

About KSK Healthcare

KSK Health Care offers a wide range of holistic and integrative therapies designed to support individuals of all ages. Our expert team combines traditional healing techniques such as acupuncture, Panchakarma, and acupressure with modern approaches in neuro-functional rehabilitation, nutrition, and hearing care. We create personalized treatment plans that address chronic pain, neurological and sensory challenges, and overall health, all without relying on drugs or surgery.

Our approach emphasizes personalized care and natural healing. We provide therapies like neuro-acupuncture, deep detoxification Panchakarma, cognitive and behavioral rehabilitation, and comprehensive hearing evaluations. Alongside, we offer tailored nutrition consultations and diagnostic lab tests to ensure precise, effective care. At KSK Health Care, our goal is to restore balance, enhance vitality, and promote physical, mental, and emotional well-being in a compassionate environment.

Our Services

JKSK HEALTH CARE

Holistic Healing Through Integrative Therapies

At **KSK Health Care**, we combine time-tested traditional wisdom with modern therapeutic sciences to bring you **complete healing—body, mind, and energy**.

Each therapy is carefully customized by experienced specialists to suit your individual health needs, ensuring safe, natural, and effective recovery without side effects.



ACUPUNCTURE THERAPIES

At **KSK Health Care**, our acupuncture specialists use evidence-based traditional Chinese medicine techniques to activate the body's natural healing system. Each therapy is tailored to restore energy flow, relieve chronic pain, and balance physical and emotional wellness — without drugs or surgery.

1. Acupuncture Diagnosis & Therapy

An in-depth, energy-based evaluation using traditional Chinese diagnostics followed by precise needling on acupuncture meridians to restore energy balance and stimulate healing.

Best for:

- Chronic pain (back, neck, knee, shoulder)
 - Disc issues & sciatica
 - Menstrual problems, PCOD/PCOS
 - Digestive issues (gas, constipation, IBS)
 - Headaches, sinusitis, allergies
 - Anxiety, stress & sleep disturbances
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2. Neuro-Acupuncture

Advanced Brain & Nerve Stimulation Through Acupuncture

A specialized approach combining classical acupuncture with neuromodulation to target scalp regions, cranial nerves, and spinal segments—enhancing neural communication and brain development.

Best for:

- Autism Spectrum Disorder (ASD)
 - ADHD (Attention Deficit Hyperactivity Disorder)
 - Speech delay & communication challenges
 - Memory problems & brain fog
 - Learning difficulties & poor focus
 - Cerebral palsy & developmental delay
 - Facial/Bell's palsy
 - Migraine & neurological pain
 - Post-stroke rehabilitation
 - Parkinson's disease & dementia
 - Anxiety, depression & emotional dysregulation
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3. Auricular (Ear) Acupuncture

Micro-System Acupuncture Linked to Brain Pathways

Stimulating specific ear points connected to organs and the nervous system, auricular acupuncture supports both acute and chronic health conditions.

Best for:

- Hearing loss (sensorineural & conductive)
 - Tinnitus (ringing in the ear)
 - Vertigo & vestibular imbalance
 - Stress, anxiety & sleep disorders
 - Addiction, cravings & withdrawal
 - Appetite control & weight regulation
 - Pain & inflammation management
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◆ **4. Cosmetic Acupuncture**

A natural rejuvenation therapy that enhances facial circulation, reduces wrinkles, and promotes radiant, glowing skin — without chemicals or injections.

Best for:

- Wrinkles & fine lines
 - Facial sagging
 - Acne, pigmentation
 - Hair thinning
 - Puffy eyes & dark circles
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ACUPRESSURE THERAPIES

At **KSK Health Care**, our expert therapists apply precise pressure to reflex and meridian points to restore balance, detoxify, and stimulate healing. Safe, non-invasive, and effective for all age groups.

◆ **1. Acupressure Therapy**

Finger pressure applied to specific meridian points to relieve blockages, relax muscles, and promote self-healing.

Best for:

- Joint & muscle pain
- Fatigue & weakness
- Menstrual cramps
- Stress & tension headaches
- Indigestion & bloating

◆ 2. Reflexology (Foot & Hand Acupressure)

Applying pressure on reflex zones of the feet and hands that correspond to internal organs to promote systemic balance.

✓ Best for:

- Liver, kidney & digestive issues
 - Hormonal balance
 - Stress & anxiety
 - Detoxification & relaxation
 - Improved sleep & circulation
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◆ 3. Acupressure with Moxibustion Therapy

Combining gentle heat from burning herbal moxa with acupressure to activate energy flow and enhance immunity.

✓ Best for:

- Arthritis & joint stiffness
 - Cold hands & feet
 - Chronic fatigue
 - Digestive weakness
 - Low immunity
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◆ 4. Gua Sha Therapy & Dry Cupping

Ancient detox therapies that improve circulation, release trapped toxins, and ease muscle tension through scraping and suction techniques.

✓ Best for:

- Back & neck pain
 - Sports injuries & stiffness
 - Muscle knots & fatigue
 - Lymphatic drainage & skin glow
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◆ 5. Bloodletting (Blood Detox Therapy)

A traditional technique involving minimal controlled bleeding to release stagnant blood and toxins from the body.

Best for:

- Skin conditions (eczema, acne, boils)
 - Varicose veins
 - High BP headaches
 - Liver & spleen disorders
 - Inflammatory diseases
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PANCHAKARMA THERAPIES

Holistic Wellness for All Ages – Pain Relief, Detox, Mind & Nerve Balance

At **KSK Health Care**, we offer authentic Ayurvedic and Panchakarma therapies that gently detoxify, heal, and rejuvenate the body and mind.

Each session is supervised by Ayurvedic doctors and performed with high-quality medicated oils and herbal formulations.

 **Ideal for:** Chronic pain, arthritis, stress, metabolic imbalance, sensory and behavioral issues in children.

◆ 1. Abhyanga with Swedana (Full Body Massage & Herbal Steam)

A deeply relaxing oil massage followed by herbal steam therapy to eliminate toxins and improve circulation.

Best for:

- Muscle & joint pain
 - Arthritis & stiffness
 - Stress & fatigue
 - Sleep issues & dull skin
 - Weak immunity
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◆ 2. Shira Abhyanga (Ayurvedic Head Massage)

A soothing scalp, neck, and forehead massage that calms the nervous system and improves brain function.

✓ Best for:

- Headaches & migraines
 - Hair fall & premature greying
 - Mental fatigue & anxiety
 - Sleep disturbance
 - ADHD & behavioral issues in children
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◆ 3. Kati Basti with Swedana (Lower Back Therapy with Steam)

Warm herbal oil is pooled over the lower back and followed by steam to nourish spinal and nerve tissues.

✓ Best for:

- Sciatica & disc bulge
 - Lumbar spondylosis
 - Back strain & stiffness
 - Sports injuries
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◆ 4. Janu Basti with Swedana (Knee Joint Therapy with Steam)

Medicated oil retained over the knee joints to relieve pain and improve joint mobility.

✓ Best for:

- Osteoarthritis
 - Ligament strain
 - Post-surgical knee care
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◆ 5. Greeva Basti with Swedana (Neck Therapy with Steam)

Warm oil applied to the cervical spine to reduce pain and stiffness.

✓ Best for:

- Cervical spondylosis
 - Frozen shoulder
 - Neck stiffness
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◆ 6. Pichu Therapy with Swedana (Oil-Soaked Pad Therapy)

A cotton pad soaked in medicated oil placed over the affected region followed by steam for deep nourishment.

Best for:

- Migraine
 - Chronic joint pain
 - Anxiety & hyperactivity in children
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◆ 7. Lepana Therapy with Swedana (Herbal Paste Application)

Warm herbal paste applied to inflamed or painful areas, followed by steam to reduce pain and swelling.

Best for:

- Arthritis & gout
 - Sprains & sports injuries
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◆ 8. Udwarthana with Swedana (Herbal Powder Massage with Steam)

A detoxifying, metabolism-boosting massage using dry herbal powders followed by steam.

Best for:

- Obesity
 - Cellulite & sluggish metabolism
 - Sensory regulation in children
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◆ 9. Shirodhara Therapy (Oil Pouring on Forehead)

A continuous stream of warm medicated oil poured on the forehead to deeply calm the mind and nervous system.

 **Best for:**

- Stress & anxiety
 - Sleep disorders
 - Hormonal imbalance
 - Memory & concentration issues
 - Autism, ADHD & emotional dysregulation
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NEURO-FUNCTIONAL REHABILITATION THERAPIES

Empowering Body, Brain & Behavior – For All Ages

Our **Neuro-Functional Rehabilitation** focuses on improving movement, cognition, communication, and behavior through an integrative, evidence-based approach.

Therapies Include:

- Behavioral Modification Therapy
 - Sensory Integration Therapy
 - Occupational Therapy
 - Physiotherapy & Motor Rehabilitation
 - Speech & Language Therapy
 - Cognitive & Memory Enhancement
 - Swallowing & Oro-Motor Therapy
 - Play & Social Communication Therapy
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HEARING CARE & AUDITORY REHABILITATION

Empowering Better Hearing, Communication & Quality of Life

Our comprehensive hearing care services support individuals from newborns to seniors, combining diagnostics, device fitting, and auditory therapy for holistic communication development.

Services Include:

- Hearing Evaluation & Diagnosis (PTA, OAE, BERA)
- Hearing Aid Trial & Fitting
- Auditory-Verbal Therapy (AVT)

- Aural Rehabilitation Therapy
 - CAPD Evaluation & Therapy
 - Cochlear Implant Therapy
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NUTRITION & WELLNESS SERVICES

Healing Through Food, Fueling Healthy Living

We believe **food is medicine**. Our nutrition plans are designed to complement medical and therapeutic care — supporting recovery, brain health, immunity, and overall vitality.

Specialized Nutrition For:

- Metabolic & Lifestyle Disorders (Diabetes, PCOD, Obesity)
 - Gut Health (IBS, GERD, Acidity)
 - Neurodevelopmental Support (ASD, ADHD, Learning Disorders)
 - Women's Health (Menstrual, Fertility, Menopause)
 - Pain & Inflammation (Arthritis, Gout)
 - Skin & Hair Health
 - Immune System Support & Recovery
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DIAGNOSTIC LAB TESTS

We provide a wide range of laboratory tests for accurate diagnosis and personalized treatment planning.

Tests Available:

- Complete Blood Count (CBC)
- Diabetic Profile (FBS, PPBS, HbA1C)
- Liver Function Test (LFT)
- Lipid Profile (Cholesterol, Triglycerides, HDL, LDL, VLDL)
- Kidney Function Test (Urea, Creatinine, Uric Acid, Electrolytes, RBS)
- Hormonal Profile (T3, T4, Free T4, TSH, LH, FSH, Prolactin, Testosterone, Insulin)
- Infectious Diseases (Malaria, Dengue, Widal, Chikungunya)
- Viral Screening (HIV, HBsAg, HCV, VDRL)
- Urine Routine, Stool Culture, & Other Cultures
- Orthopedic Profile (CRP, RA Factor, Uric Acid)

Dr. Gandrajupalli Swetha, M.SLPA, M.Ac., Ph.D.

Founder and Chief Consultant, Department of Neuro-Speech, Hearing, and Acupuncture
Ph.D. in Neuro-Acupuncture | M.Sc. in Speech-Language Pathology & Audiology | Certified Functional Nutrition Specialist

Founder and Chief Consultant

12+ years 10,000+ patients

Specializations

- Neuro-Speech & Language Disorders
 - Hearing Evaluation & Aural Rehabilitation
 - Neuro-Acupuncture & Acupressure for Brain Development
 - Functional Nutrition for Brain & Cognitive Health
 - Multimodal Therapy for ADHD, Autism & Speech Delay
 - Functional Rehabilitation & Brain Stimulation
 - Stroke & Neuro-Rehabilitation (All Ages)
 - Holistic Integration of Speech, Acupuncture & Nutrition
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Achievements

- Gold Medalist – Academic Excellence
- RCI-Certified Speech-Language Pathologist & Audiologist
- Researcher – National & International Journals
- Ph.D. in Neuro-Acupuncture
- Certified Functional Nutrition Specialist
- Founder – KSK Health Care & Swadhma Essentials
- Director – Prime Health 5D India Pvt. Ltd.
- Conducted 1,000+ Health Awareness Camps Nationwide