

Dr. Amit Nakra

Senior Ayurvedic physician



- ✦ Dr. Amit Nakra is a senior Ayurvedic physician with more than 20 years of experience in Ayurveda
- ✦ He is currently the Director of Nakra Ayurveda Hospitals and Herbals and leads all medical and pharmaceutical activities
- ✦ Dr. Nakra has been dedicating himself to popularizing Ayurveda across the globe since 2001, and has consulted patients in over 50 countries
- ✦ He is an expert in treating terminal diseases, Pharmacology and Rasa Shastra
- ✦ He also helps in managing side effects of chemotherapy, radiation and surgery like oral mucositis, stress, hair loss, leukopenia, nausea / vomiting, diarrhoea, gastritis, pigmentation, weakened immunity, lymphoedema, etc
- ✦ His approach to managing cancer is Integrative and utilizes wisdom gained from Ayurveda, Western Herbology, Aromatherapy, Nutrition, Supplements, Yoga, Pranayama, Meditation, Guided imagery, Visualization and Psychological Counselling combined with conventional cancer treatment for the individual's wellbeing
- ✦ He is a pioneer in applying modern technology to the ancient science of Ayurveda
- ✦ He is also a public speaker and has authored books on Ayurveda