



Dr. Bakshi's Healthcare
Transforming Health

Heart and Blood Circulation

The circulatory system plays a vital function of providing oxygen to every part of our body. Apart from pumping blood effectively, it also delivers oxygen and nutrients to each cell.

Health Conditions

- **Anaemia:** Dizziness, tiredness, shortness of breath, leg cramps, and headache caused due to shortage of red blood cells.
- **Blood Pressure:** Pressure with which the blood flows in the arteries. High blood pressure or hypertension is a risk factor for heart diseases and stroke.
- **High Cholesterol:** Increased deposition of cholesterol in the blood causes risk of heart diseases.
- **Varicose Veins:** These are swollen and enlarged veins, usually blue or dark purple in colour which causes swelling of legs.
- **Atherosclerosis:** Hardening of the arteries due to deposition of plaque, which may restrict the flow of blood. It can cause cardiovascular diseases like heart attacks or stroke.

Holistic Approach

The health of our heart and circulatory system is dependent on diet and lifestyle, proper sleep and healing the gut lining home to a microbiome that helps breakdown nutrients required for nourishment of the heart and circulatory system.

Our units, Holistic and Kaleidoscope, work in collaboration to offer comprehensive programs and customized interventions for chronic lifestyle disorders and emotional wellbeing disruptions.



📍 Centre Address:
32-B, Upper Ground Floor,
Main Pusa Road, Old Rajendra Nagar,
New Delhi-110005

✉ info@dbhc.in
🌐 drbakshishhealthcare.com
☎ 011-43635555

