitzpatrick skin types III to IV, with some individuals also falling into type V.** Their complexion is often described as having a yellowish or light brown undertone.

It is crucial to remember that these are generalizations, and within each ethnic group, there is a beautiful diversity of skin tones.

Common Skin Concerns for Nepali Skin

Studies on dermatological conditions in Nepal, coupled with an understanding of the prevalent Fitzpatrick skin types, reveal several common skin concerns:

- **Hyperpigmentation:** A primary concern for those with Fitzpatrick skin types III and higher is the tendency to develop hyperpigmentation. This includes:
 - **Post-Inflammatory Hyperpigmentation (PIH):** Dark spots that appear after an inflammatory event like acne, insect bites, or any skin injury.
 - **Melasma:** Known in Nepali as 'kalo poto' or 'chhaya,' these are brown to gray-brown patches that typically appear on the face, often triggered by hormonal changes and sun exposure.
 - **Uneven Skin Tone:** A general patchiness or lack of uniformity in skin color.
- **Acne Vulgaris:** Studies in Nepal show a high prevalence of acne. While it affects all skin types, the resulting inflammation can be a significant trigger for PIH in melanin-rich skin.
- **Eczema and Dermatitis:** Various forms of eczema are common in Nepal. This can be exacerbated by the dry air found at higher altitudes and seasonal changes.
- **Sun Damage:** Despite having more natural protection from the sun due to higher melanin content, Nepali skin is still susceptible to sun damage. This can manifest as premature aging (wrinkles, fine lines), and worsen hyperpigmentation.

- **Sensitivity and Oiliness:** Many individuals experience a combination of oily and sensitive skin, which requires a balanced approach to skincare to avoid stripping the skin's natural barrier while managing excess sebum.

Skincare Recommendations Tailored for Nepali Ethnic Groups

Considering the likely skin types and common concerns, here is a comprehensive skincare guide for both Nepali Arya and Mongol ethnic groups.

For All Skin Types in Nepal: The Non-Negotiables

1. Sun Protection is Paramount:

- **Why:** To prevent and manage hyperpigmentation, premature aging, and reduce the risk of skin cancer. The high altitude in many parts of Nepal increases UV radiation intensity.
- **What:** A broad-spectrum sunscreen with an SPF of at least 30. For those with oily or acne-prone skin, look for "non-comedogenic" (won't clog pores) or gel-based formulas. For drier skin, a cream-based sunscreen can provide extra hydration.
- **How:** Apply generously every morning, even on cloudy days, and reapply every two hours when outdoors.

2. Gentle Cleansing:

- **Why:** To remove dirt, oil, and impurities without stripping the skin's natural protective barrier.
- **What:** A mild, pH-balanced cleanser. For oily skin, a gel or foaming cleanser can be effective. For dry or sensitive skin, a cream or milky cleanser is preferable.
- **How:** Cleanse your face twice daily – once in the morning and once at night.

3. Moisturize Daily:

- **Why:** To maintain skin hydration, support the skin barrier, and prevent dryness, which can be exacerbated by Nepal's climate.
- **What:** For oily skin, a lightweight, oil-free, or gel-based moisturizer. For dry skin, a richer cream with ingredients like hyaluronic acid and ceramides.
- **How:** Apply to damp skin after cleansing to lock in moisture.

Targeted Treatments for Common Concerns

Managing Hyperpigmentation and Uneven Skin Tone:

- **Incorporate Antioxidants:** Vitamin C serums are excellent for brightening the skin and protecting against free radical damage from the sun.
- **Niacinamide:** This versatile ingredient (a form of Vitamin B3) helps to reduce the appearance of pores, control oil, and fade hyperpigmentation.
- **Retinoids (at night):** Over-the-counter retinol or prescription retinoids can help to increase cell turnover and fade dark spots. Start with a low concentration to allow your skin to acclimatize.

- **Exfoliation (with caution):** Gentle exfoliation 1-2 times a week with alpha-hydroxy acids (AHAs) like glycolic or lactic acid, or beta-hydroxy acids (BHAs) like salicylic acid can help to lighten dark spots. Be careful not to over-exfoliate, as this can cause irritation and worsen hyperpigmentation.

Controlling Oiliness and Acne:

- **Salicylic Acid:** This BHA is oil-soluble, allowing it to penetrate and cleanse pores, making it effective for blackheads and whiteheads. It can be found in cleansers, toners, and spot treatments.
- **Non-Comedogenic Products:** Ensure all your skincare and makeup products are labeled "non-comedogenic."
- **Avoid Harsh Scrubs:** Aggressive scrubbing can irritate the skin and trigger more oil production. Opt for chemical exfoliants instead.
- **Don't Skip Moisturizer:** Dehydrated skin can overcompensate by producing more oil. A lightweight, oil-free moisturizer is essential.

Special Considerations for High-Altitude Environments

For those living in or traveling to the mountainous regions of Nepal, the following adjustments are crucial:

- **Hydration is Key:** The air at high altitudes is very dry, which can lead to dehydrated skin. Drink plenty of water and use a hydrating serum containing hyaluronic acid under your moisturizer.
- **Richer Moisturizer:** You may need a thicker, more occlusive moisturizer to prevent water loss from your skin.
- **Lip Care:** Protect your lips with a moisturizing lip balm that contains SPF.
- **Protective Clothing:** Supplement your sunscreen with wide-brimmed hats and sunglasses for added protection against the intense high-altitude sun.

By understanding their unique skin characteristics and adopting a consistent and targeted skincare routine, individuals of both Nepali Arya and Mongol descent can effectively address common concerns and maintain healthy, glowing skin in the diverse and beautiful landscape of Nepal.

A Detailed Guide to Widely Used Skincare in Nepal

This guide provides in-depth information on popular and effective skincare products available in the Nepali market. It is designed to help you understand what each product does, who it is for, and what to watch out for.

Category: Cleansers

1. CeraVe Foaming Facial Cleanser

- **Overview:** This is a highly recommended daily cleanser, especially for those who don't have extremely dry skin. It effectively removes excess oil, dirt, and makeup without leaving the skin feeling tight or stripped. It's a go-to for maintaining a healthy skin barrier.
- **Best For:** Normal, Oily, and Combination skin types. It is also suitable for those with Acne-Prone and Sensitive skin due to its gentle formulation.
- **Key Ingredients:** Ceramides (restore skin barrier), Hyaluronic Acid (retains moisture), Niacinamide (calms the skin).
- **How to Use:** Use morning and evening. Lather a small amount in your hands and massage onto damp skin in gentle, circular motions. Rinse thoroughly.
- **Potential Side Effects:** This cleanser is generally very well-tolerated. However, in rare cases, individuals sensitive to Niacinamide might experience mild redness or itching. For those with extremely dry skin, this foaming version might feel slightly drying compared to a cream-based cleanser.

2. COSRX Salicylic Acid Daily Gentle Cleanser

- **Overview:** This is a targeted cleanser designed for those struggling with breakouts and clogged pores. It gently exfoliates inside the pores to clear out sebum and dead skin cells, helping to reduce blackheads, whiteheads, and active acne over time.
- **Best For:** Oily, Combination, and Acne-Prone skin types.
- **Key Ingredients:** Salicylic Acid (BHA - exfoliates pores), Tea Tree Oil (anti-inflammatory, antimicrobial).
- **How to Use:** Best used in the evening (PM) to cleanse the day's impurities. If you have very oily skin, you can use it in the morning (AM) as well. Use a pea-sized amount and lather.
- **Potential Side Effects:** The main active, Salicylic Acid, can cause dryness and irritation if overused. It's best to start by using it once a day or even every other day to see how your skin reacts. Some people may experience a "purging" period for the first 2-4 weeks, where breakouts temporarily increase as the pores clear out. Avoid using it with other strong exfoliants.

Category: Serums & Essences

1. The Ordinary Niacinamide 10% + Zinc 1%

- **Overview:** A powerhouse serum for tackling issues of oiliness, visible pores, and blemishes. It regulates sebum production, helps to decongest pores, and improves the skin's texture over time. It is one of the most popular serums in Nepal for managing common skin concerns.
- **Best For:** Oily, Combination, and Acne-Prone skin.

- **Key Ingredients:** Niacinamide (Vitamin B3 - regulates oil, anti-inflammatory), Zinc PCA (helps control sebum).
- **How to Use:** Apply a few drops to your entire face in the morning and/or evening before heavier creams.
- **Potential Side Effects:** While highly effective, high concentrations of Niacinamide can cause temporary redness, itching, or flushing in some individuals, especially those with sensitive skin or rosacea. It can sometimes "pill" (form little balls) if you apply too much or layer it with certain products. Do not use it in the same routine as Vitamin C, as they can reduce each other's effectiveness.

2. COSRX Advanced Snail 96 Mucin Power Essence

- **Overview:** A unique and beloved essence focused on hydration and skin repair. It has a slimy texture that absorbs surprisingly well, helping to soothe irritated skin, fade acne scars, replenish moisture, and give the skin a healthy glow.
- **Best For:** All skin types, but particularly beneficial for Dehydrated, Damaged, Red, or Irritated skin.
- **Key Ingredients:** 96% Snail Secretion Filtrate (rich in nutrients that hydrate, repair, and soothe).
- **How to Use:** After cleansing and toning, apply 2-3 pumps to your face. Gently pat it in to aid absorption. Can be used morning and evening.
- **Potential Side Effects:** The primary risk is a potential allergic reaction for those with dust mite allergies, as there can be cross-reactivity. It is also not suitable for individuals with an allergy to mollusks. Always perform a patch test on your jawline or neck before applying it to your full face.

Category: Moisturizers

1. CeraVe Moisturizing Cream

- **Overview:** A rich, non-greasy cream that provides deep, long-lasting hydration. It is the gold standard for restoring a compromised or damaged skin barrier, making it perfect for dry winters or for those using harsh acne treatments.
- **Best For:** Dry, Very Dry, and Sensitive skin types. It can also be used by Normal skin types as a night cream.
- **Key Ingredients:** Ceramides (builds skin barrier), Hyaluronic Acid (hydrates).
- **How to Use:** Apply liberally to the face and body as needed, morning and evening, after your serums.
- **Potential Side Effects:** It is formulated to be extremely gentle and non-irritating. However, due to its thick consistency, it might feel too heavy for those with very Oily or Acne-Prone skin and could potentially clog pores in those specific skin types.

2. Plum Green Tea Oil-Free Moisturizer

- **Overview:** A lightweight, non-comedogenic moisturizer specifically created for oily and acne-prone skin. It provides adequate hydration without feeling greasy or heavy, and its ingredients help to control oil and prevent breakouts.
 - **Best For:** Oily, Combination, and Acne-Prone skin.
 - **Key Ingredients:** Green Tea (antioxidant), Niacinamide (controls oil), Squalane (lightweight hydration).
 - **How to Use:** Apply a small amount to your face and neck after your serum, both morning and evening.
 - **Potential Side Effects:** This product is generally well-tolerated. However, like any product containing Niacinamide, there is a small chance of mild irritation for very sensitive individuals. It contains a light fragrance, which could be an irritant for those with fragrance sensitivities.
-

Category: Sunscreens

1. Fixderma Shadow SPF 50+ Gel

- **Overview:** An extremely popular sunscreen in Nepal, loved for its lightweight, non-greasy gel texture that leaves no white cast. It's an excellent choice for daily wear, especially in a hot and humid climate.
- **Best For:** Oily, Combination, and Normal skin types.
- **Key Ingredients:** A blend of chemical sunscreen filters like Avobenzone and Octinoxate, along with physical filters like Zinc Oxide.
- **How to Use:** Apply a liberal amount (two full finger lengths for the face and neck) as the final step of your morning skincare routine, at least 15 minutes before sun exposure. Reapply every 2-3 hours.
- **Potential Side Effects:** Chemical sunscreen filters can sometimes cause stinging or irritation, especially around the eyes or on broken/sensitized skin. In rare cases, certain individuals may experience allergic reactions or clogged pores from specific filters. Always double-cleanse in the evening to ensure it's fully removed.

2. Beauty of Joseon Relief Sun : Rice + Probiotics (SPF 50+ PA++++)

- **Overview:** A cult-favorite Korean sunscreen known for its incredibly comfortable, lotion-like texture. It feels more like a light moisturizer than a traditional sunscreen, providing high protection without any stickiness or white cast.
- **Best For:** All skin types, but especially loved by Normal, Dry, and Combination skin.
- **Key Ingredients:** Modern chemical filters, Rice Extract (moisturizing), Niacinamide, and grain-fermented extracts (nourishing).
- **How to Use:** Apply a liberal amount as the final step of your morning routine. Its hydrating nature means some users with oily skin can even skip their morning moisturizer.
- **Potential Side Effects:** Like any chemical sunscreen, there is a small risk of irritation or stinging for highly sensitive individuals. However, it is generally considered very gentle.

The inclusion of many fermented extracts, while beneficial for most, could be a potential trigger for those with fungal acne or specific sensitivities.

How to Build a Routine for Your Skin Condition

Here's how to combine these products based on your primary skin concerns.

For Oily, Combination & Acne-Prone Skin

Your goal is to control oil and clear pores without dehydrating your skin.

- **Morning (AM):** Start with the **CeraVe Foaming Cleanser**. Follow up with **The Ordinary Niacinamide** serum to manage oil during the day. Moisturize with the lightweight **Plum Green Tea Oil-Free Moisturizer**, and finish with the **Fixderma Shadow SPF 50+ Gel** for sun protection.
- **Evening (PM):** Cleanse thoroughly with the **COSRX Salicylic Acid Cleanser** to exfoliate and clear out pores. Apply **The Ordinary Niacinamide** serum again. Finish with a simple, barrier-friendly moisturizer like the **CeraVe PM Lotion** or the Plum moisturizer.

For Dry, Dehydrated & Sensitive Skin

Your goal is to gently cleanse, deeply hydrate, and protect your skin's barrier.

- **Morning (AM):** Be very gentle. You can simply rinse your face with water or use a very mild cleanser like the **Cetaphil Gentle Skin Cleanser**. While your skin is still damp, apply the **COSRX Snail Mucin Essence** for a deep hydration boost. Lock it all in with the **CeraVe Moisturizing Cream**. As the final step, protect your skin with the hydrating **Beauty of Joseon Relief Sun**.
- **Evening (PM):** Cleanse with the **Cetaphil Gentle Skin Cleanser**. Apply the **COSRX Snail Mucin Essence** again, and finish with a generous layer of the **CeraVe Moisturizing Cream** to repair your skin overnight.

For Hyperpigmentation (Dark Spots) & Uneven Skin Tone

Your goal is to brighten, encourage cell turnover, and be extremely diligent with sun protection.

- **Morning (AM):** Use a gentle cleanser for your skin type. Apply a brightening serum like the **Axis-Y Dark Spot Serum**. Follow with a suitable moisturizer and, most importantly, a high-protection sunscreen like the **Beauty of Joseon Relief Sun** to prevent spots from getting darker.
- **Evening (PM):** After cleansing, apply your brightening serum again. For faster results, advanced users can consider alternating nights between the brightening serum and a

product with retinol (which requires separate research and a slow introduction). Always finish with a good moisturizer. Consistency and sun protection are key to seeing results.

References

American Academy of Dermatology Association (AAD). Skin conditions, symptoms, and treatment guidelines. Retrieved from: <https://www.aad.org>

DermNet New Zealand. Comprehensive dermatological resource on skin conditions and treatments. Retrieved from: <https://www.dermnetnz.org>

National Institutes of Health (NIH), PubMed Database. Peer-reviewed medical and dermatological literature. Retrieved from: <https://www.ncbi.nlm.nih.gov/pubmed>

British Association of Dermatologists (BAD). Clinical guidance and patient education leaflets. Retrieved from: <https://www.bad.org.uk>

World Health Organization (WHO). Global health data on skin infections, sun exposure, and UV protection. Retrieved from: <https://www.who.int>

Mayo Clinic. Expert-reviewed articles on dermatological symptoms and conditions. Retrieved from: <https://www.mayoclinic.org>

Journal of the American Medical Association (JAMA) Dermatology. Research papers and clinical updates in dermatology. Retrieved from:
<https://jamanetwork.com/journals/jamadermatology>

INCI Decoder. Ingredient analysis and cosmetic formulation breakdowns. Retrieved from: <https://incidecoder.com>

Paula's Choice Ingredient Dictionary. Skincare ingredient functions and benefits. Retrieved from: <https://www.paulaschoice.com/ingredient-dictionary>

CosmeticsInfo.org. Scientific and safety data on personal care ingredients. Retrieved from: <https://www.cosmeticsinfo.org>