

medical tourism today

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Why Global Patients Choose India for Affordable, World-Class Healthcare

From cutting-edge medical care to holistic wellness, India is redefining global healthcare. With a medical tourism market projected to reach USD 16.2 billion by 2030, the country is rapidly becoming the destination of choice for patients worldwide.



DR. GAURI AGARWAL
THE FERTILITY
ARCHITECT

AYURVEDA
TOURISM IN INDIA

CRACKING
CANCER'S CODE
DR. TAPASREE ROY

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Kerala Ayurveda Life

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New Delhi 110016

Mob: 9311037517 / 011-41834459

DJ Kerala Ayurveda

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Mob: 9873384428 / 011-40391197

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0422-222 7000, 311 7000 | contact@royalcarehospitals.in | www.royalcarehospitals.in

A NEW CHAPTER IN INDIA'S MEDICAL TOURISM JOURNEY



“Medical tourism is built on trust. Patients need reliable information, transparent processes, accredited providers, and seamless care experiences. As the industry evolves, *Medical Tourism Today* aims to bridge the gap between patients and healthcare providers as a credible platform.”

It gives me immense pleasure to welcome you to the inaugural print edition of *Medical Tourism Today*.

What began a year ago as a dedicated web magazine with a vision to spotlight the evolving landscape of medical tourism has now grown into a bi-monthly print publication. This transition marks not merely a change in format, but a reaffirmation of our commitment to serve an industry that is transforming healthcare beyond borders.

We launch this first print edition at a time when India is steadily strengthening its position as one of the world's most preferred destinations for medical value travel. With its unique combination of advanced clinical expertise, internationally benchmarked healthcare infrastructure, highly skilled specialists, affordability, and holistic wellness traditions, India is redefining how global patients access quality healthcare.

According to industry projections, India's medical tourism market is expected to reach USD 16.2 billion by 2030, reflecting the country's growing prominence in the global healthcare ecosystem. Patients from Asia, Africa, the Middle East, Europe, and beyond are increasingly choosing India not only for specialized medical treatments but also for integrated healing experiences encompassing preventive healthcare, rehabilitation, Ayurveda, Yoga, and other wellness therapies.

However, the growth of medical tourism is not solely about numbers. At its core lies trust. International patients seek reliable information, transparent processes, accredited healthcare providers, and seamless experiences throughout their treatment journey. As the industry evolves, there is a growing need for credible platforms that bridge the information gap between patients and providers.

It is here that *Medical Tourism Today* aims to make a meaningful contribution.

Our vision is to serve as a trusted information platform for global medical value travellers, healthcare providers, policymakers, insurance companies, wellness industry leaders, facilitators, and healthcare innovators. In addition to our print edition, we provide daily updates and insights through our website and social media platforms on the trends, innovations, and developments shaping India's healthcare and medical tourism landscape.

In our forthcoming editions, readers can look forward to comprehensive features on accredited hospitals across India that are actively serving international patients. We will showcase centres of excellence, highlight best practices in patient care, explore emerging treatment trends, and provide valuable insights into the standards and accreditations that define quality healthcare delivery. Our objective is to help international patients and stakeholders make informed choices while recognising institutions that uphold the highest standards of clinical excellence and patient experience.

As the sector continues to evolve, collaboration among stakeholders becomes increasingly important. We therefore extend a warm invitation to hospitals, medical tourism facilitators, wellness centres, specialty clinics, healthcare technology providers, health insurance companies, and allied healthcare organisations to partner with us and be featured in *Medical Tourism Today*.

Being featured in *Medical Tourism Today* offers an opportunity to enhance visibility among a highly targeted audience, strengthen credibility within the industry, and connect with potential partners and patients across international markets.

As we embark on this exciting new chapter, I extend my heartfelt gratitude to our readers, contributors, healthcare leaders, advertisers, and partners who have supported *Medical Tourism Today* since its digital inception. Your encouragement has inspired us to evolve and expand our mission.

May every edition of *Medical Tourism Today* spark meaningful conversations, inspire transformative partnerships, and celebrate the pursuit of healthcare excellence. Together, let us shape a future where the finest care is accessible beyond borders and where healing emerges as a universal language that unites humanity.

We would be delighted to receive your feedback, comments, and suggestions on this issue.

Happy Reading!

Dr. (Hon.) Shinto Kallattu
Editor & Publisher

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Where healthcare businesses, innovators, and decision-makers come together to connect, collaborate, & explore new markets.

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Kussum Girija Sharrma - 9910277736 * kussum.sharrma@round3.in

 Round3 Tradeshow Consulting Pvt Ltd.
 +91 88508 53479  grow@round3.in

 Rajasthan Works Ltd.
 +230 59857186

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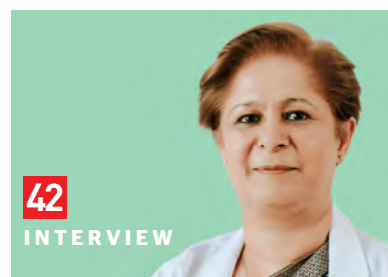
WHY GLOBAL PATIENTS CHOOSE INDIA FOR AFFORDABLE, WORLD-CLASS HEALTHCARE

With the country's medical tourism market projected to reach USD 16.2 billion by 2030, India is strengthening its position as a global hub for integrated healthcare.

By Shinto Kallattu



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EDITOR & PUBLISHER
Dr. (Hon.) Shinto Kallattu

EXECUTIVE EDITOR
Dr. Pilla Meena

RESEARCH EDITOR
Swarnendu Biswas

MARKETING & ALLIANCES
Puneet Rawat

DIRECTOR - OPERATIONS
Dani Jose

MANAGER - MARCOM
Fiyona Scaria

DIGITAL HEAD
Javed Raja

DESIGN & LAYOUT
Foxview Media

OFFICE ADDRESS:
Foxview Media, 156, MG Road,
New Manglapuri, Delhi - 110030
Mob: +91-6238419207
hello@medicaltourismtoday.in
www.medicaltourismtoday.in

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Editor: Shinto Kallattu

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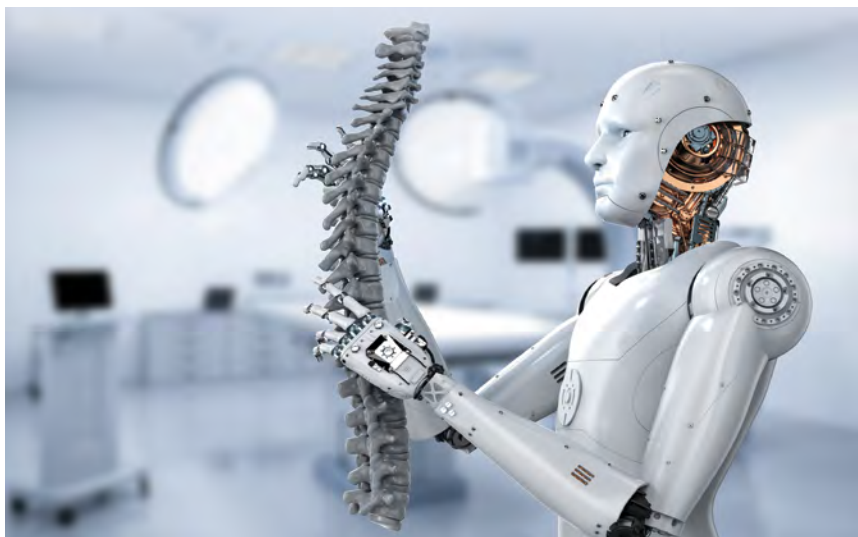
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Healthica Mauritius 2026:

Creating New Pathways for Global Healthcare Collaboration



The global healthcare landscape is witnessing rising healthcare demand, technological advancements, the adoption of preventive wellness, and a need for stronger healthcare access. This is creating new pathways and opening exciting opportunities for cross-border partnerships.

At the centre of this transformation is Mauritius. Today, it is no longer identified as an isolated premium travel destination. It's becoming an emerging hub for healthcare, wellness, and medical tourism.

Healthica Mauritius 2026 brings this vision to life by creating a global platform where healthcare businesses, innovators, investors, and decision-makers come together to explore the next phase of industry growth.



With a strategic location connecting Asia, Africa, and the Indian Ocean region, Mauritius offers healthcare organisations a unique opportunity to access new markets, build partnerships, and expand internationally.

Scheduled for the 8th to 10th of October 2026 in Mauritius, the exhibition will connect medical exporters, pharmaceutical companies, medical device manufacturers, healthcare technology providers, AYUSH brands, wellness companies, hospitals, and industry stakeholders.

A Market Ready for Healthcare Growth

Mauritius' healthcare ecosystem is experiencing a flourishing expansion, driven by infrastructure development, private-sector growth, and government initiatives.

The healthcare sector contributed MUR 26 billion in Gross Value Added (GVA) in 2023, accounting for 4.6% of the country's GDP. Private healthcare infrastructure is also strengthening, with private clinics expanding to reflect growing demand for advanced healthcare services.

The pharmaceutical sector presents another strong opportunity. Mauritius imported approximately MUR 8.5 billion worth of pharmaceutical prod-

ucts in 2023, driven by rising healthcare awareness, growing demand for quality medicines, and reliance on global healthcare suppliers.

Beyond Mauritius, Africa presents a larger healthcare opportunity. With many countries relying on imports for pharmaceuticals and medical technologies, the region continues to create demand for trusted suppliers, manufacturers, and solution providers.

Connecting India's Healthcare Strength with Emerging Markets

India has established itself as one of the world's most important healthcare suppliers. It contributes significantly to global pharmaceutical access and innovation.

With pharmaceutical exports reaching approximately USD 30.47 billion in FY 2024-25 and strong capabilities across generics, medical technology, healthcare services, and wellness solutions, Indian companies are well-positioned to serve growing international markets.

Healthica Mauritius creates a bridge between this capability and emerging healthcare opportunities across Mauritius, Africa, and beyond.

Expanding Opportunities Across Healthcare and Wellness

As healthcare moves from treatment-focused models towards prevention and holistic wellbeing, sectors such as AYUSH, nutraceuticals, wellness, and traditional medicine are witnessing global momentum.



Healthica Mauritius Highlights

AI in Healthcare Operations:

Turning AI adoption into measurable outcomes through smarter workflows, improved efficiency, and data-driven healthcare systems.

Preventive Health: Diagnostics & Nutraceuticals

Advancing early detection, personalised wellness, functional nutrition, and solutions that shift healthcare from treatment to prevention.

Medical Tourism 3.0: Experience-Led Healthcare

Creating new possibilities through specialised treatments, trusted care ecosystems, and seamless patient experiences.

Integrative Healing: AYUSH Meets Demand

Bringing traditional and modern healthcare together through evidence-backed wellness and holistic care solutions.

Next-Gen Surgical Ecosystems: Robotics & MedTech

Transforming surgical care with robotics, precision technologies, advanced devices, and next-generation infrastructure.

Together, these focus areas create opportunities for healthcare companies, innovators, and investors to showcase solutions, explore emerging markets, and build global partnerships.

Why Exhibit at Healthica Mauritius 2026?

For participating organisations, Healthica Mauritius is the 'right time, right place' move to a gateway to new markets.

Exhibitors can:

- Connect with healthcare buyers, distributors, investors, and decision-makers
- Explore business opportunities across Mauritius and African markets
- Build partnerships with hospitals, clinics, and healthcare organisations
- Showcase innovations to an international audience
- Strengthen brand presence in fast-growing healthcare sectors

As healthcare systems worldwide seek better solutions, stronger partnerships, and future-ready innovations, events like Healthica Mauritius 2026 play a critical role in connecting possibilities with opportunities.

For businesses looking beyond borders, the next healthcare opportunity begins here. ●

For early bird offers on stall bookings and enquiries, contact:
Kussum Girija Sharrma - 9910277736 ★ kussum.sharrma@round3.in

📍 Round3 Tradeshow Consulting Pvt Ltd.
📞 +91 88508 53479 ✉ grow@round3.in

📍 Rajasthan Works Ltd.
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Apollo Hospitals Launches Chennai's Largest SMART ACLS Ambulance Network

Apollo Hospitals has launched Chennai's largest network of SMART Advanced Cardiac Life Support (ACLS) ambulances, enhancing emergency and pre-hospital critical care services across the city. Functioning as mobile ICUs, the ambulances provide advanced medical support during patient transport.

The fleet was flagged off at Apollo Speciality Hospitals, Vanagaram, by Madhavoyal MLA P. Rhevanth Charan.

Using digital technology, the SMART ambulances transmit patient vitals directly to hospital emergency teams, allowing doctors to assess cases, coordinate with onboard paramedics, and initiate treatment planning before the patient reaches the hospital.



(Photo credit: facebook/apollochennai)

Apollo said the expansion addresses the rising demand for emergency care in Chennai. Its 1066 emergency service assisted 12,794 patients in the past year, with trauma, cardiac emergencies, and severe respiratory distress among the

most common cases. The fleet will be managed through Apollo's Central Operations Command Center, which oversees dispatches, tracks ambulances, and facilitates physician-led teleconsultations for faster emergency response.



Oval Fertility and Merck Sign MoU to Strengthen Fertility Care Standards in India



At a time when the demand for fertility services is rising across India, Oval Advanced Fertility Care has entered into a Memorandum of Understanding (MoU) with Merck Specialities, the Indian healthcare arm of Merck KGaA, Darmstadt, Germany. The partnership seeks to improve access to fertility care through enhanced clinical expertise, greater transparency, better patient experiences, and the use of technology-led, data-driven solutions.

India's in-vitro fertilisation (IVF) sector, estimated at USD 2.35 billion in 2024, is expected to grow to USD 5.03 billion by 2034 at a CAGR of 7.9 per cent. However, both organisations noted that market growth alone does not guarantee better patient outcomes. The collaboration aims to bridge existing gaps in fertility care through scientific expertise,

evidence-based protocols, digital innovation, and continuous medical education.

Ms. Veena Reddy, Co-Founder and Director, Oval Fertility, said, "When we set out to build Oval, we were clear that we wanted to offer care that goes well beyond the procedure since India's fertility landscape is at an important juncture. The gap between the number of couples who need care and those who actually receive quality treatment remains very wide. The partnership with Merck brings together shared values around transparency, clinical excellence, and putting the patient at the centre of every decision."

Pratima Reddy, Managing Director, Merck Specialities, said, "Fertility care in India is evolving rapidly, with patients seeking greater transparency, a more seamless experience, and stronger confidence in outcomes. As a leader in IVF, Merck is well positioned to partner with progressive care providers to address these expectations through an integrated approach, combining clinical expertise, advanced technologies, and data-driven insights."

Merck said it will contribute its expertise in fertility therapeutics, IVF technologies, and clinical education to support healthcare professionals in delivering evidence-based treatment. Oval Advanced Fertility Care, backed by GVK, offers services such as IVF, IUI, ICSI, preimplantation genetic testing, fertility assessments, and egg and sperm freezing at its Hyderabad centre.

Narayana Health Becomes First in India to Attain HIMSS AMAM Stage 6

Narayana Health has become the first healthcare provider in the Indian subcontinent to achieve HIMSS Analytics Maturity Assessment Model (AMAM) Stage 6 validation. Under the updated AMAM framework, it is also only the second organisation in the Asia-Pacific region to receive this recognition.

The HIMSS AMAM framework assesses how effectively hospitals use data, analytics and artificial intelligence to improve clinical outcomes, operational efficiency and patient experience. Stage 6 signifies an advanced level of maturity, where predictive insights and near real-time intelligence are embedded into routine healthcare delivery.



(Photo credit: facebook / Narayana Healthcity)

The recognition reflects Narayana Health's decade-long investment in building a data-driven ecosystem tailored to the realities of India's cost-sensitive healthcare landscape. Today, its analytics platform supports multiple functions, including patient flow management, bed utilisation, workforce planning and clinical decision-making.

Dr. Devi Shetty, Founder and Chairman of Narayana Health, said, "That reality pushed us to build operational and financial precision into every decision. We gave senior doctors visibility into metrics such as length of stay, procedure material costs, blood transfusions, re-exploration after surgery, mortality, morbidity and infection rates. Over time, this discipline has helped us steadily reduce mortality and morbidity, while improving productivity and keeping care within reach of our patients."

The hospital network has also developed in-house digital tools such as Medha Scribe, which streamlines clinical documentation workflows, while its structured data systems have supported the creation of India-specific predictive models for cardiac care.

According to Narayana Health, the HIMSS assessment also strengthened governance and accountability around analytics deployment, reinforcing its focus on scalable, technology-enabled and patient-centric healthcare delivery.

Telangana Evaluates International Medical Tourism in Public Hospitals

As part of its Tourism Policy 2025–2030, which prioritizes medical and wellness tourism, the Telangana government has initiated steps to assess the potential of attracting international patients to its public healthcare system. Through a Government Order issued on June 6, Health Secretary Christina Z. Chongthu announced the formation of a three-member committee that will study the viability of offering international medical tourism services in government hospitals. The panel has been directed to submit its recommendations within one month.

A major area of focus will be the proposed establishment of a dedicated International Medical Tourism Block at Telangana Institute of Medical Sciences (TIMS), Sanathnagar. The committee will also identify medical, surgical, and diagnostic procedures that could be offered to overseas patients and suggest suitable pricing frameworks or package rates.

Additionally, the panel will recommend support services designed for international visitors, including language interpretation, specialized dietary options, attendant assistance, and other patient-care facilities aimed at enhancing their treatment experience. The committee has also been asked to develop strategies for promoting Telangana as a medical tourism destination in collaboration with the Telangana Medical and Wellness Tourism Promotion Board.



Hoola Health Raises \$5 Million to Expand Paediatric Care Network

Paediatric healthcare startup Hoola Health has secured \$5 million in a funding round led by Peak XV's Surge, with participation from W Health Ventures and angel investors Ashish Gupta, Abhishek Goyal, and Bijou Kurien. Previously known as BabyMD, the Bengaluru-based company was founded in 2024 by Deeksha Senguttuvan and operates child-focused clinics offering consultations, vaccinations, diagnostics, developmental therapies and specialist care.

Hoola Health currently runs five clinics and says it has served over 20,000 families in its first 18 months. The fresh funding will support expansion plans, including the addition of 30 clinics across Bengaluru, Hyderabad and Delhi NCR over the next two years, alongside investments in technology and new services such as paediatric dental care.

Landmark Achievement in Women's Health: India Validates First Homegrown HPV Screening Test

India has successfully validated its first homegrown HPV DNA test for cervical cancer screening, marking a major step forward in the country's efforts to combat one of the leading causes of cancer-related deaths among women.

The findings, published in the *International Journal of Cancer*, showed that Molbio Diagnostics' Truenat HPV-HR Plus met internationally accepted performance standards for cervical cancer screening. The multicentre study involved collaborations between prominent Indian research institutions and global health agencies.

Unlike conventional HPV tests that detect 14 high-risk virus strains, the



Truenat assay focuses on eight HPV types most strongly associated with cervical cancer. Researchers found that this targeted approach maintained high accuracy while reducing the chances of unnecessary follow-up procedures and patient anxiety caused by the detection of low-risk infections. The validation

is expected to support India's expanding cervical cancer prevention initiatives, including HPV vaccination and screening programmes for women aged 30 years and above. As the Truenat platform is already widely used across the country for infectious disease diagnostics, experts believe the HPV test can be integrated quickly into existing healthcare systems, particularly in underserved areas.

The development highlights the growing role of indigenous innovation in strengthening access to affordable and reliable cancer screening solutions, advancing India's long-term goal of eliminating cervical cancer as a public health challenge.



Study Highlights High Financial Burden of Male Infertility Treatment in India

A recent multicentric study published in the *Indian Journal of Medical Research (IJMR)* has drawn attention to the substantial financial burden associated with infertility treatment in India, particularly in cases involving male infertility. Researchers found that couples seeking treatment for male infertility faced out-of-pocket expenses that were almost comparable to those incurred by women undergoing treatment for endometriosis, a condition widely regarded as one of the costliest causes of infertility.

The study reported that the median annual expenditure for endometriosis treatment was Rs 16,943, while treatment for male infertility cost families an average of Rs 16,566 per year. Across all infertility-related conditions examined, the median annual spending stood at Rs 11,317.

Conducted across public and private tertiary healthcare institutions, the research assessed expenses incurred by 500 couples receiving treatment for five common causes of infertility: polycystic ovary syndrome (PCOS), endometriosis, tubal-factor infertility, uterine-factor infertility and male infertility. Male infertility accounted for nearly one-fifth of the diagnoses among participating couples.

According to the researchers, the evaluation and treatment of male infertility often require specialised investigations, including semen analysis, hormonal assessments, genetic testing and, in some cases, surgical procedures. Treat-

ment approaches may involve medications, hormone therapy, sperm retrieval techniques and assisted reproductive procedures such as intrauterine insemination (IUI) and intracytoplasmic sperm injection (ICSI). Beyond direct medical expenses, couples frequently incur additional costs related to travel, accommodation and lost income resulting from repeated hospital visits. The study also highlighted notable differences between public and private healthcare facilities. Couples receiving care at private institutions spent a median of Rs 14,217 annually, compared with Rs 8,355 among those accessing treatment in government hospitals. However, patients relying on public healthcare often faced higher indirect costs because specialised fertility services are largely concentrated in urban tertiary-care centres.

One of the study's most concerning findings was that 59.4% of couples experienced catastrophic health expenditure, defined as infertility-related expenses exceeding 40% of a household's annual non-food spending. With only 1% of participants reporting insurance coverage for infertility treatment, many families depended on savings, loans or borrowed funds to manage the financial demands of care.

The findings underscore the need for broader insurance coverage, stronger public investment and a more inclusive approach to reproductive healthcare that addresses the economic challenges associated with infertility treatment.

Fortis Gurugram Opens India's First Myeloma and Lymphoma Centre of Excellence

Fortis Memorial Research Institute (FMRI), Gurugram, has launched a specialised Centre of Excellence for Myeloma and Lymphoma, which the hospital says is the first facility of its kind in India focused exclusively on these blood cancers. The newly established centre aims to offer comprehensive and personalised treatment by bringing together specialists from multiple disciplines under one roof. Experts in haematology, haemato-oncology, pathology, genomics, radiation oncology, stem-cell transplantation, cellular therapies and clinical research will collaborate to deliver integrated patient care.

According to FMRI, the initiative has been designed to address the increasing complexity of blood cancer management through multidisciplinary expertise, advanced diagnostics and customised treatment pathways.

Dr Rahul Bhargava, Principal Director and Chief, Haematology, Haemato-Oncology and Bone Marrow Transplant at FMRI, highlighted the centre's vision of translating scientific advancements into patient-centric therapies.



(Photo credit: x/fortis_hospital)

“The centre brings together expertise across genomics, genetics, pathology, translational science, haematology, radiation oncology, cellular therapy, CAR-T and clinical research, giving patients access to advanced diagnostics, therapies and clinical innovations,” he said.

Emphasising the role of precision medicine, Dr Shrinidhi Nathany, Consultant, Molecular Haematology and Oncology, noted that genomic technologies are transforming the understanding and treatment of blood cancers.

“Advanced genomic testing allows us to identify actionable mutations, monitor the disease more precisely and connect patients to targeted therapies and clinical trials,” Nathany said.

Yash Rawat, Senior Vice President and SBU Head at FMRI, stated that the centre is expected to become an important referral destination for patients requiring specialised care for myeloma and lymphoma. He added that the facility would also support physician training and contribute to ongoing clinical research in the field.



Agilus Diagnostics Unveils 3-Hour Cancer Mutation Testing System

Agilus Diagnostics has introduced the automated Idylla molecular diagnostics system at its Goregaon laboratory in Mumbai, allowing cancer-related genetic mutations to be identified within 2.5 to 3 hours. The move is expected to speed up clinical decisions and improve access to precision oncology in India.

The cartridge-based Idylla platform integrates sample processing, nucleic acid extraction, amplification and detection into a single automated process. By reducing manual handling, it delivers accurate and consistent results much faster than conventional

molecular testing, which often takes several days.

The system can rapidly detect important cancer biomarkers, including EGFR mutations linked to lung cancer, KRAS and NRAS mutations associated with colorectal and pancreatic cancers, and BRAF mutations found in several tumour types. It also supports testing for emerging biomarkers such as MSI and IDH1/IDH2, which help determine eligibility for targeted and immunotherapies.

Commenting on the launch, Dr Anand K, MD & CEO, Agilus Diagnostics, said, “The future of oncology lies



(Logo courtesy: facebook/agilusdiagnostics)

not just in advanced therapies, but in the ability to deliver fast, accurate diagnoses that can guide treatment decisions in real time. The introduction of the Idylla system at our Goregaon facility significantly enhances our molecular diagnostics capabilities and strengthens our commitment to precision medicine. By enabling rapid access to critical genomic insights, we aim to empower clinicians with timely, actionable information that can improve treatment outcomes and expand access to quality cancer care.”

Navi Mumbai MediCity Set for \$1.2 Billion Investment, 10,000 Jobs After Cleveland Clinic Tie-Up

In a significant step towards strengthening Maharashtra's healthcare infrastructure, the state government has entered into a Memorandum of Understanding (MoU) with Cleveland Clinic, Brookfield Asset Management and Aroddhan Health City to establish the Navi Mumbai International MediCity (NMIMC). The integrated healthcare project is expected to attract investments worth USD 1.2 billion.

Announcing the development on Wednesday, Chief Minister Devendra Fadnavis said the initiative marks an important milestone in Maharashtra's journey to becoming a global centre for healthcare and medical innovation. The project is also expected to create around 10,000 employment opportunities.

Planned across 250 acres in Navi Mumbai, the proposed MediCity will be led by Cleveland Clinic, the internationally renowned healthcare institution based in Ohio, United States. The facility aims to combine advanced patient care, medical education, research, innovation, genomics and artificial intelligence-driven healthcare solutions within a single ecosystem.



(Photos credit: X/Dev_Fadnavis)

According to Fadnavis, the project is envisioned as more than just a healthcare infrastructure initiative. He noted that it is designed to serve as a comprehensive platform that will accelerate medical research, foster innovation and contribute to the advancement of healthcare sciences in India.

The Navi Mumbai International MediCity is expected to emerge as a globally connected healthcare ecosystem that supports not only specialised clinical services but also research activities, skill development and the training of future healthcare professionals. The project will particularly focus on emerging areas such as genomics and AI-enabled healthcare innovation.

With the participation of leading international healthcare institutions and investors, the Navi Mumbai International MediCity has the potential to transform Maharashtra's healthcare landscape. Once operational, the project could play a pivotal role in enhancing medical excellence, driving innovation and reinforcing India's growing stature in the global healthcare sector.

ities, skill development and the training of future healthcare professionals. The project will particularly focus on emerging areas such as genomics and AI-enabled healthcare innovation.

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Healing Beyond Borders: Indian Surgeon Performs Heart Surgery from 20,000 km Away

In a major advancement for telemedicine and robotic surgery, an Indian cardiac surgeon has successfully performed a robot-assisted heart procedure on a patient in Indore while operating from Guyana—nearly 20,000 km away. The feat marks the longest-distance robotic cardiac telesurgery ever recorded.

The procedure connected Georgetown Public Hospital Corporation in Guyana with IRCAD India in Indore, Madhya Pradesh. Renowned robotic cardiac specialist Dr. Sudhir Srivastava carried out a key step of the surgery—Left Internal Mammary Artery (LIMA) takedown—using the India-developed SSI Mantra Surgical Robotic System.

During the operation, Dr. Srivastava operated via a tele-surgeon console in Guyana, while robotic arms in Indore replicated his movements in real time. The system functioned over a high-speed fibre-optic network with a delay of just 290–

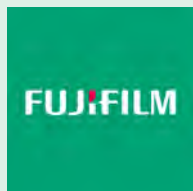
300 milliseconds, enabling smooth and precise surgical control despite the long distance.

This achievement surpasses the earlier record of a 10,000 km robotic telesurgery between Strasbourg and Indore, effectively doubling the distance and setting a new global benchmark in remote cardiac care. The procedure was supported by a specialist medical team in India, including experts from leading hospitals and IRCAD India.

The milestone coincided with Guyana's 60th Independence anniversary celebrations and the launch of its National Robotic Surgery Programme, during which three robotic surgeries were successfully performed on the inaugural day.

Guyana's President Mohamed Irfaan Ali described the development as a significant step forward for healthcare innovation, highlighting its potential to reduce geographical barriers and expand access to advanced surgical care worldwide.

FUJIFILM India Brings AI-Enabled Mammography Technology to NM Medical



FUJIFILM India has installed its AI-powered digital mammography system, AMULET SOPHINITY, at NM Medical's Khar facility in Mumbai, marking the technology's first installation in India. The move supports preventive healthcare and strengthens

early breast cancer detection through advanced imaging.

Breast cancer remains the most commonly diagnosed cancer among Indian women. According to projections from the Indian Council of Medical Research's National Cancer Registry Programme, more than 2.32 lakh breast cancer cases are expected in India by 2025, increasing the need for effective screening and diagnostic solutions.

AMULET SOPHINITY combines artificial intelligence, high-resolution imaging, and workflow-enhancing features to improve diagnostic accuracy while enhancing patient comfort. The system features a 50-micron direct conversion detector with a hexagonal pixel design, delivering high-quality images at lower radiation doses. It also offers tomosynthesis imaging, synthesized 2D imaging, and optional contrast-enhanced digital mammography to support lesion detection and broader clinical applications.

Designed with patient comfort in mind, the system includes a thinner detector with curved edges to reduce pressure during examinations and improve accessibility. Its Comfort Comp feature automatically eases compression pressure after positioning without affecting image quality.

The platform integrates FUJIFILM's REiLi Medical AI technologies, including Intelligent AEC for dose optimization, Positioning MAP for consistent positioning, and AI-supported positioning analysis tools.

Mr. Koji Wada, Managing Director, FUJIFILM India, said the installation reflects the company's commitment to supporting early diagnosis, accessibility, and improved healthcare outcomes through advanced technologies.

Dr. Nilesh Shah, Chairman, NM Medical, said the addition of advanced digital mammography capabilities would strengthen the centre's patient-centric diagnostic services and support early detection. Dr. Shilpa Lad, Consultant Breast Imaging and Interventions at NM Medical, noted that advanced mammography, tomosynthesis, and AI-assisted positioning can improve visualization, consistency, and patient experience during breast screening.

The installation further strengthens FUJIFILM India's presence in the diagnostic imaging sector as it continues investing in AI-enabled healthcare solutions aimed at improving diagnostic efficiency and patient outcomes.

Cloudnine's ₹10,000 Cr Deal Signals Surging Investor Confidence in Indian Healthcare

India's specialized healthcare sector continues to attract strong investor interest, with maternal and child healthcare provider Cloudnine emerging as one of the industry's most closely watched companies. The Bengaluru-headquartered hospital chain is reportedly exploring a major fundraising exercise that could value the company at nearly \$1 billion, underscoring growing confidence among private equity investors in India's healthcare growth story.

transformative acquisition that significantly strengthens its presence in the women's and children's healthcare segment. In May 2026, Kids Clinic India, the operator of Cloudnine Hospitals, signed an agreement to acquire the maternity, fertility, and pediatric care businesses of Apollo Health & Lifestyle.

The transaction, valued at approximately ₹1,550 crore, is expected to expand Cloudnine's footprint across key healthcare markets includ-



The proposed capital raise, estimated at \$200–300 million, is expected to support the company's next phase of expansion while also facilitating the exit of existing investor True North, which has backed the company for more than a decade.

Several leading global investment firms, including Warburg Pincus, KKR, and TPG Capital, are reportedly evaluating the opportunity.

Cloudnine's fundraising efforts come shortly after a

ing Bengaluru, Hyderabad, and Chennai. Beyond expanding capacity, the acquisition is expected to strengthen the company's presence in specialized care and enhance its competitive position in a fragmented healthcare market.

The integration of Apollo's facilities is likely to create one of India's largest dedicated healthcare networks focused on maternal, neonatal, fertility, and pediatric services.

Global Leaders in Women's Health to Convene in Bangkok for GFWH 2026

The global healthcare community will converge in Bangkok, Thailand, on November 23–24, 2026, for the 12th Global Summit on Gynecology, Fertility & Women's Health (GFWH 2026)—a distinguished international forum dedicated to advancing excellence in women's healthcare, reproductive medicine, fertility science, and clinical innovation.

Building upon the remarkable success of its previous eleven editions, GFWH 2026 will welcome an esteemed assembly of gynecologists, obstetricians, reproductive endocrinologists, fertility specialists, embryologists, clinicians, researchers, academicians, healthcare innovators, policymakers, and industry leaders from more than 50 countries. The summit has established itself as a globally recognized platform for fostering scientific dialogue, encouraging interdisciplinary collaboration, and accelerating the translation of research into clinical practice.

Designed to inspire innovation and facilitate meaningful professional engagement, GFWH 2026 will feature an exceptional scientific program comprising keynote addresses by internationally renowned experts, plenary lectures, oral and poster presentations, interactive panel discussions, industry showcases, and specialized networking forums. These sessions will provide delegates with unparalleled opportunities to exchange knowledge, explore emerging trends, and establish strategic collaborations with leading voices in women's health and reproductive medicine.

A key highlight of the summit is the opportunity for participants to earn up to 18 CME Credits, supporting continuing professional development while gaining comprehensive insights into the latest advancements in gynecology, fertility treatment, assisted reproductive technologies, maternal-fetal medicine, women's wellness, and healthcare innovation. Beyond scientific learning, the



conference serves as a catalyst for professional growth, international networking, research dissemination, and cross-sector partnerships.

As healthcare systems worldwide evolve to meet the increasing demand for personalized, evidence-based, and patient-centered reproductive care, GFWH 2026 will provide a timely and influential platform for addressing contemporary challenges, evaluating transformative technologies, and discussing innovative approaches that enhance health outcomes for women across every stage of life.

A Premier Platform for Scientific Excellence

The scientific agenda has been meticulously curated to showcase the most significant developments and emerging breakthroughs across the spectrum of women's health. Covering topics ranging from gynecology, fertility and reproductive medicine to urogynecology, maternal health, menopause management, and dig-

ital healthcare innovation, the program will deliver a comprehensive overview of the current scientific landscape and future directions of the field.

Through a dynamic blend of keynote lectures, plenary sessions, scientific presentations, poster forums, expert-led discussions, and collaborative networking opportunities, attendees will gain access to cutting-edge research, clinical best practices, and transformative ideas that are shaping the future of women's healthcare on a global scale.

Key Scientific Topics Include

- Gynecology and Obstetrics
- Reproductive Medicine and Infertility
- Assisted Reproductive Technologies (ART)
- IVF and Embryology
- Maternal-Fetal Medicine
- High-Risk Pregnancy Management
- Gynecologic Oncology
- Menopause and Healthy Aging
- Urogynecology & Pelvic Floor Disorders
- Endometriosis and PCOS
- Women's Mental Health
- Digital Health and Artificial Intelligence in Women's Healthcare
- Precision Medicine and Personalized Reproductive Care
- Clinical Research and Healthcare Innovation

International Networking and Collaboration

One of the defining features of GFWH 2026 is its strong emphasis on international collaboration. The summit provides an ideal environment for healthcare professionals, researchers, academic institutions, hospitals, fertility centers, medical device companies, pharmaceutical organizations, and healthcare technology providers to establish partnerships and exchange expertise.

Attendees will have the opportunity to engage directly with leading experts, discover emerging research, discuss best

Why Attend GFWH 2026?

- Learn from internationally recognized experts
- Explore the latest scientific and clinical advancements
- Present research to a global audience
- Build international collaborations
- Connect with healthcare leaders from 50+ countries
- Gain CME-accredited educational opportunities
- Discover innovations transforming women's healthcare
- Enhance professional development and career growth

practices, and explore collaborative opportunities that contribute to improving women's healthcare globally.

Opportunities for Researchers and Healthcare Professionals

The conference invites researchers, clinicians, and healthcare professionals to submit abstracts and share their latest findings with an international audience. Accepted abstracts will be presented through oral and poster sessions, providing a valuable platform for professional recognition and scientific dissemination.

Participants may attend as

- Keynote Speakers
- Invited Speakers
- Oral Presenters
- Poster Presenters
- Delegates
- Sponsors and Exhibitors
- Academic and Industry Partners

Bangkok: A Dynamic International Venue

Known for its world-class hospitality, modern healthcare infrastructure, vibrant culture, and excellent international connectivity, Bangkok offers an ideal setting for global scientific exchange. The city's growing reputation as a hub for medical excellence and healthcare innovation makes it a fitting destination for this prestigious summit.

Join the Global Conversation

The 12th Global Summit on Gynecology, Fertility & Women's Health promises to be a landmark event for professionals dedicated to advancing women's health and reproductive medicine. By bringing together leading minds from academia, clinical practice, research, and industry, GFWH 2026 will contribute to shaping the future of healthcare for women around the world.

Conference Details

Conference Full Name: 12th Global Summit on Gynecology, Fertility & Women's Health (GFWH 2026)

Dates: November 23–24, 2026

Venue: Bangkok, Thailand

Website:
www.gynecologyconferences.com

Abstract Submission:
www.gynecologyconferences.com/abstract-submission

Registration:
www.gynecologyconferences.com/registration

Contact Email:
team@gynecologyconferences.com

Join us in Bangkok as we advance innovation, collaboration, and excellence in women's healthcare.



12th GLOBAL SUMMIT ON GYNECOLOGY, FERTILITY & WOMEN'S HEALTH

Advancing Innovation and Excellence
in Women's Healthcare



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 MATERNAL-FETAL MEDICINE

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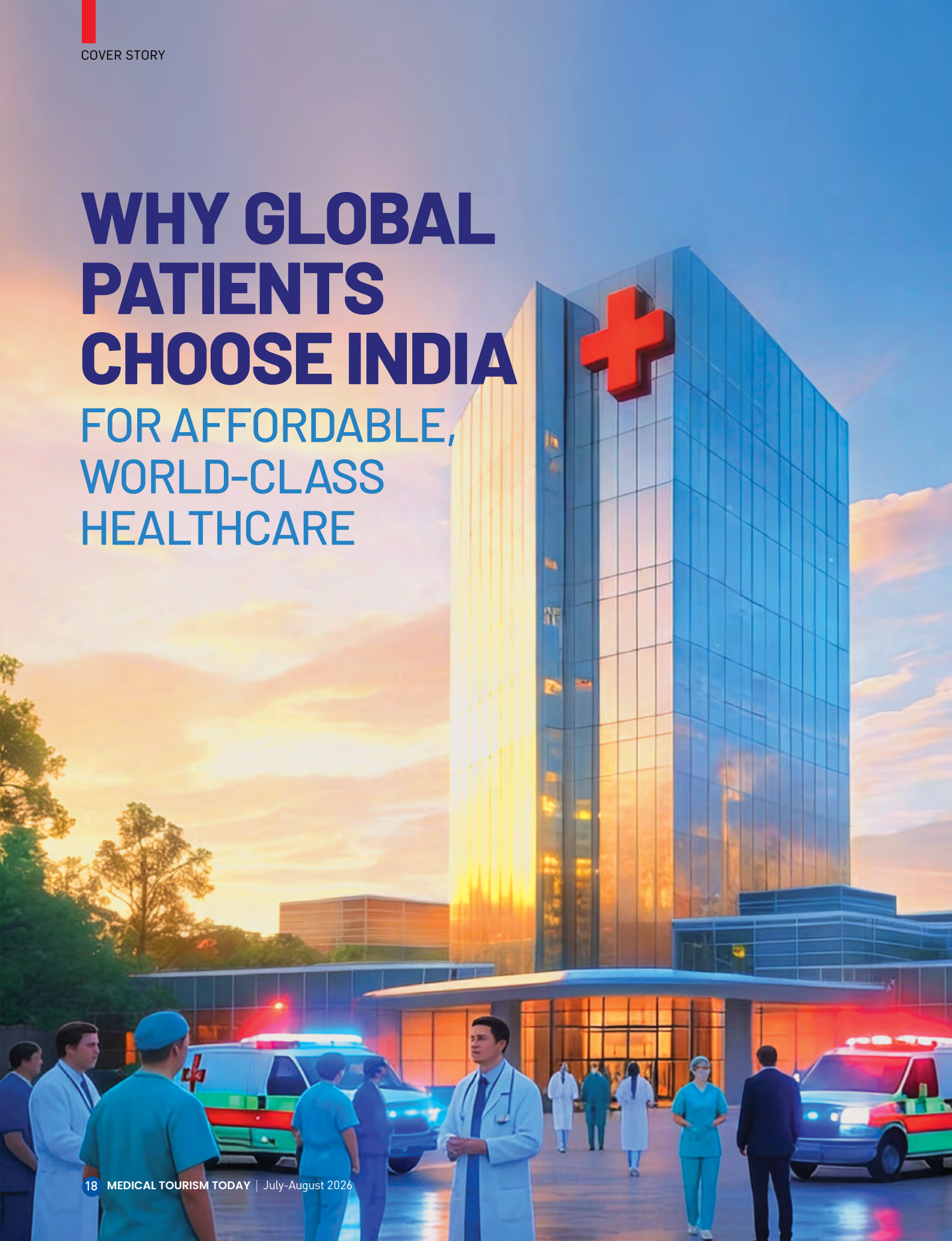
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WHY GLOBAL PATIENTS CHOOSE INDIA

FOR AFFORDABLE,
WORLD-CLASS
HEALTHCARE



India is rapidly emerging as one of the world's leading destinations for medical and wellness tourism, driven by affordable healthcare, advanced medical infrastructure, internationally trained specialists, and traditional healing systems such as Ayurveda and Yoga. With the country's medical tourism market projected to reach USD 16.2 billion by 2030, India is strengthening its position as a global hub for integrated healthcare, attracting patients from across Asia, Africa, the Middle East, and beyond.

By Shinto Kallattu

As healthcare systems around the world struggle with rising treatment costs, growing patient backlogs, ageing populations, and increasing lifestyle-related illnesses, millions of people are looking beyond their national borders for affordable and timely medical care. In this rapidly evolving global healthcare landscape, India is steadily emerging as one of the most attractive destinations for medical value travel, combining advanced medical expertise with traditional wellness systems and cost-effective treatment options.

What was once viewed primarily as a destination for affordable surgeries has now evolved into a broader healthcare and wellness ecosystem. Today, India offers international patients a unique combination of internationally benchmarked hospitals, highly skilled doctors, digital healthcare support, preventive wellness therapies, and holistic recovery experiences. Backed by strong policy support and growing international trust, the country's medical tourism market is projected to expand significantly over the coming years.

According to recent government estimates and industry analyses, India's medical tourism market, valued at

around USD 8.7 billion in 2025, is expected to reach nearly USD 16.2 billion by 2030. The projected growth reflects both the rising global demand for affordable healthcare and India's increasing prominence as a destination for integrated healing and wellness.

A Global Shift Towards Medical Value Travel

Medical Value Travel (MVT), encompassing both medical tourism and wellness tourism, has become one of the fastest-growing segments of the global healthcare and travel industry. Industry estimates suggest that the global medical tourism market, valued at approximately USD 115.6 billion in 2022, could grow to nearly USD 286 billion by 2030.

Several global factors are driving this expansion. In many countries, healthcare costs continue to rise sharply, while patients often face long waiting periods for specialised procedures and elective surgeries. At the same time, chronic illnesses such as diabetes, cardiovascular diseases, cancer, obesity, infertility, and orthopaedic disorders are increasing worldwide, creating sustained demand for accessible and affordable healthcare services.

As a result, patients are increasingly travelling internationally for medical treatment, rehabilitation, wellness

INDIA TODAY HAS A LARGE AND EXPANDING NETWORK OF NABH-ACCREDITED AND INTERNATIONALLY ACCREDITED HOSPITALS, HELPING STRENGTHEN GLOBAL CONFIDENCE IN PATIENT SAFETY AND QUALITY STANDARDS.

therapies, and preventive healthcare programmes. India has emerged as one of the key beneficiaries of this global shift.

India's Transformation into a Healthcare Destination

India's growing reputation in medical tourism is rooted in its ability to provide high-quality healthcare services at comparatively affordable costs while maintaining internationally recognised clinical standards.

The country has developed a strong healthcare ecosystem supported by:

- modern multispecialty hospitals,
- internationally trained doctors,
- advanced diagnostic and surgical technologies,
- skilled nursing and paramedical staff,
- and expanding digital healthcare infrastructure.

India is particularly recognised for specialised treatment areas such as:

- cardiology and cardiac surgery,
- oncology,
- orthopaedics and joint replacement,
- neurology and neurosurgery,
- organ transplantation,
- fertility treatment,
- cosmetic and reconstructive surgery,
- ophthalmology,
- dental procedures,
- and minimally invasive surgeries.



In recent years, several Indian hospitals have also expanded their adoption of robotic-assisted surgeries, precision diagnostics, AI-enabled healthcare systems, and telemedicine platforms, helping improve patient outcomes and continuity of care.

A major advantage for international patients remains the overall affordability of healthcare in India. Treatments and procedures are often available at significantly lower costs compared to many developed healthcare markets, while offering access to qualified specialists and advanced treatment facilities.

The Rise of Integrated and Holistic Healthcare

One of India's most distinctive strengths in medical tourism is its ability to combine modern medicine with traditional wellness systems.

The country's healthcare tourism strategy increasingly focuses on integrated healing, where clinical treatment is complemented by preventive wellness, rehabilitation, mental well-being, and recovery support. Through the government's "Heal in India" initiative, India is positioning itself as a destination not only for medical procedures but also for holistic healthcare experiences.

India's traditional healthcare systems under AYUSH — Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy — continue to attract growing international interest. Wellness travellers from Europe, North America, the Middle East, Africa, and Asia are increasingly seeking therapies focused on stress management, detoxification, chronic disease management, pain relief, and preventive healthcare.



States such as Kerala, Uttarakhand, Karnataka, Goa, and Maharashtra have emerged as important wellness tourism centres due to their established Ayurveda retreats, yoga institutes, naturopathy centres, and wellness resorts.

Recognising the growing global demand for traditional therapies, the Government of India introduced a dedicated AYUSH Visa in 2023. The initiative enables foreign nationals and their attendants to travel specifically for recognised AYUSH treatments and wellness programmes in India.

Expanding Healthcare Infrastructure and Accreditation

India's medical tourism growth has also been supported by substantial expansion in healthcare infrastructure across major metropolitan centres.

Cities such as Delhi, Mumbai, Chennai, Bengaluru, Hyderabad, Ahmedabad, Kochi, Pune, Kolkata, and Nashik have become major medical tourism hubs, offering advanced tertiary healthcare facilities and internationally benchmarked treatment protocols.

India today has a large and expanding network of NABH-accredited and internationally accredited hospitals, helping strengthen global confidence in patient safety and quality standards. Many healthcare institutions catering to international patients also provide dedicated international patient services, including multilingual support staff, travel coordination, visa assistance, and customised recovery programmes.

In addition to hospital infrastructure, diagnostic centres, rehabilitation facilities, wellness resorts, and digital health services are also expanding rapidly, contributing to a more integrated medical tourism ecosystem.

Government Initiatives Driving Growth

The Indian government has been actively promoting medical and wellness tourism through several policy measures and institutional initiatives.

The "Heal in India" campaign aims to strengthen India's global positioning as a trusted healthcare destination by improv-

INDIA'S GLOBAL POSITION IN MEDICAL TOURISM

India's position in the global medical tourism industry has continued to strengthen in recent years, supported by rising international patient inflows and growing investments in healthcare and wellness infrastructure.

India currently ranks among the world's leading medical value travel destinations and remains one of the top healthcare and wellness hubs in the Asia-Pacific region, according to industry assessments and government data. The country's medical tourism market is estimated at around USD 8.7 billion in 2025 and is projected to nearly double to USD 16.2 billion by 2030.

Government and industry estimates indicate that more than 5 lakh foreign patients visited India for medical treatment in 2025, while the broader medical value travel ecosystem – including wellness tourism and AYUSH-

based therapies – continues to expand rapidly.

Industry experts attribute India's growing international recognition to several key strengths, including:

- Cost-effective treatment compared to Western countries
- Expanding multi-speciality healthcare infrastructure
- Internationally accredited hospitals and skilled specialists
- Strong pharmaceutical and diagnostics capabilities
- India's leadership in Ayurveda, Yoga and wellness tourism
- Shorter waiting periods for advanced procedures
- Increasing adoption of digital healthcare and telemedicine

Government-led initiatives such as "Heal in India," medical visa reforms, and the "Incredible India" campaign are also helping improve India's visibility as a global destination for healthcare and wellness services.



TELEMEDICINE PLATFORMS, DIGITAL CONSULTATIONS, ELECTRONIC MEDICAL RECORDS, AI-ASSISTED DIAGNOSTICS, AND REMOTE PATIENT MONITORING ARE HELPING HOSPITALS IMPROVE CONTINUITY OF CARE FOR INTERNATIONAL PATIENTS.



ing coordination between healthcare providers, tourism stakeholders, and government agencies.

The National Medical & Wellness Tourism Promotion Board has been established to facilitate collaboration between ministries, state governments, hospitals, and the private sector to improve international patient services and promote India globally.

Other important focus areas include:

- digital facilitation for international patients,
- streamlined visa processes,
- improved accreditation systems,
- international branding and outreach,
- and patient-friendly healthcare services.

Under the Union Budget 2026–27, the government also announced plans to establish five Regional Medical Hubs across the country. These integrated hubs are expected to combine healthcare delivery, medical education, research, wellness services, AYUSH centres, hospitality support, and medical tourism facilitation under a unified framework.

In parallel, efforts are being made to strengthen skill development within the ecosystem. Healthcare support staff, paramedical workers, tourism professionals, and patient coordinators are increasingly being trained in foreign languages and cross-cultural communication to improve patient experience.

Medical Tourist Arrivals Continue to Grow

India's growing healthcare reputation is reflected in the rising number of international patients visiting the country.

According to the latest available government estimates for 2025, India recorded approximately 5,07,244 foreign arrivals specifically for medical treatment, accounting for around 5.5 per cent of total inbound foreign tourist arrivals during the year.

Neighbouring and developing countries continue to contribute a significant share of medical travellers to India. Bangladesh remained the largest source market, followed by countries such as Iraq, Uzbekistan, Somalia, Turkmenistan, Oman, and Kenya.

Industry observers also note increasing patient inflows from regions including: Africa, Central Asia, the Gulf region, Southeast Asia, and selected developed countries seeking specialised or cost-effective treatment options. India's geographic proximity, cultural familiarity, English-speaking healthcare professionals, and relatively shorter waiting periods continue to support its appeal among international patients.

Digital Healthcare & the Future of International Patient Care

Digital transformation is becoming an increasingly important pillar of India's medical tourism ecosystem.

Telemedicine platforms, digital consultations, electronic medical records, AI-assisted diagnostics, and remote patient monitoring are helping hospitals improve continuity of care for international patients.

Many hospitals now offer:

- Virtual pre-treatment consultations,
- Online second opinions,
- Digital medical record sharing,
- Remote post-treatment follow-ups,
- International patient coordination services.

Initiatives under the Ayushman Bharat Digital Mission and Unified Health Interface are expected to further strengthen interoperability and digital patient management systems in the coming years.

Industry experts believe that digital healthcare integration could become a major competitive advantage for India as international patients increasingly seek seamless and connected healthcare experiences.

Challenges and Competition

Despite strong growth potential, India's medical tourism industry also faces several challenges. Competition from countries such as Thailand, Singapore, Turkey, Malaysia, and South Korea continues to intensify, particularly in areas such as patient experience, hospitality integration, international marketing, and streamlined healthcare facilitation.

Industry stakeholders have also highlighted areas requiring continued attention, including:

- Visa processing efficiency
- Pricing transparency
- Infrastructure gaps in smaller cities
- Unified facilitation services
- Stronger global branding

Geopolitical uncertainties and fluctuations in international travel patterns can also influence patient inflows from key source markets.

Experts believe that sustained investment in patient safety standards, international accreditation, hospitality integration, digital infrastructure, and global outreach will be critical for India to maintain long-term competitiveness.

Economic Impact Beyond Healthcare

Medical tourism is increasingly contributing not only to healthcare growth but also to India's broader economy. Government estimates indicate that the travel and tourism sector contributed around 5.22 per cent to India's GDP in FY24 and supported nearly 8.46 crore direct and indirect jobs.

The expansion of medical tourism creates opportunities across multiple sectors, including:



- Hospitals and healthcare services
- Hospitality and hotels
- Aviation and transportation
- Pharmaceuticals
- Wellness and AYUSH centres
- Tourism services
- Diagnostics
- Healthcare technology

The sector also strengthens India's soft power globally by enhancing its reputation as a destination associated with healthcare, wellness, hospitality, and healing traditions.

India's medical tourism sector is undergoing a significant transformation. What began as a cost-driven healthcare alternative has evolved into a broader ecosystem that combines medical expertise, wellness traditions, digital innovation, and patient-centred care.

The country's ability to integrate advanced clinical treatment with preventive and holistic healthcare gives it a distinctive position in the global medical tourism landscape. Backed by expanding infrastructure, policy support, growing international recognition, and strong wellness traditions, India is steadily strengthening its role as a preferred destination for healthcare travellers from around the world.

While challenges related to competition, facilitation, and infrastructure remain, the long-term outlook for the sector appears highly promising. If current momentum continues, India could emerge over the next decade not only as a major medical tourism market, but also as one of the world's most influential centres for integrated healing and wellness. ●

INDUSTRY EXPERTS BELIEVE THAT DIGITAL HEALTHCARE INTEGRATION COULD BECOME A MAJOR COMPETITIVE ADVANTAGE FOR INDIA AS INTERNATIONAL PATIENTS INCREASINGLY SEEK SEAMLESS AND CONNECTED HEALTHCARE EXPERIENCES.



Shinto Kallattu is the Editor and Publisher of *Medical Tourism Today* and a recipient of an honorary doctorate in visual communication. With a current focus on advancing healthcare content publishing, he is a designpreneur, content curator, and ideas-to-impact creator who leverages strategy, storytelling, and design to build strong brands and foster meaningful conversations.



AFFORDABLE MIRACLES

How India's IVF Clinics are Redefining Fertility Tourism

In recent years, India has emerged as a global leader in the field of fertility treatments, particularly in in-vitro fertilization (IVF). Couples from all over the world are now turning to India for IVF treatments due to the country's world-class healthcare infrastructure, highly skilled doctors, affordability, and cutting-edge technology.

By **MTT Research Team**

IVF, a medical procedure that helps individuals and couples overcome fertility challenges, has transformed the lives of millions. As more and more couples face difficulties in conceiving, India's IVF clinics are offering hope and providing solutions that are both effective and affordable.

India's IVF industry has seen an exponential rise over the past few decades, becoming a major hub for medical tourism. The growth of IVF clinics in India can be attributed to several factors, including medical advancements, internationally recognized fertility specialists, affordability, and the increasing number of couples seeking IVF treatments from abroad.

In-vitro fertilization (IVF) procedures in India has gained immense popularity due to the country's lower treatment costs compared to Western nations. Countries like the United States, the United Kingdom, and Australia offer IVF treatments at much higher prices, whereas in India, the same procedures are available for a fraction of the cost. The affordability factor has led to a significant influx of international patients, particularly from countries where healthcare costs are prohibitive.

India's IVF industry has garnered international recognition for its quality of care and success rates. The country boasts some of the most advanced IVF clinics equipped with state-of-the-art technology and highly trained fertility experts. Over the years, India has developed a reputation for producing excellent results in IVF, with many clinics achieving success rates comparable to or even higher than those in developed countries.

Additionally, India's progressive approach to fertility treatments, including egg freezing and fertility preservation, has attracted a growing number of patients. Clinics in India are known for their personalized care, warm hospitality, and a patient-centric approach that helps alleviate the emotional stress associated with fertility treatments. Several key factors have contributed to India

becoming a fertility hub for couples around the globe. Let's explore these factors in detail:

Affordable IVF Treatment Costs

The affordability of IVF treatments in India is perhaps the most significant factor driving medical tourism. In many developed countries, the cost of an IVF cycle can run into thousands of dollars, with treatment fees, medications, and consultations all adding up. In contrast, IVF treatments in India are offered at a fraction of the cost. On average, an IVF cycle in India typically costs between US\$1,200 and US\$4,500, depending on the clinic, city, and treatment requirements.

The cost difference makes India an attractive destination for international patients seeking affordable IVF treatments. For many patients, the lower cost of treatment in India not only makes IVF financially feasible but also allows them to undergo multiple cycles if needed, increasing their chances of a successful pregnancy.

In addition to affordability, India offers high-quality healthcare infrastructure that rivals the best in the world. Fertility clinics in major cities like Mumbai, Delhi, Bangalore, and Chennai are equipped with the latest technology and operated by highly experienced specialists. This combination of quality care and affordability makes India a top destination for IVF treatments.

World-Class IVF Clinics & Expertise

India is home to some of the most advanced IVF clinics globally. These clinics are known for their state-of-the-art facilities, the use of the latest medical technology, and highly trained fertility specialists.

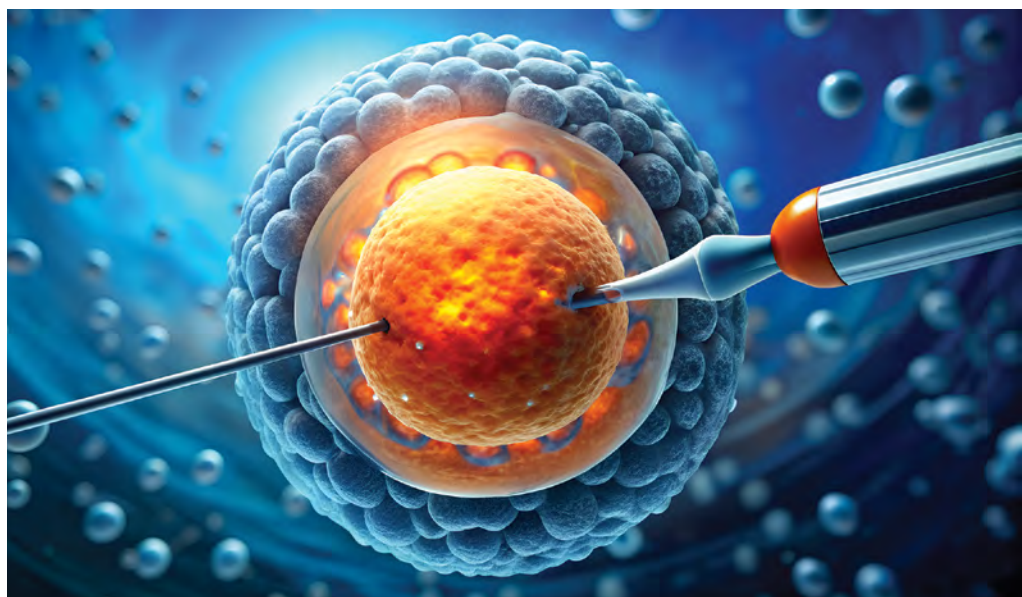
Many of India's top IVF clinics are internationally accredited, ensuring that patients receive care that meets global standards.

Fertility specialists in India are often trained at prestigious medical institutions around the world, including in the United States and Europe. Many of these specialists have decades of experience in reproductive medicine and are known for their expertise in performing complex procedures such as egg retrieval, embryo transfer, and embryo freezing.

Furthermore, many IVF clinics in India have high success rates, with some clinics reporting success rates of 40-60% per cycle for women under 35, which is comparable to the success rates of fertility clinics in Western countries. This high success rate, combined with the affordability factor, makes India an attractive destination for patients seeking IVF treatments.

Cutting-Edge Technology and Advanced Treatments

India's IVF clinics utilize the latest technology in assisted reproductive technologies (ART) to ensure the highest chances





es of success. Clinics offer a wide range of treatments, including:

- **Intrauterine Insemination (IUI):** A less invasive fertility treatment often recommended before IVF.
- **Intracytoplasmic Sperm Injection (ICSI):** A procedure used to overcome male infertility.
- **Egg and Sperm Donation:** Clinics offer both egg and sperm donation services for couples facing infertility issues.
- **Egg Freezing and Fertility Preservation:** Many IVF centers in India offer egg freezing for women who want to delay childbirth.
- **Pre-implantation Genetic Testing (PGT):** PGT is a procedure used to test embryos for genetic disorders before implantation. This technology helps reduce the risk of passing on genetic conditions.

Many of India's IVF clinics also offer personalized treatment plans for patients, considering their specific needs and medical history. Clinics provide holistic care, addressing both the physical and emotional needs of patients, ensuring a more comfortable & supportive journey throughout the IVF process.

High Success Rates

The success rates of IVF treatments in India are comparable to or even better than those in developed countries. Clinics in India use cutting-edge technologies such as genetic screening, cryopreservation, and advanced embryo culture techniques to increase the chances of success. Many clinics have reported success rates of 40% to 60% per IVF cycle, especially among women under 35, making IVF in India an attractive option for couples.

Success rates, however, can vary depending on factors such as the woman's age, the quality of the eggs, sperm, and the specific IVF procedure used. Despite these variables, India's IVF clinics have a strong track record of helping couples conceive, with many clinics offering transparent reporting of their success rates to help patients make informed decisions.

Legal Framework and Ethical Considerations

India has established a comprehensive regulatory framework for assisted reproductive technologies (ART), ensuring that fertility treatments are conducted

in a safe, ethical, and transparent manner. The country's legal guidelines help safeguard the interests of patients while promoting high standards of medical practice across fertility clinics.

Regulations governing fertility treatments provide clear protocols for patient care, donor programs, laboratory standards, and clinical procedures, fostering accountability and quality throughout the treatment journey. These measures are designed to enhance patient confidence and ensure adherence to ethical principles in reproductive healthcare.

This strong regulatory environment, combined with advanced medical expertise and a commitment to ethical practices, has contributed to India's reputation as a trusted destination for fertility treatments among both domestic and international patients.

Cultural Sensitivity and Hospitality

India's culture of warmth, hospitality, and respect for diverse cultures makes it a welcoming place for international patients. Fertility clinics in India are sensitive to the needs of foreign patients, offering services in mul-

multiple languages and ensuring a culturally appropriate environment. Many IVF centers have international offices to assist overseas patients with travel, accommodation, and medical coordination, making the process easier and more convenient.

India's IVF clinics attract patients from all over the world, particularly from countries like the United States, the United Kingdom, Australia, the Middle East, and other parts of Asia. In many Western countries, IVF treatments can be prohibitively expensive, and some insurance companies do not cover fertility treatments. In contrast, the affordability of IVF in India, combined with high success rates and advanced medical technology, has made India a preferred destination for fertility tourism.

The rise of fertility tourism in India has also led to an increase in the number of international patients seeking IVF treatments, egg and sperm donation, fertility preservation, and other advanced reproductive services. Patients from across the globe are drawn to India for its unique combination of high-quality healthcare, advanced medical technology, affordability, and personalized patient care.

The Beacon of Hope Helping Couples Achieve Parenthood

India's IVF clinics have become a beacon of hope for couples who are struggling with infertility and seeking advanced fertility treatments. With world-class healthcare infrastructure, cutting-edge technology, experienced fertility specialists, and affordable treatment options, India offers an attractive destination for couples worldwide. As the demand for IVF treatments continues to rise, India's position as a global leader in fertility treatments is only set to grow.

For many couples, IVF is the last step in their journey to parenthood, and India's IVF clinics have made that dream a reality for countless families. By offering hope, high-quality care, and affordable options, India has established itself as the go-to destination for IVF and fertility treatments, bringing joy to millions of couples across the world.

India's IVF journey reflects how medical innovation, affordability, and compassionate care can transform lives and build families. What began as a niche medical service has now evolved into a thriving global hub for fertility treatments, attracting patients from every corner of the world. The combination of world-class expertise, advanced technol-



ogy, and significantly lower costs makes India a unique destination where couples can access the highest standards of reproductive healthcare without financial barriers.

The success of India's IVF clinics also lies in their holistic approach. Beyond medical procedures, they provide emotional support, personalized treatment plans, and cultural sensitivity—essentials for couples navigating one of the most challenging phases of their lives. With success rates matching or surpassing those of developed countries, and a clear legal and ethical framework in place, India has secured international recognition as a trusted leader in assisted reproductive technologies.

As the demand for fertility solutions continues to grow globally, India is poised to strengthen its role as a beacon of hope for childless couples.

Ultimately, India's IVF industry is more than a medical achievement—it is a human story of resilience, compassion, and possibility. By bridging affordability with excellence, India has given countless families the chance to realize the dream of parenthood, reaffirming its place on the global map as a leader in reproductive medicine. ●





THE FERTILITY ARCHITECT

HOW DR. GAURI
AGARWAL BUILT
SEEDS OF INNOCENS
INTO ONE OF INDIA'S
MOST TRUSTED IVF
NETWORKS

*Infertility is more than a diagnosis — it is an emotional journey for millions of couples, especially in a society where parenthood carries deep cultural meaning. At the intersection of science and empathy stands **Dr. Gauri Agarwal**, a fertility specialist and founder of Seeds of Innocens, reshaping IVF care in India. With over 15 years of experience and international training in Belgium and Singapore, she has built one of the country's fastest-growing fertility networks by combining global clinical standards with personalized care — turning uncertainty into hope and hope into parenthood.*

*In an interview with **Medical Tourism Today**, Dr. Agarwal shares her perspective on ethical IVF care, patient counselling and the future of fertility treatment.*

Q Dr. Gauri, your journey spans more than 15 years in gynecology and infertility, with international training in Belgium and Singapore. What inspired you to specialize in IVF, and how has your global experience shaped your clinical philosophy in India?

A Dr. Gauri: My journey into IVF evolved naturally through years of gynecology practice. I met many couples who were medically fine but emotionally distressed by infertility, especially due to social pressures in India. That deeply impacted me.

My training in Belgium and Singapore exposed me to a more ethical, evidence-based, and patient-centric approach, where IVF is seen not just as a procedure but as a partnership with the patient. Those global experiences shaped my philosophy in India to focus on personalized care, transparency, and compassion rather than a one-size-fits-all approach. Balancing international standards with sensitivity to Indian social realities continues to guide my work.

Q Seeds of Innocens was founded in 2015 and has expanded to more than 35 IVF centres. What motivated you to create it, what challenges did you face initially, and what has driven its growth over the years?

A Seeds of Innocens was founded to bring trust, care, and advanced technology to infertility treatment in India. In 2015, IVF was often inaccessible or inconsistent, so our goal was to create a safe, ethical, and supportive environment.

Early challenges included standardizing labs, training teams, and earning patient trust while expanding. Our growth was fueled by unwavering clinical integrity, cutting-edge technology, and patient-first care, including investing in advanced labs, genetic testing, digital tracking, and counselling.

Today, our credibility is driven by patient trust and outcomes. Success, transparency, and consistent outcomes — not aggressive marketing — have made Seeds of Innocens a trusted name in fertility care.

Q Seeds of Innocens is the first IVF lab in India and the only one in North India to establish an in-house Centre of Excellence for Reproductive Genetics. How does this differentiate your centres from other IVF providers in the country?

A Reproductive genetics is the future of IVF, and we recognized this early. Many IVF failures stem from genetic issues, not hormones or implantation. By creating an in-house Centre of Excellence, we



Seeds of Innocens views infertility not as a limitation but as a medical condition that deserves expert care, compassion, and scientific support. Founded by Dr. Gauri Agarwal, the vision is to make fertility treatment accessible, personalized, and affordable for everyone.

With over 35 centres across India, Africa, and the Middle East, the organization provides a comprehensive range of fertility services, including IVF, IUI, ICSI, fertility preservation, and donor programmes, carefully tailored to each couple's unique journey.

Seeds of Innocens is the first IVF organization in India to receive AACI accreditation — a testament to adherence to global quality standards. The in-house genetic lab, Genestrings, enables the team to address complex fertility challenges and strive for healthier outcomes for both parents and children.

Innovation lies at the core of the organization's approach. Through the tech-enabled platform HomeIVF.com, consultations, diagnostics, and treatments are brought directly to patients' homes, offering privacy, convenience, and personalized care.

Seeds of Innocens remains committed to turning hope into happiness — one family at a time.

bring genetic testing, analysis, and clinical decision-making under one roof, enabling real-time collaboration between clinicians, embryologists, and geneticists. This means faster results, higher accuracy, and better patient outcomes. With advanced services like Preimplantation Genetic Testing, we can select the healthiest embryos, offering hope to patients facing repeated IVF failures, recurrent pregnancy loss, or advanced maternal age.

Q You have a research collaboration with the University of Ghent, Belgium. How has this partnership influenced clinical outcomes?

A Our partnership with the University of Ghent goes beyond collaboration — it

keeps us at the forefront of reproductive science. By exchanging research and clinical insights, we refine lab protocols, adopt globally validated practices early, and strengthen our evidence-based approach. This directly enhances patient safety, treatment outcomes, and overall success rates.

Q Laboratory quality is critical in IVF. Could you explain the infrastructure and technology standards across your centres?

A In IVF, the lab is truly the heart of treatment — no doctor can compensate for a poorly equipped laboratory. At Seeds of Innocens, our embryology labs meet international standards, with controlled clean-room environments where temperature, air quality, humidity, and light are constantly monitored. HEPA- and VOC-filtered air protects embryos from toxins, and all equipment mimics natural body conditions.

We maintain uniform protocols, strict quality control, and calibrated equipment across all centres, ensuring consistent care and success. Our expert embryologists follow ICMR and global best practices, with every step — from egg retrieval to embryo transfer — carefully documented and optimized for outcomes.

Q IVF is evolving rapidly with technology at its core. What are some of the latest technological advancements currently being used at your clinics to enhance success rates and patient safety?

A IVF has evolved tremendously with technology, making treatments safer, more precise, and personalized. At Seeds of Innocens, we use time-lapse embryo monitoring to select the best embryos without disturbing them, advanced micromanipulation like ICSI for male infertility, and preimplantation genetic testing for chromosomally healthy embryos.

Patient safety is ensured through individualized ovarian stimulation, advanced ultrasound, and precise hormone monitoring. Every technology we use is carefully tailored to each patient's history and needs to maximize success.

Q Artificial Intelligence is increasingly influencing reproductive medicine worldwide. How is AI being leveraged at SOI and Genestrings — particularly in embryo selection, data analysis, and improving clinical decision-making?

A At Seeds of Innocens and Genestrings, AI is a supportive tool, not a decision-maker. In embryo selection, it

analyzes growth patterns and morphology to identify embryos with higher implantation potential, but final choices are made by our expert embryologists in the context of each patient's history.

At Genestrings, AI aids in interpreting complex genetic and lab data, highlighting patterns for clinicians, but clinical reasoning and personalization remain essential. For treatment decisions, AI helps organize data and reduce bias, yet every patient's journey is unique.

At SOI, success comes from combining advanced technology with compassionate, doctor-led care. AI enhances our precision, but human expertise guides every step.

Q With increasing maternal age and complex infertility cases, how does technology help manage high-risk IVF cases while maintaining ethical and clinical safety standards?

A With more patients seeking fertility treatment at advanced ages or with complex histories, technology is key to managing high-risk IVF safely and ethically. At Seeds of Innocens, we use genetic screening, hormonal profiling, and high-resolution imaging to assess each patient's reproductive potential.

Tools like PGT-A help identify healthy embryos, reducing miscarriage risk, while real-time monitoring during ovarian stimulation prevents complications. Every plan is personalized, guided by strict ethical standards, transparency, and informed consent, ensuring not just pregnancy but a healthy mother and baby.

Q How advanced are your egg, sperm, and embryo freezing techniques, and how do they benefit both domestic and international patients?

A At Seeds of Innocens, we use cutting-edge vitrification to freeze eggs, sperm, and embryos. This ultra-rapid method preserves cells effectively, ensuring survival and success rates on par with global standards. It empowers women and men to safeguard fertility for medical, age-related, or personal reasons.



*Seeds of Innocens IVF Centre,
Malviya Nagar, Delhi*

For international patients, it offers flexibility — safe storage and transport allow treatment to fit around travel or work. Simply put, cryopreservation gives our patients time, choice, and confidence without compromising outcomes.

Q Could you walk us through the typical IVF treatment process – from initial consultation and diagnosis to treatment timelines and post-procedure follow-up?

A At Seeds of Innocens, the IVF journey starts with understanding the couple's medical histories, concerns, and expectations. We then perform thorough diagnostics like hormonal tests, ultrasounds, semen analysis, and genetic tests if needed.

Based on the findings, we create a personalized plan. Ovarian stimulation lasts 8–12 days with regular monitoring, followed by egg retrieval and fertilization in our advanced labs. Embryos are carefully cultured and selected, with transfer scheduled when the uterus is ready. The embryo transfer is simple and painless.

Post-transfer, we provide continuous medical and emotional support through pregnancy testing and beyond. Our focus is always on making the process transparent, compassionate, and reassuring for our patients.



Q Affordability and transparency are key concerns for fertility patients. How do you approach IVF treatment costs while maintaining high clinical standards, and what cost advantages do domestic and international patients experience at your centre in India?

A At Seeds of Innocens, affordability never compromises safety or scientific standards. IVF is an emotional journey, and financial stress shouldn't add to it. We ensure full transparency from day

one — patients know the treatment plan, medications, investigations, and costs upfront, with no hidden charges.

Clinically, every protocol is personalized and evidence-based, avoiding unnecessary tests or overtreatment. India's lower operational costs allow us to offer world-class care at a fraction of Western prices. International patients can save 60–70% while receiving the same or even higher quality of treatment, making IVF accessible without compromise.

Patient Testimonials

Overcoming Infertility with Ovarian PRP

Identified Issue:

Simran and Sameer, after their marriage, had been trying to conceive for four years without success. Seeking guidance and hope, they booked an appointment at our Delhi centre and consulted Dr. Kriti Tiwari. After the initial blood investigations, it was evident that Simran had a low AMH level of 0.2 ng (Anti-Müllerian Hormone), one of the most common issues faced by women at an advanced reproductive age.

Solution Offered:

They had a strong desire to conceive their own child, so we suggested ovarian PRP (Platelet-Rich Plasma) therapy as an option. We performed two ovarian PRP therapies,

after which her AMH improved to 0.4. Ovarian PRP stimulates the ovaries to produce eggs for fertilization and is a helpful procedure for women who have low egg quality.

Treatment Cycle:

During the ovarian PRP process, we closely monitored Simran's progress, after which we started ovarian stimulation. After 10 days, Simran underwent ovum pick-up, and we retrieved three good-quality eggs. Meanwhile, Sameer's semen sample was collected, and our skilled embryologist initiated the ICSI (Intracytoplasmic Sperm Injection) process. Despite several challenges, we were able to form a single Grade 5 embryo.

The Transfer and Awaited Outcome:

The embryo transfer was performed, marking the beginning of Simran and Sameer's parenthood journey. The pregnancy test kit brought a ray of hope as it displayed a positive result, which was later confirmed by the beta-hCG report.

Conclusion:

After nine months, Simran and Sameer finally achieved their dream of parenthood. Their IVF journey served as a testament to the effectiveness of ovarian PRP in overcoming infertility challenges and turning the dream of parenthood into reality.

Scan the QR code
to listen to the
patient's feedback





Q Medical tourists form a growing segment in fertility care. What kind of end-to-end support – medical, logistical, and emotional – do you offer to international patients seeking IVF and fertility treatments at your centres?

A At Seeds of Innocens, we support international fertility patients end-to-end (medically, logistically, and emotionally). Medically, we review reports in advance, plan treatments remotely, and ensure their stay in India is smooth and efficient.

Logistically, our team helps with visas, airport transfers, accommodation, and hospital coordination so couples can focus on treatment. Most importantly, we provide emotional care — our doctors, nurses, and counselors take time to listen, guide, and reassure at every step, because true healing begins when patients feel heard and supported.

Q For international patients, time efficiency is critical. How do digital tools, telemedicine, and AI-enabled consultations help streamline diagnosis, treatment planning, and follow-ups across borders?

A For international patients, time is crucial in fertility care. Telemedicine

lets us review reports, plan treatment, and start protocols even before the patient travels, reducing unnecessary visits and delays.

AI helps analyze data for better decisions in stimulation, embryo selection, and outcome prediction, but always under expert clinician guidance. Digital follow-ups keep patients connected for medication support, monitoring, and reassurance anywhere in the world. Technology brings speed and precision, while the human touch ensures trust — this balance defines modern fertility care.

Q AI is also transforming patient engagement. Have you introduced digital tools or AI-enabled platforms for patient education, counselling, follow-ups, or treatment tracking — especially for international patients?

A At Seeds of Innocens, technology supports but never replaces our care. We use digital platforms for appointments, treatment tracking, reminders, and follow-ups, especially for international patients, to keep them connected and informed.

Fertility treatment is deeply personal and emotional. No AI can replace a doctor's judgment or the human connection during counselling. Every plan,

protocol, and embryo decision is personally reviewed by our specialists. AI only helps organize data; the care is always doctor-led.

Q Your philanthropic work, including women's health education in rural NCR regions and adopting a village near Mathura, is deeply impactful. How do these initiatives align with your broader vision for reproductive and community healthcare in India?

A For me, fertility care isn't just about urban clinics. Many infertility issues in India are preventable and are caused by a lack of awareness, delayed treatment, infections, anemia, or hormonal disorders.

Our initiatives in rural NCR and the village near Mathura focus on educating women and families about menstrual health, nutrition, hygiene, and early diagnosis. Through health camps, screenings, and counselling, many women receive their first gynecological consultation. This reflects my vision of community-based reproductive healthcare: prevention, education, and timely intervention to reduce infertility and improve long-term health.

Q For couples who are unable to conceive after initial attempts, what preliminary steps and evaluations should ideally be completed before



considering IVF or advanced fertility treatments?

A IVF shouldn't be the first step — it should be the right step. Start with a thorough evaluation of both partners: hormonal tests, ovulation checks, ultrasounds, and tubal tests for women, and semen analysis for men.

Lifestyle matters too — stress, weight, nutrition, sleep, and conditions like thyroid or insulin issues. Many conceive naturally once these are addressed. At Seeds of Innocens, we focus on personalized fertility planning, reserving IVF only when simpler, evidence-based options don't work.

Q Looking ahead, what is your long-term vision for Seeds of Innocens and Genestrings — both in India and globally, and how do you see India's role evolving as a leading destination for fertility care and medical tourism?

A My long-term vision is to create a seamless ecosystem of advanced fertility care, genetics, and ethical medical practice. Seeds of Innocens will grow as a centre of excellence in reproductive medicine, while Genestrings will enhance personalized, precise care through genetics.

India has a unique chance to lead globally not just with cost-effective care

but through skilled doctors, advanced labs, and compassionate, patient-focused treatment. Our goal is to set the benchmark for world-class fertility care that patients trust.

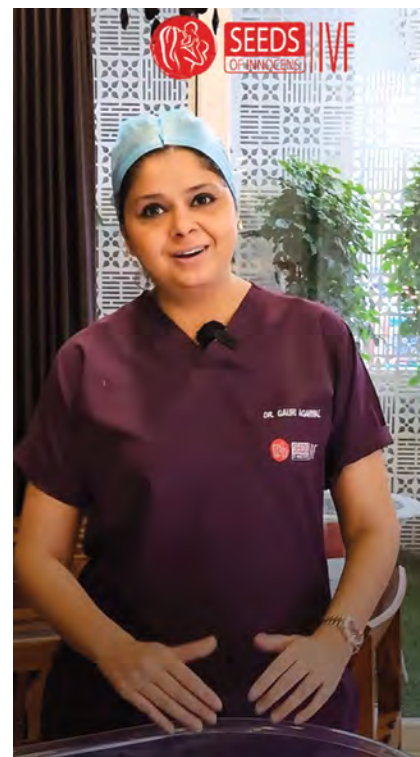
Q Finally, looking to the future, what emerging technologies — AI, machine learning, non-invasive embryo testing, or advanced genomics — do you believe will redefine IVF success over the next five to ten years, and how is Seeds of Innocens preparing for this shift?

A The future of IVF is about precision, not automation. Advanced genomics, non-invasive embryo testing, and improved assessment techniques will help us better understand embryo health and improve success rates. AI can assist with data, but it cannot replace a doctor's clinical judgment; timing, protocols, and patient history always matter.

At Seeds of Innocens, we invest in technology and training, but everything is guided by our experienced clinicians. Technology supports the doctor; it never replaces them.

Closing Statement:

Infertility treatment is not just about technology; it is about trust, timing,



and individualized care. At Seeds of Innocens, every patient's journey is guided by medical expertise, ethical practice, and genuine compassion. Our goal is simple — to help couples make informed decisions and move closer to parenthood with confidence and clarity. ●

(Photos provided by Dr. Gauri Agarwal)

Patient Testimonials

Overcoming Low Sperm Count for Preeti and Rohan

Preeti and Rohan, a couple enduring a decade-long struggle to conceive, sought assistance at our Delhi centre. Under the expert guidance of Dr. Gauri Agarwal and Dr. Kriti Tiwari, the couple decided to embark on their journey toward parenthood.

Identification of Issue:

Initial investigations were conducted at our Delhi centre. Rohan's semen sample displayed a low sperm count of 10 million with 30% motility — a major obstacle to conception. Our medical team decided to take a comprehensive approach to address this challenge.

Solution Offered:

For a healthy pregnancy, it is important to optimize sperm quality. This can be

improved to a certain extent by including high-quality hormonal injections and medications for both partners.

Treatment Cycle:

Preeti's ovarian stimulation was started on the second day of her menstrual cycle and supported with stimulation injections. Simultaneously, Rohan was prescribed antibiotics, hormonal injections, and lifestyle modifications to improve sperm quality. Following 12 days of stimulation, a successful ovum pick-up was performed, and the doctors were able to retrieve a promising number of eggs. Rohan's semen analysis was repeated at home using our Home Semen Test service, and it demonstrated a notable improvement, with the sperm count increasing to 15 million and motility improv-

ing to 40%. Using the semen sample and eggs, our skilled embryologist proceeded with Intracytoplasmic Sperm Injection (ICSI) and successfully developed two Grade 5 embryos.

Conclusion:

Both embryos were transferred into Preeti's uterus. After 15 days, Preeti and Rohan contacted us with good news — their pregnancy kit showed a positive result, which we confirmed with a beta-hCG test. As Preeti and Rohan continue their journey toward parenthood, our dedicated team remains committed to supporting them as they prepare to welcome their newborn.

Scan the QR code
to listen to the
patient's feedback



Healing Beyond Borders **The International Patient Journey to India**



Every year, thousands of people leave their home countries in search of treatment, recovery, and a better quality of life. Behind every medical journey is a personal story shaped by hope, determination, and the desire for better health. As international healthcare becomes increasingly accessible, India has emerged as a destination where patients seek not only specialised treatment but also support throughout every stage of their journey. From the first inquiry to long-term recovery, the patient experience has become a defining element of India's growing global healthcare presence.

By **Swarnendu Biswas**

For many international patients, the journey to India begins long before they board a flight. Faced with rising healthcare costs, limited access to specialised care, or long waiting periods in their home countries, patients increasingly explore treatment options beyond their borders. For thousands every year, that search leads to India.

Behind every medical traveller is a deeply personal story—a heart patient seeking a second chance, a couple pursuing fertility treatment, a cancer patient searching for advanced care, or someone hoping to regain mobility after years of pain. While every experience is unique, many international patients follow a similar path from inquiry to recovery.

The First Step: Searching for Answers

Today's healthcare travellers are more informed than ever before. Most begin their journey online, researching hospitals, specialists, treatment outcomes, and patient experiences.

Many compare multiple countries before making a decision. Recommendations from family members, friends, physicians, and former patients often play an important role in building confidence. For many, the ability to communicate directly with hospitals and specialists before travelling provides reassurance and helps answer critical questions about treatment options, expected outcomes, and recovery timelines.

Seeking Expert Opinions Before Travel

Advances in digital healthcare have transformed the way patients plan treatment abroad.

Before making travel arrangements, many international patients share medical records electronically and participate in virtual consultations with specialists. These interactions allow doctors to review reports, provide preliminary assessments, and recommend treatment pathways.

Early engagement helps patients understand what to expect before arriving in India while enabling hospitals to prepare personalised treatment plans in advance. For those facing complex medical conditions, access to expert second opinions often becomes a key factor in their decision-making process.

Planning the Journey

Once a treatment plan is finalised, attention turns to logistics.

Patients and their families begin arranging travel, accommodation, documentation, and caregiver support. Many healthcare providers now offer dedicated international patient services that assist with appointment scheduling, treatment coordination, and administrative guidance. Travelling for healthcare can be



challenging, particularly for patients undergoing major procedures. Clear communication and organised planning help reduce uncertainty and create a smoother experience from the outset.

Arrival and First Impressions

The experience upon arrival often shapes a patient's perception of the entire healthcare journey.

International patients are typically supported by hospital coordinators who assist with registration, consultations, diagnostic evaluations, and treatment scheduling. Having a single point of contact can simplify what might otherwise be an overwhelming process.

Family members accompanying patients also play an important role during this stage. Their comfort, accommodation arrangements, and overall experience contribute significantly to patient confidence and peace of mind.

Treatment and Clinical Care

The treatment phase is naturally the most important part of the journey.

International patients travel to India for a broad range of healthcare needs, including cardiac procedures, cancer treatment, orthopaedic surgeries, fertility care, organ transplantation, neurological interventions, ophthalmology, and other specialised services.

Beyond the procedure itself, many patients value the opportunity to inter-

act closely with their medical teams and receive clear explanations regarding treatment plans, recovery expectations, and long-term care. For individuals dealing with serious illnesses, trust in the treating team often becomes just as important as the treatment itself.

Recovery Beyond the Hospital

Medical treatment is only one chapter of the patient experience. Recovery and rehabilitation have become increasingly important components of international healthcare travel. Depending on the procedure, patients may spend days or weeks focusing on physiotherapy, follow-up consultations, mobility improvement, or general recuperation before returning home.

Some choose to extend their stay to allow additional recovery time in a comfortable environment, while others participate in wellness programmes designed to support physical and emotional well-being during the healing process. This period often provides patients and their families with an opportunity to regain confidence before resuming normal life.

Staying Connected After Returning Home

The patient journey does not end at the airport. Many hospitals now maintain ongoing communication through virtual consultations, digital medical records, and remote follow-up services. Patients can remain connected with their doctors, discuss progress, review test results, and seek guidance without travelling internationally again.

FOR INTERNATIONAL PATIENTS, THE JOURNEY TO INDIA REPRESENTS A CAREFULLY PLANNED EXPERIENCE THAT BEGINS WITH A SEARCH FOR ANSWERS AND CONTINUES THROUGH TREATMENT, RECOVERY, AND LONG-TERM FOLLOW-UP

This continuity of care is particularly valuable for patients managing long-term conditions or recovering from major procedures. The ability to maintain contact with healthcare providers after returning home contributes significantly to patient confidence and satisfaction.

The Power of Patient Stories

Perhaps the most influential ambassadors for medical tourism are former patients themselves.

Satisfied patients frequently share their experiences with friends, relatives, colleagues, and online communities. These personal recommendations often inspire others facing similar health challenges to explore treatment options abroad. In many cases, one successful patient journey leads to many others, creating networks of trust that extend across countries and communities.

A Journey Built on Trust

At its core, medical tourism is about far more than travelling for treatment. It is about seeking hope, expertise, reassurance, and a path toward better health.

For international patients, the journey to India represents a carefully planned experience that begins with a search for answers and continues through treatment, recovery, and long-term follow-up. As healthcare becomes increasingly global and interconnected, patient experience is emerging as one of the most important factors shaping medical travel decisions.

The healthcare destinations that combine clinical excellence with seamless patient support will be best positioned to earn the trust of healthcare travellers in the years ahead. India's growing appeal among international patients reflects not only the quality of its medical services but also its ability to support patients at every stage of their healing journey. ●



Swarnendu Biswas is a Delhi-based journalist and research writer with over two decades of experience and more than 1,000 published articles and features to his credit. He has experience writing on a wide range of topics, including travel, lifestyle, hospitality, healthcare, and medical tourism.

Beyond Surgeries and Suites:

Why India's Medical Tourism's Next Leap Will Be Won on Digital Continuity



India's medical tourism—now increasingly framed as “Medical Value Travel” (MVT)—is entering a higher league. World-class clinicians, high-volume hospitals, cost advantages, and steadily improving hospitality have already made India a preferred destination for complex procedures and elective care alike. The market momentum is clear: government-linked projections place India's MVT at US\$13.42 billion by 2026, and the entry pathway has widened through e-medical and e-medical attendant visas for nationals of 171 countries. Patient inflow is already substantial, with 1,31,856 Foreign Tourist Arrivals (FTAs) for medical purposes recorded between January and April 2025—about 4.1% of total FTAs during that period.

Yet beneath this growth curve sits a stubborn bottleneck that quietly slows decision-making, weakens trust, and increases system costs—especially for cross-border patients: medical records.

Every international patient journey begins with a simple requirement: “Please share your complete history.” Before a surgeon confirms a plan or a hospital schedules treatment safely, clinicians must review a reliable longitudinal record—prior diagnoses, medications, allergies, imaging, laboratory results, procedures, and discharge summaries. In practice, that “history” often arrives fragmented: PDFs scattered across emails, WhatsApp photos of prescriptions, missing radiology reports, expiring portal links, and inconsistent formats across hospitals and countries. The result is predictable—delayed case

confirmation, repeated diagnostics, slower treatment planning, avoidable medication risks, and a patient experience that feels uncertain at the very moment the patient is making a high-stakes decision far from home.

This is where **MyDigiRecords (MDR)** becomes strategically relevant to India's next phase of medical tourism. MDR positions itself not as another wearable dashboard, but as a patient-controlled health record and sharing layer designed to consolidate and organise clinical information and make it available when needed. In a medical tourism workflow, MDR's role is direct: converting scattered paperwork into a structured, portable record pack that can be shared with hospitals and facilitators before travel, accessed during treatment, and retained for continuity of care after the patient returns home.

The differentiator is not “more data”; it is better access to, and usability of, the right data. MDR emphasises offline access and emergency access—practical advantages when connectivity is unreliable or urgent information is required in unfamiliar settings. It also prioritises security through ISO 27001-aligned encryption, a credibility signal when patients are transferring sensitive documents across borders. On interoperability, MDR's certified integration with the Ayushman Bharat Digital Mission (ABDM) reflects alignment with India's national digital health direction—an ecosystem that has already reported crore ABHA accounts and lakhs of registered health facilities.

MDR also promotes **SmartVitals**, a smartphone-based facial scan feature intended to provide wellness indicators without the need for wearables—useful for device-light monitoring and remote follow-up when the patient has returned home.

DR. SAROJ GUPTA

FOUNDER & CEO - MYDIGIRECORDS



Dr. Saroj Gupta brings over two decades of clinical practice and academic leadership to MyDigiRecords. A Harvard graduate with professorships at Harvard Medical School, the

University of Missouri Kansas City, and the University of Maryland, she combines medical expertise with entrepreneurial vision. As a seasoned entrepreneur who has successfully launched multiple startups, Dr. Gupta serves on boards of several non-profit organizations and advises multiple technology companies. An internationally recognized speaker on digital health innovation, she is committed to democratizing healthcare access through technology.

As India's medical tourism market scales, premium differentiation will come not only from surgical excellence, but from continuity—how seamlessly a patient moves from inquiry to arrival, from admission to discharge, and from discharge to safe recovery across borders. The next winners will not merely treat patients well; they will move information flawlessly.

Because in modern medical tourism, the real luxury isn't the room. It's certainty—delivered through complete records, trusted sharing, and care that doesn't end at the airport.

In that future, platforms like MyDigiRecords are not competing with hospitals; they are competing with friction—turning fragmented files into a coherent narrative, and turning a one-time cross-border treatment into a safer, more trusted patient relationship. ●

INDIA'S TOP HEALTHCARE SPECIALITIES FOR INTERNATIONAL PATIENTS

India's healthcare sector has become a major draw for international patients seeking advanced medical care across a wide range of specialties. From life-saving cardiac and cancer treatments to complex transplants, fertility care, and wellness therapies, the country offers a unique combination of clinical expertise, modern technology, and cost-effective treatment. The following specialties have played a key role in establishing India as one of the world's most sought-after medical tourism destinations.

By **MTT Research Team**



India's rise as a global medical tourism powerhouse is rooted in its ability to deliver complex, high-quality treatments across multiple specialties under one healthcare ecosystem. What distinguishes India is not only cost advantage, but also clinical depth, technological adoption, and the integration of tertiary care with rehabilitation and long-term follow-up. Below is an in-depth look at the major treatment categories attracting international patients to the country.

Cardiac Surgery

Cardiac care remains one of India's strongest specialties and a primary driver of inbound medical travel. Over the past two decades, Indian cardiac centers have evolved into high-volume institutions performing thousands of complex heart procedures annually. Surgeons are extensively trained in both conventional and minimally invasive techniques, often having completed fellowships in North America or Europe.

Procedures such as coronary artery bypass grafting (CABG), valve repair and replacement, angioplasty with drug-eluting stents, and transcatheter interventions are performed using advanced cath labs and hybrid operating theaters. In addition, heart transplant programs operate in select super-specialty hospitals with multidisciplinary transplant teams that manage everything from donor coordination to long-term immunosuppressive care.

The country's strength lies not only in surgical expertise but also in affordability and rapid scheduling. Patients who face long waiting times in their home countries often find that they can undergo surgery in India within weeks, accompanied by structured cardiac rehabilitation programs.

Orthopedic Surgery

India has developed a global reputation in orthopedics, particularly in joint replacement and spine surgery. High surgical volumes have enabled surgeons to refine minimally invasive approaches that reduce tissue damage and speed up recovery.

Knee and hip replacements are frequently performed using computer navigation and robotic-assisted systems to improve alignment precision. Revision joint replacements—often required when earlier implants fail—are another area of specialization. Spine surgery, including procedures for disc prolapse, spinal stenosis, and deformity correction, is widely available at advanced spine centers. For sports injuries, arthroscopic surgery allows ligament reconstruction and cartilage repair with minimal hospital stays. Comprehensive physiotherapy and rehabilitation support are integral to orthopedic programs, ensuring patients regain mobility efficiently before returning home.

Cancer Treatment

India's oncology sector has expanded rapidly, combining advanced diagnostics with multimodal cancer therapy. Leading cancer institutes offer comprehensive services that include medical oncology, surgical oncology, radiation oncology, and palliative care within a single facility.

Modern radiation therapy technologies such as intensity-modulated radiation therapy (IMRT), image-guided



radiation therapy (IGRT), stereotactic radiosurgery, and in select centers, proton therapy, are available. Chemotherapy regimens are increasingly guided by molecular diagnostics and tumor profiling, allowing more personalized treatment strategies. Immunotherapy and targeted therapies are also being integrated into mainstream oncology care.

What makes India attractive for cancer patients is the ability to receive complex treatment protocols at significant-

ly lower costs while maintaining global standards of care. Additionally, supportive care services, including nutritional counseling and psycho-oncology, are integrated into many treatment programs.

Neurosurgery

Neurosurgery in India spans a wide spectrum, from brain tumor removal to complex spinal cord interventions. Advanced neuro-navigation systems, intraoperative MRI, and real-time monitoring technologies enhance surgical precision and safety.

Brain tumor surgeries are often performed using minimally invasive and microsurgical techniques. Deep Brain Stimulation (DBS) is available for movement disorders such as Parkinson's disease, offering life-changing improvements in quality of life. Epilepsy surgery programs evaluate and treat patients with drug-resistant seizures using multidisciplinary neurological assessment.

Indian neurosurgical centers also treat traumatic brain injuries and congenital neurological conditions, providing both acute surgical care and long-term neuro-rehabilitation.





Cosmetic and Aesthetic Surgery

India has emerged as a cost-effective yet sophisticated destination for aesthetic procedures. Cosmetic surgery centers are equipped with modern operating theaters and adhere to international safety protocols.

Procedures such as facelifts, rhinoplasty, liposuction, and body contouring are performed by trained plastic surgeons using refined techniques to ensure natural-looking results. Hair transplantation, particularly follicular unit extraction (FUE), has become one of the most sought-after services due to high expertise and competitive pricing.

International patients often combine aesthetic treatments with short recovery stays in wellness-friendly environments, making the experience both clinical and restorative.

Organ Transplantation

Organ transplantation in India operates under a regulated legal framework and is concentrated in accredited tertiary hospitals. Kidney and liver transplants are the most common, with outcomes that match international standards. Heart and bone marrow transplants are also available at specialized centers.

Multidisciplinary transplant teams manage pre-transplant evaluations, surgical procedures, and post-operative monitoring. Long-term follow-up, including immunosuppressive therapy management, is carefully coordinated.

The relative cost advantage, combined with surgical expertise, makes India a viable option for eligible international patients.

Bariatric Surgery

As obesity-related conditions rise globally, bariatric surgery has become a significant area of medical travel. Indian surgeons perform gastric bypass, sleeve gastrectomy, and other metabolic procedures using laparoscopic and robotic techniques.

Beyond weight reduction, these surgeries often lead to improvement in diabetes, hypertension, and sleep apnea. Structured pre-surgical assessments and post-operative nutritional counseling are integral parts of treatment programs, ensuring long-term success.

Infertility Treatment

Reproductive medicine is another rapidly expanding specialty in India. Fertility clinics are equipped with advanced embryology laboratories that maintain strict quality controls.

In vitro fertilization (IVF) and intracytoplasmic sperm injection (ICSI) are commonly performed, with success rates comparable to international benchmarks. Fertility preservation techniques such as egg and sperm freezing are increasingly popular, especially

among patients delaying parenthood or undergoing cancer treatment.

Comprehensive fertility evaluations, hormonal assessments, and genetic screening are integrated into treatment plans. The presence of experienced reproductive endocrinologists and transparent cost structures makes India a strong contender in global fertility tourism.

Dental Treatments

Dental tourism in India thrives due to advanced dental technologies and affordability. Multi-specialty dental clinics offer comprehensive services ranging from implants and cosmetic smile design to complex root canal treatments.

Digital dentistry tools, including 3D imaging and computer-aided design/manufacturing (CAD/CAM), allow precise and efficient procedures. Short treatment timelines make dental care especially appealing for international visitors.

Eye Care and Surgery

India has long been recognized for excellence in ophthalmology. High surgical volumes in cataract removal, LASIK refractive surgery, retina repair, and corneal transplantation contribute to strong clinical outcomes. Advanced laser platforms and premium intraocu-





lar lenses enhance visual results. Many eye hospitals also offer specialized care in glaucoma management and pediatric ophthalmology.

Stem Cell Therapy

Stem cell therapy and regenerative medicine are evolving fields in India. Certain accredited centers provide therapies for orthopedic injuries, neurological disorders, and cardiovascular conditions under regulated protocols.

Research institutions are actively exploring new applications in regenerative medicine. While patients are advised to seek treatment at reputable centers, the growing research base makes India an emerging player in this domain.

Ayurvedic and Alternative Treatments

India's medical tourism appeal is uniquely strengthened by its traditional healing systems. Ayurveda, yoga, meditation, and naturopathy are often integrated with modern medical care, particularly for chronic diseases and stress-related disorders.

Panchakarma detoxification programs and wellness retreats attract patients seeking holistic healing. These therapies focus on restoring balance and promoting preventive health, adding a distinctive dimension to India's healthcare offerings.

Spinal Surgery

Dedicated spine centers in India treat degenerative conditions, deformities, and traumatic injuries. Procedures such as disc replacement, spinal fusion, and scoliosis correction are performed using minimally invasive approaches where possible.

Advanced imaging and navigation systems enhance surgical precision, while structured rehabilitation programs ensure optimal recovery.

Gastrointestinal Surgeries

Gastrointestinal and hepatobiliary surgeries are widely available in India's tertiary hospitals. Laparoscopic gallbladder removal, hernia repair, colorectal surgeries, and advanced bariatric procedures are routinely performed.

These surgeries not only restore physical form but also improve functional outcomes and psychological well-being. Rehabilitation, physiotherapy, and counseling often form part of comprehensive care.

A Comprehensive Healthcare Destination

India's medical tourism success lies in its breadth of specialities, advanced infrastructure, skilled professionals, and affordability. By combining cutting-edge modern medicine with holistic wellness traditions, the country continues to redefine itself as a comprehensive, patient-centered global healthcare destination. As global healthcare becomes increasingly interconnected, India continues to strengthen its posi-



Enhanced recovery protocols reduce hospital stays and accelerate return to normal activity, making these treatments appealing to international patients.

Plastic and Reconstructive Surgery

Beyond aesthetics, India is a destination for complex reconstructive procedures. Burn reconstruction, cleft lip and palate correction, and post-trauma reconstruction are performed by multidisciplinary teams.

tion as a trusted destination for patients seeking specialized medical treatment. Its ability to deliver diverse healthcare solutions—from highly complex procedures to preventive and wellness-focused care—has created a compelling value proposition for international patients. With continuous investments in medical innovation, clinical excellence, and patient support services, India is well placed to remain a leading hub for cross-border healthcare in the years ahead. ●

INTERVIEW

BEYOND THE CURE

Dr. Bhawna Sirohi's Vision for Patient-Centric Cancer Care in India



With over three decades of experience across India and the UK, **Dr. Bhawna Sirohi**, Medical Director, Vedanta Medical Research Foundation – BALCO Medical Centre, Raipur, has emerged as one of India's leading voices in oncology. Her extensive work in gastrointestinal and breast cancers, combined with her commitment to equitable access and evidence-based care, has helped shape the landscape of modern cancer treatment in India. In this exclusive interview with **Medical Tourism Today**, Dr. Sirohi shares insights on India's evolving oncology ecosystem, the importance of early detection, the rise of personalized therapies, and her vision for a patient-centric future.

Q Dr. Sirohi, could you briefly share your professional journey and what inspired you to specialize in gastrointestinal and breast cancers?

A I have spent two decades in the UK and another decade in India, gaining experience across universal health coverage systems as well as private and government cancer centers. My oncology journey began at Tata Memorial Hospital in Mumbai, India's most prestigious cancer institute, where I spent four years managing complex cases and witnessing firsthand the challenges of

delivering high-quality cancer care in resource-limited settings.

In 1998, I moved to London for advanced training, working at the Royal Marsden Hospital and other leading institutions. The UK's healthcare system emphasizes sub-specialization, which is essential in oncology given the rapid advancements and complexity of the field.

I chose to specialize in gastrointestinal and breast cancers because they are among the most prevalent worldwide, and I had the privilege of having

amazing mentors in both these disciplines who helped shape my career. This focused approach enables me to stay abreast of the latest developments and provide care that is both evidence-based and deeply patient-centric.

Q How do you see India's oncology landscape evolving, particularly in tier-2 and tier-3 cities?

A India's oncology space has seen good progress, but there is still a long way to go. Spending on public healthcare must increase to at least 5% of GDP so

that we can invest in better infrastructure (comprehensive treatment centers with facilities for surgery, radiotherapy, chemotherapy, and palliative care), workforce, and education, with a focus on universal health coverage. Schemes like Ayushman Bharat (PM-JAY) are a strong beginning, but we need to strengthen implementation and link outcomes to funding. Every Indian should be able to access quality cancer care without facing financial toxicity.

Cancer centers are mushrooming across tier-2 and tier-3 cities with no accountability, which is a matter of concern. We need them, but there must be transparency and accountability so that patients get the care they deserve.

We should also implement widespread awareness, vaccination, and screening campaigns and introduce structural and strategic reforms with policies that make people prioritize their health instead of seeking care as a reactive measure. To improve accessibility, we should decentralize care and reduce the need for patients to travel long distances. Establishing hub-and-spoke models where larger centers mentor and support smaller hospitals through telemedicine, shared protocols, and regular training is the need of the hour.

The involvement of community health workers like ASHA, Mitani, and AYUSH doctors is also important. They are trusted by villagers and can play a key role in early detection, vaccination, counseling, and referral. We must also establish uniform cancer registries in every state and build a prospective outcomes database to understand the real burden of the disease. This data will guide research and improve patient outcomes.

Q Could you explain in simple terms what gastrointestinal cancers and breast cancer are, and how these cancers typically develop in the body?

A In simple terms, cancer happens when cells in an organ start growing in an uncontrolled way. GI cancers are cancers of the digestive tract — stomach, colon, rectum, esophagus, pancreas,

and gallbladder. Breast cancer starts in breast tissue. Often, these changes begin slowly over many years due to a mix of genes, lifestyle, and environmental exposures. Early changes may not cause symptoms, which is why screening and awareness matter.

Q What are the most significant challenges in diagnosing GI cancers at an early stage?

A The main problems are low levels of awareness, non-specific symptoms, and the lack of a national screening program. Early GI cancers may cause mild stomach pain, changes in bowel habits, heartburn, or fatigue — often mistaken for other common conditions. Limited knowledge among primary care physicians in high-patient-volume settings can lead to misdiagnoses or delays

invasive: keyhole (laparoscopic/robotic) surgery reduces recovery time. Robotic surgery helps in performing operations in tight, complex areas like the narrow pelvis and delivers better outcomes in some cancers.

In radiation therapy, shorter and more precise schedules are being used safely (de-escalation where appropriate). Precision radiation therapies like IMRT and IGRT are used to protect healthy tissue.

Medically, targeted therapies and immunotherapy have changed the landscape of cancer care. Personalized approaches using liquid biopsies and genomic analysis to tailor treatments based on a patient's cancer DNA and RNA help individualize therapy. As cure rates have increased, we are now trying to de-escalate treatments to make them smarter and kinder without compromis-

CANCER CENTERS ARE MUSHROOMING ACROSS TIER-2 AND TIER-3 CITIES WITH NO ACCOUNTABILITY, WHICH IS A MATTER OF CONCERN. WE NEED THEM, BUT THERE MUST BE TRANSPARENCY AND ACCOUNTABILITY SO THAT PATIENTS GET THE CARE THEY DESERVE.

in referring patients to specialists for proper evaluation. A significant proportion of diagnostic delays occur in the pre-hospital phase. One of the key challenges we face is late presentation due to patients trying alternative medicine before visiting a cancer center, by which time the cancer may be untreatable or incurable.

In India, people do not discuss GI issues very openly. Furthermore, the procedures necessary for GI cancer diagnosis — such as fecal occult blood tests, endoscopies, colonoscopies, and biopsies — are not easily accessible and are still viewed with hesitation, especially in rural areas.

Q What are some of the latest advancements in surgical, medical, or radiation therapies for GI cancers?

A Surgical techniques are now less

ing care. Work is also ongoing to reduce financial and time toxicity, so hospital visits are fewer.

Q How important is genetic testing in GI cancers, and are these tests accessible to patients across India?

A For patients with GI cancers, genetic testing is used for diagnosis, treatment planning, and risk assessment. It is especially important when family history or age at diagnosis suggests a hereditary syndrome (for example, Lynch syndrome in colorectal cancer). It helps guide screening for relatives and sometimes changes treatment.

However, tests are not uniformly accessible across the country due to challenges with cost, awareness, and infrastructure. We must expand counseling services and make testing available through universal health programs

or subsidized pathways so that patients who need it can get it. Tele-genetics can help democratize genetic counseling for patients.

Q What lifestyle factors contribute most to the rise of GI cancers in India, and what preventive measures do you recommend?

A Lifestyle factors that contribute to the rise of GI cancers include poor diet (low fiber, high processed foods), obesity, physical inactivity, tobacco use (including smokeless forms), alcohol consumption, and air pollution. Additionally, socioeconomic development plays a key role in increasing the cancer burden.

Prevention is simple and effective: eat a balanced diet with plenty of fruits and vegetables, stay active (30–45 minutes at least five days a week), avoid tobacco, and don't consume alcohol. Vaccinations such as HPV and hepatitis B, good sanitation, and regular screening where indicated are also important.

I often use the **ABCDEF** mnemonic with patients — **A**: Avoid tobacco/alcohol; **B**: Be vaccinated and be aware; **C**: Calm (stress management) and compliance with screening; **D**: Diet; **E**: Exercise; and **F**: Family history — know yours.

Q Since breast cancer is one of your main areas of expertise, what important precautions and screening tests should women follow for early detection? Could you also explain, in simple terms, the common methods used to diagnose and treat breast cancer?

A Be breast-aware — know how your breasts normally look and feel, and report any new lump, change in shape,

size, or contour of the breast, nipple changes, discharge, or persistent unusual symptoms.

Screening depends on age and risk:

- **Younger women** or those without symptoms should perform a self-breast exam about 5–7 days after the start of their periods.
- **Women above 40**: clinical breast exam and mammography as recommended.
- **High-risk women** (strong family history, genetic mutations) may need earlier imaging with MRI or more frequent screening.

Younger women have denser breasts; hence, mammography is usually not recommended before the age of 40.

Diagnosis usually starts with a clinical examination followed by imaging (mammogram and/or ultrasound) and a biopsy to confirm if the lump is cancerous. Treatment often combines surgery (to remove the tumor), systemic therapy (chemotherapy, hormonal therapy, targeted drugs, or immunotherapy, depending on tumor type), and radiotherapy. Treatment is personalized to the patient and tumor biology, depending on whether the cancer is hormone-driven (ER positive) or HER2-driven (special receptors on cancer cells that guide treatment).

Q Could you briefly outline the recommended screening protocols for breast cancer in India across different age groups?

A A practical approach we use and recommend:

- **Women under 40 years** with no symptoms: monthly self-breast exams and clinical exams if risk factors are

present; once-a-year clinical review with a doctor.

- **Women 40–45 years**: discuss starting mammograms every two years based on local guidelines and individual risk.
- **Women 45 years and above**: annual or biennial mammography.

High-risk women (strong family history, known mutation carriers): start earlier with more intensive surveillance (mammogram ± MRI and genetic counseling). These are broad cues; individual advice should come from a doctor.

Q What are the latest cutting-edge therapies, such as immunotherapy or targeted drugs, available for breast cancer patients at BALCO Medical Centre?

A At BALCO Medical Centre, all treatments available in leading cancer centers in Delhi, Mumbai, London, or New York are accessible closer to home. However, some patients still believe that better care is only available in bigger cities. Patients from Raipur want to go to Mumbai or Delhi; patients from Delhi or Mumbai want to go abroad, not realizing that the best care is care closer to family and home.

Patients at BALCO Medical Centre receive individualized care. Most undergo breast-conserving surgery, and we can now de-escalate axillary surgery using sentinel lymph node mapping with the dual method. For radiotherapy, the latest techniques like deep inspiration breath-hold and precise delivery are used. We offer advanced targeted therapies and immunotherapy, tailored to the patient's genetic profile for better outcomes and fewer side effects.

We also provide scalp cooling therapy to help reduce hair loss during chemotherapy. Beyond breast cancer, we offer cutting-edge options such as CAR-T cell therapy, bone marrow transplants (both autologous and allogenic), and procedures like therapeutic plasma exchange and red cell exchange. We ensure safe transfusion support with irradiated blood products and offer monoclonal therapies for complex conditions like sickle cell disease.

AT BMC, WE ARE PILOTING AI TOOLS TO HELP TRIAGE PATIENTS, PRIORITIZE URGENT CASES, AND SUPPORT CLINICAL DECISIONS. AI WILL NEVER REPLACE DOCTORS, BUT IT CAN MAKE OUR WORK FASTER, MORE ACCURATE, AND HELP BRING EXPERT-LEVEL CARE CLOSER TO EVERY PATIENT.

Q How are artificial intelligence and machine learning being integrated into diagnostics, imaging, and pathology for cancer patients?

A AI will help democratize cancer care globally. Currently, it is used to report on scans, especially mammograms — AI algorithms can detect subtle changes and save reporting time. It also has great potential in radiotherapy planning and digital pathology, especially in places where specialist doctors are few.

At BMC, we are piloting AI tools to help triage patients, prioritize urgent cases, and support clinical decisions. AI will never replace doctors, but it can make our work faster, more accurate, and help bring expert-level care closer to every patient.

We use the TMC-Navya second opinion portal for real-time expert consultation. AI will be immensely helpful in predicting drug-drug interactions, matching patients to clinical trials in India or globally, driving precision oncology by deciphering genomic data, and supporting multidisciplinary care.

Q What is your vision for the future of cancer care in India — both for Indian patients and for those coming from abroad for medical tourism?

A Given the positive political will in this space, the future of cancer care in India is on an upward trend, especially with government schemes like Ayushman Bharat, which is India's strongest effort toward delivering universal healthcare at the ground level. We need to rebalance our priorities in oncology and introduce a paradigm shift across three key domains: treatment, research, and education.

Decisive actions are necessary to reduce both regional and global disparities in cancer care. This includes strengthening infrastructure, improving affordability, and ensuring that care is guided by evidence rather than marketing or geography.

Education and research must remain at the heart of this transformation, as they drive innovation, inform best practices, and ultimately shape patient-centric care. The future I envision is one

THE FUTURE I ENVISION IS ONE WHERE A PATIENT'S OUTCOME DEPENDS SOLELY ON THE QUALITY OF CARE THEY RECEIVE — NOT ON WHERE THEY LIVE OR WHAT THEY CAN AFFORD.

where a patient's outcome depends solely on the quality of care they receive — not on where they live or what they can afford.

Q How can India position itself as a leader not only in affordable cancer care but also in cutting-edge oncology research and clinical trials for international patients?

A Recent studies from India show that we have led not only in driving cost-effective cancer care but also in cutting-edge technology and research. We have a huge patient base, which means that the same trial that would take years to recruit in a Western country can be completed in a few months in India, leading to significant cost savings and faster results.

However, to position ourselves as a leader, we need to drive transparency in clinical care and ensure quality treatment for every single patient. Research can only build upon good cancer care that is evidence-based and delivered universally.

Every treatment modality we use today in clinics is based on decades of research and patient participation. Currently, cancer research is heavily focused on high-income countries (HICs). There is a need to rebalance research efforts to address the unique challenges faced by low- and middle-income countries (LMICs). For that, key stakeholders in LMICs must drive quality care and make the regulatory environment transparent and receptive. ●



DR. BHAWNA SIROHI

Dr. Bhawna Sirohi is the Medical Director at Vedanta Medical Research Foundation — BALCO Medical Centre, Raipur, India. She is a Consultant in Medical Oncology, specializing in breast and gastrointestinal (GI) cancers. With more than two decades of experience as an oncologist in both the NHS (UK) and India, she has played a key role in establishing new cancer centres across the country in both the private and public sectors.

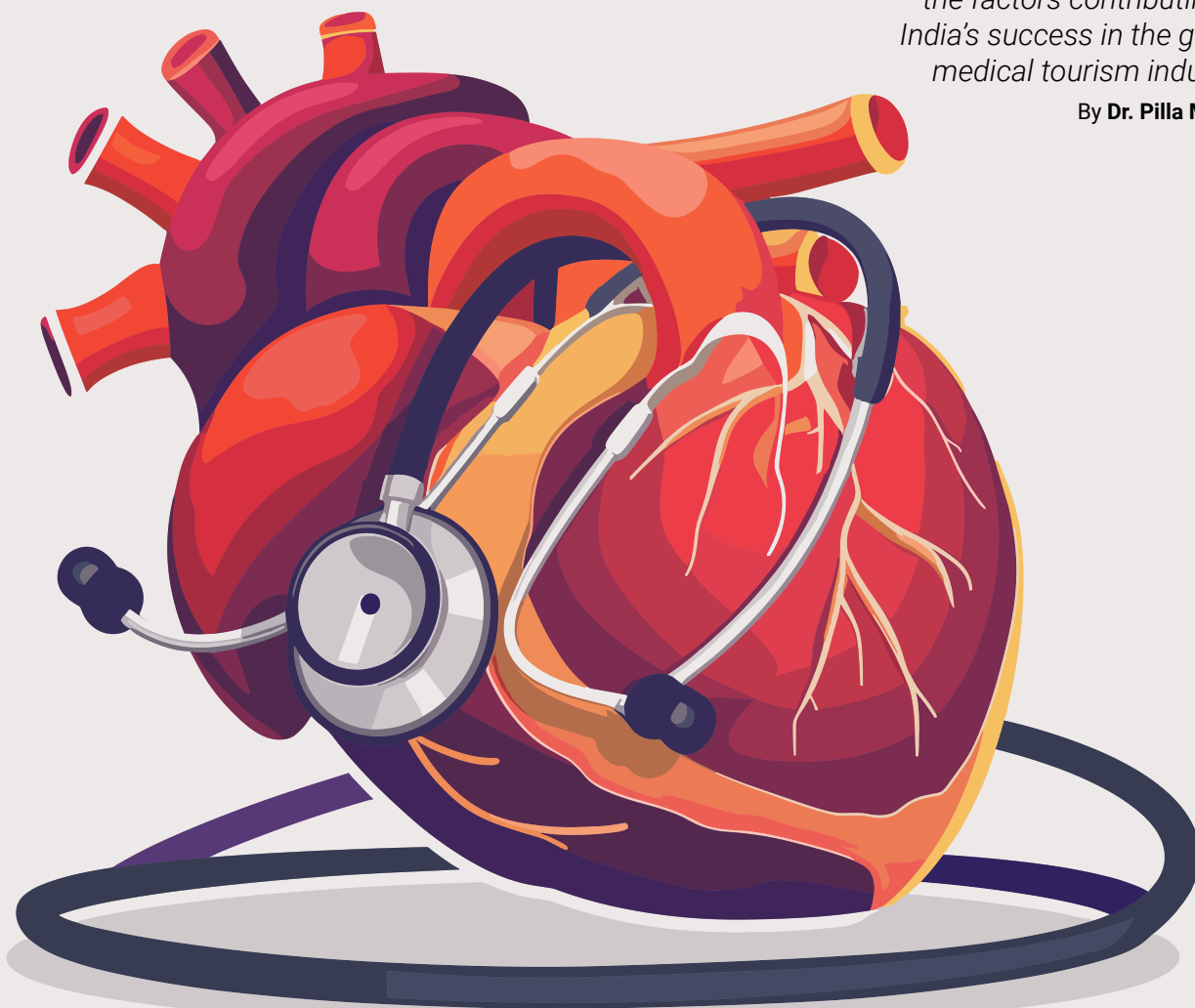
This experience has enabled her to develop and implement protocols and procedures that help deliver safe and high-quality care to patients. She chairs site-specific cancer sub-committees for the Indian Council of Medical Research (ICMR) to develop guidelines and consensus statements, and also serves on its Scientific Advisory Group.

Dr. Sirohi is deeply involved with charities such as CanSupport, which provides home-based palliative care to patients, helping to avoid aggressive treatment toward the end of life. She has received numerous awards throughout her career in both the UK and India.

INDIA'S EMERGENCE AS A LEADING DESTINATION FOR CARDIAC SURGERIES

The combination of advanced medical technologies, highly trained medical professionals, and affordable pricing has made India an attractive option for international patients seeking heart surgeries. This article explores the reasons behind the growing popularity of heart surgeries in India's medical tourism sector, the types of heart procedures commonly performed, and the factors contributing to India's success in the global medical tourism industry.

By Dr. Pilla Meena



Medical tourism refers to individuals traveling to another country to receive medical treatment, often due to factors such as lower costs, advanced treatments, and the expertise available in that region. India has become one of the top medical tourism destinations, with heart surgeries being one of the most sought-after treatments.

India's medical tourism industry continues to grow due to its cost-effective treatments, internationally accredited hospitals, skilled healthcare professionals, and state-of-the-art medical infrastructure.

India attracts hundreds of thousands of international patients each year, with cardiology and cardiac surgery among the most sought-after treatments due to the country's advanced medical expertise, high success rates, and cost-effective care. According to the World Health Organization (WHO), cardiovascular diseases remain the leading cause of death globally.

As lifestyle-related risk factors increase and populations continue to age, the demand for cardiac interventions and heart surgeries is projected to grow, especially in countries where access to advanced cardiovascular care is limited. India's medical tourism industry has capitalized on this trend, with several specialized hospitals and centers offering high-quality heart care.

The Quality of Heart Surgery in India

India's healthcare system is renowned for its combination of advanced technology, highly skilled doctors, and efficient processes. The country boasts a number of hospitals that have achieved international accreditations, such as those from the Joint Commission International (JCI), which ensure that healthcare facilities meet the highest standards of quality and safety. Many of these hospitals are equipped with state-of-the-art medical equipment and cutting-edge technology, which are essential for performing complex heart surgeries with minimal risk.

One of the most significant advan-

tages of undergoing heart surgery in India is the country's highly trained medical workforce. Indian cardiologists and cardiac surgeons are often internationally recognized for their expertise, with many having trained or worked in renowned institutions in the United States, the United Kingdom, and other developed countries. These professionals are skilled in performing a wide range of cardiac surgeries, from routine procedures to high-risk interventions.

Moreover, Indian hospitals and healthcare institutions are known for their holistic approach to patient care. This includes comprehensive preoperative assessments, personalized treatment plans, and post-operative care. The patient-centric approach ensures that individuals receive the best possible outcome, regardless of their nationality.

Common Heart Surgeries Performed in India

India is a hub for various types of heart surgeries, ranging from simple diagnostic procedures to complex open-heart surgeries. Some of the most common heart surgeries performed in India for medical tourists include:

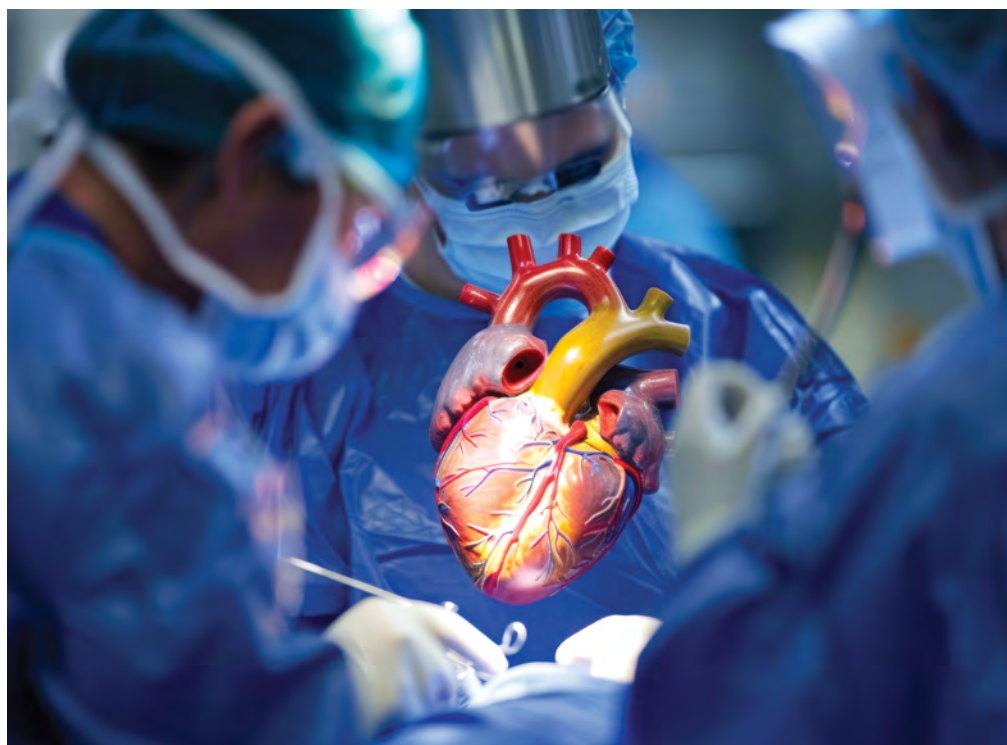
Coronary Artery Bypass Grafting (CABG)

Coronary artery bypass grafting, also known as heart bypass surgery, is one of the most commonly performed heart surgeries in India. It is typically recommended for patients with severe coronary artery disease (CAD), a condition in which the blood vessels supplying blood to the heart become narrowed or blocked. During CABG, surgeons bypass the blocked arteries using healthy blood vessels from other parts of the body, allowing blood to flow freely to the heart.

India has become a popular destination for CABG due to its highly skilled cardiac surgeons and the availability of advanced technologies such as robotic-assisted surgery, which offers improved precision and faster recovery times.

Heart Valve Surgery

Heart valve surgery is required for patients with damaged or diseased heart valves that are not functioning properly. The heart has four main valves – the aortic, mitral, tricuspid, and pulmonary valves – and any dysfunction can result in serious complications, including heart failure. Heart valve surgeries can be performed to repair or replace the



WITH ADVANCEMENTS IN MEDICAL TECHNOLOGY AND A PATIENT-CENTRIC APPROACH, INDIA IS POISED TO MAINTAIN ITS POSITION AS A LEADING DESTINATION FOR HEART SURGERIES IN THE GLOBAL MEDICAL TOURISM MARKET.

affected valve(s) to restore normal heart function.

In India, heart valve replacement surgeries, such as mitral valve replacement or aortic valve replacement, are commonly performed with both traditional open-heart surgery and minimally invasive techniques. These surgeries are available at a much lower cost compared to Western countries, which makes them an attractive option for patients seeking quality care without the exorbitant expenses.

Angioplasty and Stenting

Angioplasty, also known as percutaneous coronary intervention (PCI), is a minimally invasive procedure used to open up blocked or narrowed coronary arteries. During angioplasty, a balloon catheter is inserted into the blocked artery and inflated to restore blood flow. In many cases, a stent (a small mesh tube) is placed to keep the artery open.

India's hospitals are equipped with advanced angioplasty and stenting techniques, including drug-eluting stents and bioresorbable stents. The cost of angioplasty in India is significantly lower than in developed countries, which makes it a popular procedure for international patients.

Heart Transplantation

For patients suffering from end-stage heart failure, a heart transplant may be necessary. India has become a major destination for heart transplants due to its world-class healthcare facilities and the availability of organs through a well-regulated transplant program. The country has several hospitals with specialized transplant centers, including the Apollo Hospitals and the Max Super Specialty Hospital, which have successfully performed numerous heart transplants. Despite the challenges involved in organ donation and matching,

India's medical community has made great strides in improving the success rates of heart transplant surgeries.

Minimally Invasive Heart Surgery

Minimally invasive heart surgeries, including robotic-assisted procedures, have become increasingly popular in India. These techniques involve smaller incisions, less tissue damage, and faster recovery times compared to traditional open-heart surgery. Robotic-assisted surgery allows for greater precision, which is particularly useful in delicate heart procedures, such as valve repair or bypass surgery. Minimally invasive heart surgery is attractive to medical tourists due to its benefits in reducing postoperative pain, lowering the risk of infections, and shortening hospital stays.

Factors Contributing to India's Success in Heart Surgery Medical Tourism

India's rise as a leading destination for heart surgery in medical tourism can be attributed to several key factors, which include cost-effectiveness, availability of advanced medical technology, skilled professionals, and a supportive healthcare infrastructure.



Why India Leads in Cardiac Surgery

- **World-Class Expertise:** India has a large pool of highly skilled cardiac surgeons trained at leading global institutions.
- **Advanced Technology:** Many hospitals are equipped with cutting-edge cath labs, robotic surgery systems, and hybrid operating theatres.
- **Affordable Treatment:** Cardiac procedures in India often cost 60–80% less than in many Western countries, without compromising quality.
- **High Success Rates:** Major cardiac centres report outcomes comparable to global benchmarks in bypass surgeries, valve replacements, and complex interventions.
- **Short Waiting Time:** Patients can access consultations, diagnostics, and surgeries much faster compared to long waiting lists in several countries.
- **Comprehensive Care:** Multidisciplinary teams provide end-to-end treatment including diagnostics, surgery, rehabilitation, and follow-up care.
- **Strong Medical Tourism Ecosystem:** Dedicated international patient services, language support, and streamlined visa processes make India accessible to global patients.

Cost-Effectiveness

One of the most significant drivers of medical tourism in India is the cost savings. On average, heart surgeries in India cost about 60-80% less than those performed in the United States, the United Kingdom, or other Western countries.

Advanced Medical Infrastructure

India is home to some of the best-equipped hospitals and medical centers globally. Many hospitals in India are equipped with state-of-the-art diagnostic tools, surgical equipment, and world-class operating theaters. The use of advanced technology, including robotic surgery systems, 3D imaging, and minimally invasive techniques, ensures that patients receive the highest standards of care.



Highly Skilled Surgeons and Specialists

Indian cardiac surgeons and cardiologists are renowned for their expertise and are often sought after by medical professionals in developed countries for training and collaboration. Many doctors in India have received education and training from prestigious institutions in the U.S. and Europe, making them highly qualified to perform complex heart surgeries. The availability of skilled professionals ensures that medical tourists receive the best possible outcomes for their surgeries.

Regulations and Accreditation

India has several internationally accredited healthcare facilities that meet global standards for patient safety and care. Organizations like the National Accreditation Board for Hospitals and Healthcare Providers (NABH) and Joint Commission International (JCI) provide certifications that ensure hospitals maintain the highest quality standards.

Supportive Healthcare Infrastructure

India's healthcare system is equipped with the necessary infrastructure to cater to international patients, including medical tourism facilitators, translators, and support staff. Many hospitals have dedicated international patient departments that assist with visa arrangements, travel logistics, and accommodation, making it easier

for patients to access the care they need. Heart surgeries in India are increasingly becoming a sought-after option for patients from across the globe. The country's growing reputation as a medical tourism hub can be attributed to its cost-effectiveness, highly skilled healthcare professionals, and the availability of cutting-edge medical technologies. India's heart surgery sector offers a wide array of procedures, including coronary artery bypass grafting (CABG), angioplasty, heart valve surgery, and heart transplants, among others, with excellent outcomes and affordability.

With advancements in medical technology and a patient-centric approach, India is poised to maintain its position as a leading destination for heart surgeries in the global medical tourism market. As the demand for heart surgeries continues to rise, India's healthcare system will likely evolve further to meet the growing needs of international patients seeking world-class cardiac care. ●

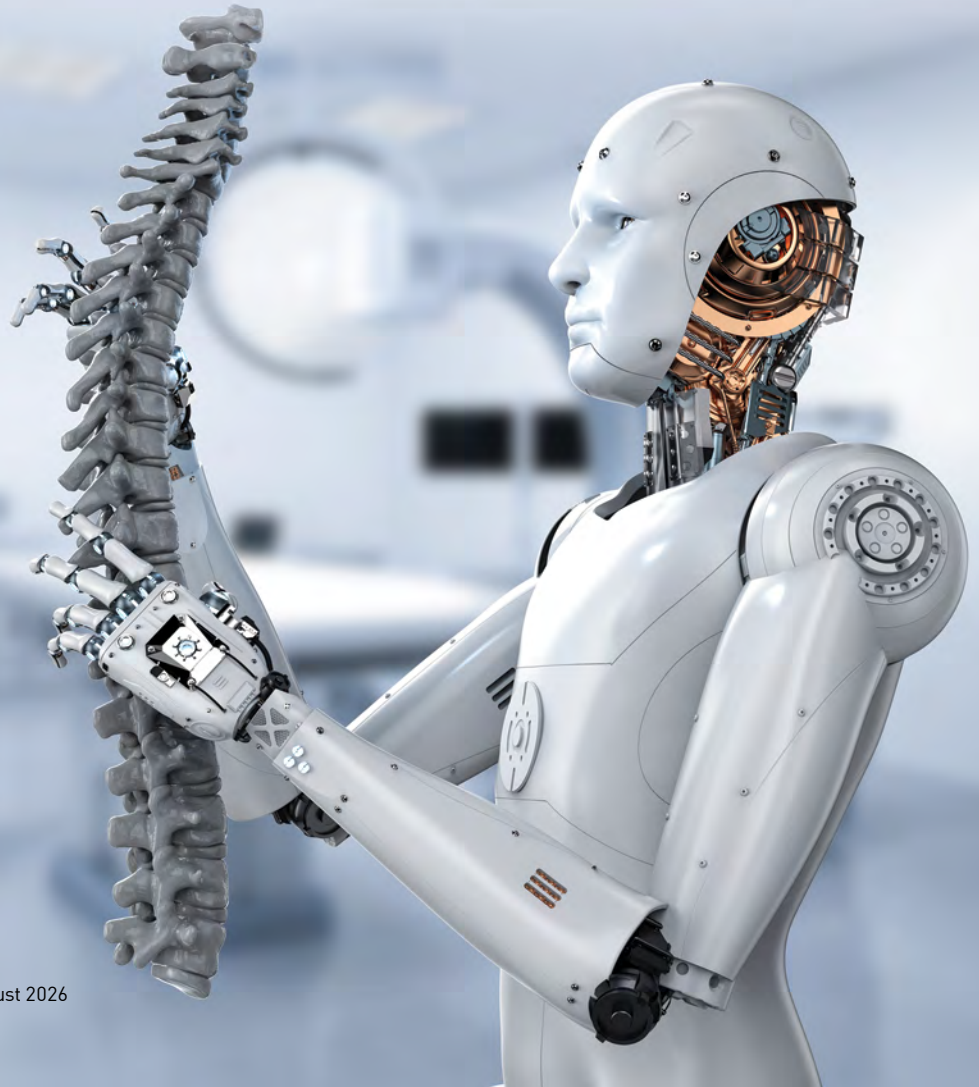


Dr. Pilla Meena is the Managing Director of Savvy Business Services, Hyderabad, and a national award recipient recognized for her contributions to medical tourism. She facilitates seamless access to advanced healthcare services by connecting patients worldwide with renowned speciality surgeons and leading treatment providers in areas such as pediatric cardiac & pediatric orthopaedic surgeries, stem cell therapy, world-class cancer treatments, robotic medical technologies, and air ambulance services. She also serves as an adviser, working in consultation with experienced cardiologists.

THE ROLE OF AI AND ROBOTICS IN REVOLUTIONIZING SPINE SURGERIES

Spine surgeries have traditionally been high-risk procedures with lengthy recoveries and complex requirements. However, advancements in artificial intelligence (AI) and robotics are revolutionizing the field. These technologies enhance precision, efficiency, and outcomes, transforming patient care. This article explores their impact, benefits, challenges, and future potential in spine surgery.

By **Fiyona Scaria**



Spine surgery, which can involve complex procedures like spinal fusion, disc replacement, and spinal deformity correction, presents several challenges:

1. **Anatomical Complexity:** The spine's intricate anatomy, including its close proximity to critical structures such as the spinal cord and nerves, makes surgical procedures delicate and risk-prone.
2. **Human Error:** The precision required in spine surgery demands exceptional skill. Despite the best efforts of surgeons, human error can still occur, particularly when navigating complex anatomical features or performing delicate procedures.
3. **Recovery Time:** Traditional spinal surgeries often require long recovery periods, during which patients are at risk for complications such as infections, blood loss, or nerve damage.
4. **Variable Outcomes:** The variability in patient anatomy, surgical technique, and post-surgical rehabilitation can lead to inconsistent results, affecting patient outcomes.

With these challenges in mind, the integration of AI and robotics into spine surgery offers an innovative solution to

enhance the precision, safety, and overall effectiveness of these procedures.

The Role of Artificial Intelligence in Spine Surgery

AI, which involves the development of algorithms that allow machines to learn from data and make decisions, is having a profound impact on spine surgery. AI applications in spine surgery can be categorized into preoperative planning, intraoperative navigation, and postoperative care.

Preoperative Planning

AI is used to analyze medical imaging data such as MRI, CT scans, and X-rays, which are critical for the accurate assessment of spinal conditions. Machine learning algorithms can identify patterns in the images that may not be immediately apparent to the human eye. This helps surgeons assess the extent of the problem, plan the surgery more effectively, and even predict potential complications.

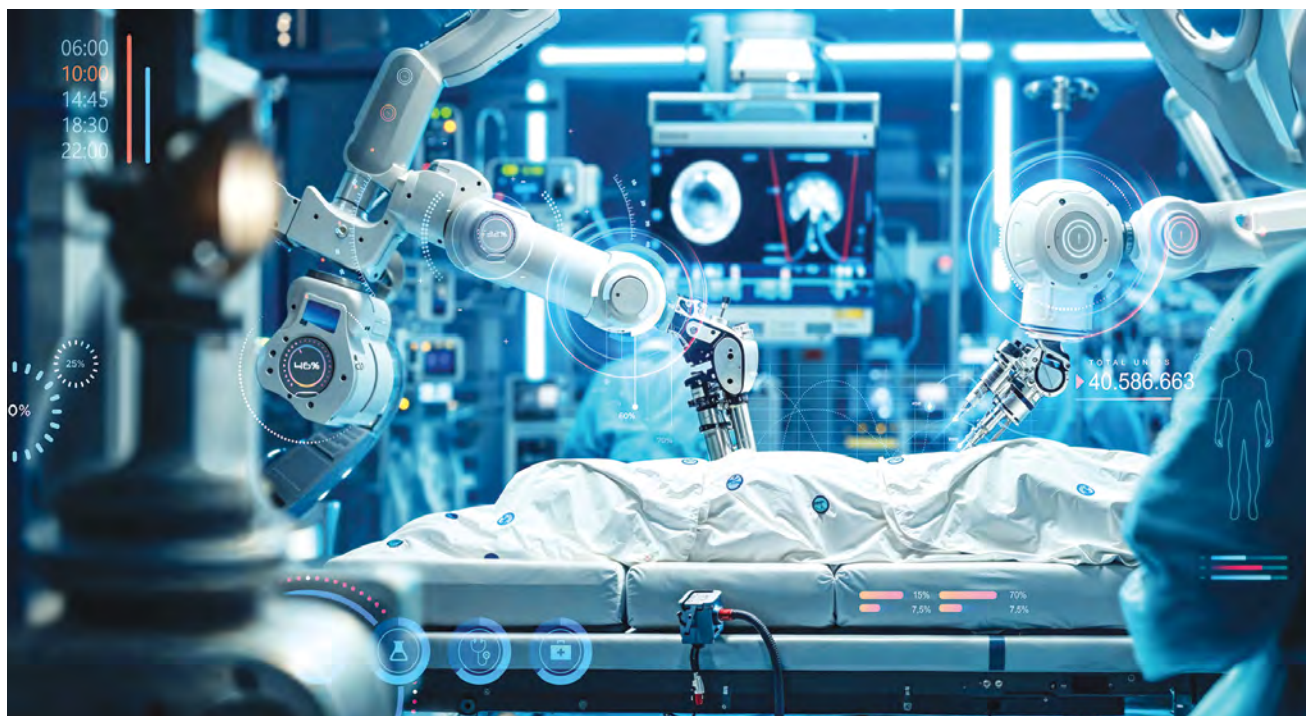
AI-powered tools can also help with personalized surgical planning by taking into account patient-specific data, including anatomical details, age, and medical history. For example, AI algorithms can help determine the most

AI, WHICH INVOLVES THE DEVELOPMENT OF ALGORITHMS THAT ALLOW MACHINES TO LEARN FROM DATA AND MAKE DECISIONS, IS HAVING A PROFOUND IMPACT ON SPINE SURGERY

suitable type of implant or surgical technique based on a patient's unique characteristics, ultimately reducing the risk of complications and enhancing the surgical outcome.

Intraoperative Navigation

During surgery, AI can assist in real-time decision-making by providing precise guidance on the placement of implants, screws, or other devices. Advanced AI systems can integrate data from preoperative imaging with real-time intraoperative information, such as 3D imaging or fluoroscopy, to guide the surgeon's actions.



PROS AND CONS AT A GLANCE

- **Enhanced Precision:** Robotics assist in highly accurate placement of screws and implants, reducing human error.
- **Improved Outcomes:** AI helps predict complications and guide treatment plans, leading to better surgical success rates.
- **Minimally Invasive Procedures:** Smaller incisions result in less trauma, quicker recovery, & reduced postoperative pain.
- **Real-Time Navigation:** Surgeons can operate with real-time, 3D imaging and data, improving intraoperative decision-making.
- **Reduced Surgeon Fatigue:** Robotics handle repetitive, complex tasks, allowing surgeons to focus on critical decisions.
- **High Cost:** Advanced robotic systems and AI tools are expensive, limiting access in some hospitals or regions.
- **Training Requirements:** Surgeons and staff need extensive training to use the technology effectively and safely.
- **Technical Dependence:** Overreliance on technology can lead to skill degradation or challenges in case of system failure.
- **Limited Availability:** Access to AI and robotic systems is still limited in many parts of the world.
- **Ethical & Legal Concerns:** Issues like data privacy, liability in case of errors, and algorithmic bias remain unresolved.

For example, AI-assisted navigation systems can provide real-time feedback on the placement of screws during spinal fusion surgery. These systems use machine learning algorithms to continuously monitor and assess the positioning of surgical instruments, providing surgeons with alerts if the instruments deviate from the optimal path.

Moreover, AI-based systems can also improve intraoperative visualization, offering augmented reality (AR) overlays that highlight critical structures and anatomical features. This enhanced visualization helps surgeons navigate more accurately, particularly in challenging cases such as scoliosis correction or tumor resection.

Postoperative Care and Outcomes Prediction

After surgery, AI is increasingly used to predict patient outcomes and assist in rehabilitation. Machine learning algorithms can analyze postoperative data, such as pain levels, mobility, and complication rates, to identify patterns that may indicate potential issues. AI can also be used to create personalized rehabilitation plans that optimize recovery times and minimize the risk of re-injury.

Additionally, AI is aiding in patient monitoring during recovery by tracking vital signs, physical activity, and

even psychological wellbeing. Wearable devices that use AI algorithms can provide real-time data to healthcare providers, enabling them to respond quickly to any signs of complications.

The Role of Robotics in Spine Surgery

Robotic systems in spine surgery are designed to assist surgeons by improving their precision and consistency during procedures. Unlike traditional manual techniques, robots can offer greater accuracy in placing implants, screws, or other devices. These systems are especially beneficial in procedures that require high levels of precision, such as minimally invasive surgeries.

Robotic-Assisted Surgery: How It Works

In robotic-assisted spine surgery, the surgeon operates a robotic system, which can be controlled via a console or directly in the operating room. These systems typically include robotic arms equipped with surgical instruments, as well as a camera for enhanced visualization.

One of the most well-known robotic systems for spine surgery is the Mazor X Robotics System. This system allows surgeons to plan and execute complex spinal procedures with greater precision. The system uses 3D imaging and preoperative planning to guide the robotic arm during surgery, ensuring that each screw is placed with minimal deviation from the planned trajectory.

Advantages of Robotic-Assisted Spine Surgery

1. **Increased Precision:** Robotic systems can position surgical instruments with extreme precision, reducing the risk of damage to surrounding tissues, including nerves and blood vessels. This precision is particularly important when performing spinal fusion or correcting deformities like scoliosis.
2. **Minimally Invasive Surgery:** Many robotic systems are designed for minimally invasive procedures, which involve smaller incisions, reduced blood loss, and quicker recovery times. This approach is especially beneficial for patients who



are at higher risk of complications due to age or comorbidities.

3. **Reduced Radiation Exposure:** In traditional spine surgery, the use of fluoroscopy (X-ray imaging) is common to guide instrument placement. However, prolonged exposure to radiation can be harmful to both patients and surgical teams. Robotic systems can reduce the need for fluoroscopy, decreasing radiation exposure.
4. **Improved Reproducibility:** Robots can perform repetitive tasks, such as screw placement, with exceptional consistency. This leads to more predictable and reproducible outcomes, even in challenging cases.
5. **Enhanced Surgeon Ergonomics:** Robotic systems can be controlled from a console, allowing the surgeon to operate in a more comfortable and ergonomic position. This reduces surgeon fatigue and improves focus during long or complex procedures.

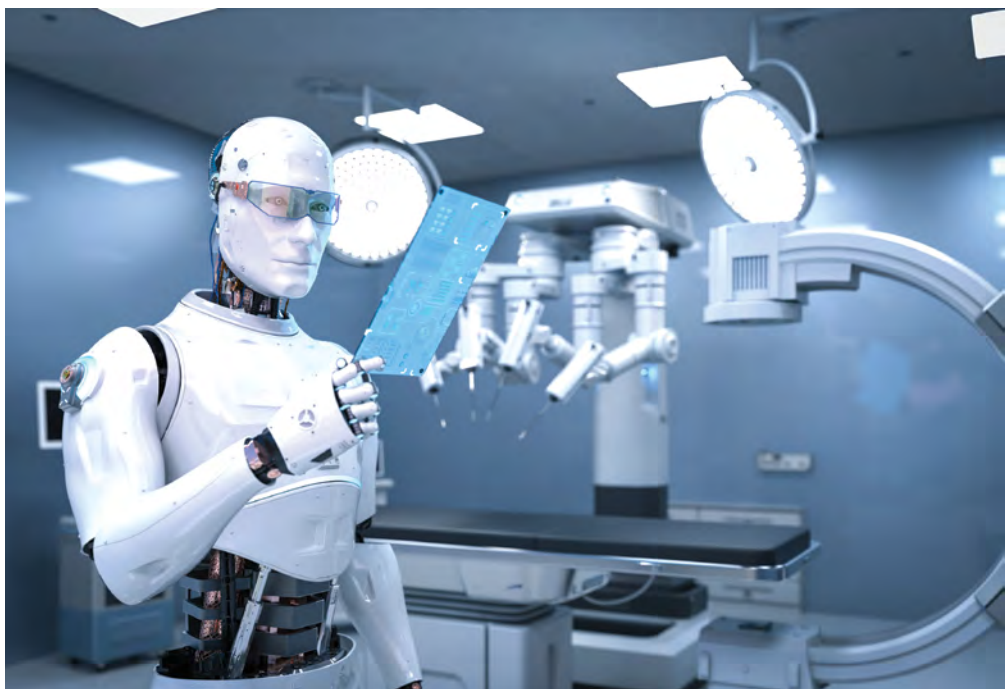
Specific Robotic Systems for Spine Surgery

Several robotic systems have been developed specifically for spine surgery, each offering unique features that enhance surgical performance.

1. **RAS (Robotic-Assisted Surgery) Systems:** Systems like the Da Vinci Surgical System are widely used for a range of surgical specialties, including spine surgery. These systems use high-definition 3D cameras and robotic arms to assist in delicate procedures.
2. **Mazor X:** This system is designed specifically for spinal procedures. It offers 3D preoperative planning and real-time intraoperative guidance for the placement of screws and other implants.
3. **STEALTHstation:** The STEALTHstation navigation system is used to guide robotic arms in spinal surgeries. It provides real-time imaging to ensure accurate navigation and improved precision.

Synergy Between AI and Robotics in Spine Surgery

The combination of AI and robotics has



the potential to revolutionize spine surgery further. While robotics excels in the mechanical precision required during surgery, AI contributes by offering data-driven insights that optimize surgical planning, guide intraoperative decision-making, and predict outcomes.

By integrating AI algorithms with robotic systems, surgeons can receive real-time, personalized recommendations based on a patient's specific anatomy. For instance, AI can analyze preoperative imaging data to create a virtual 3D model of the patient's spine, which is then used by the robotic system to guide the procedure with unprecedented accuracy.

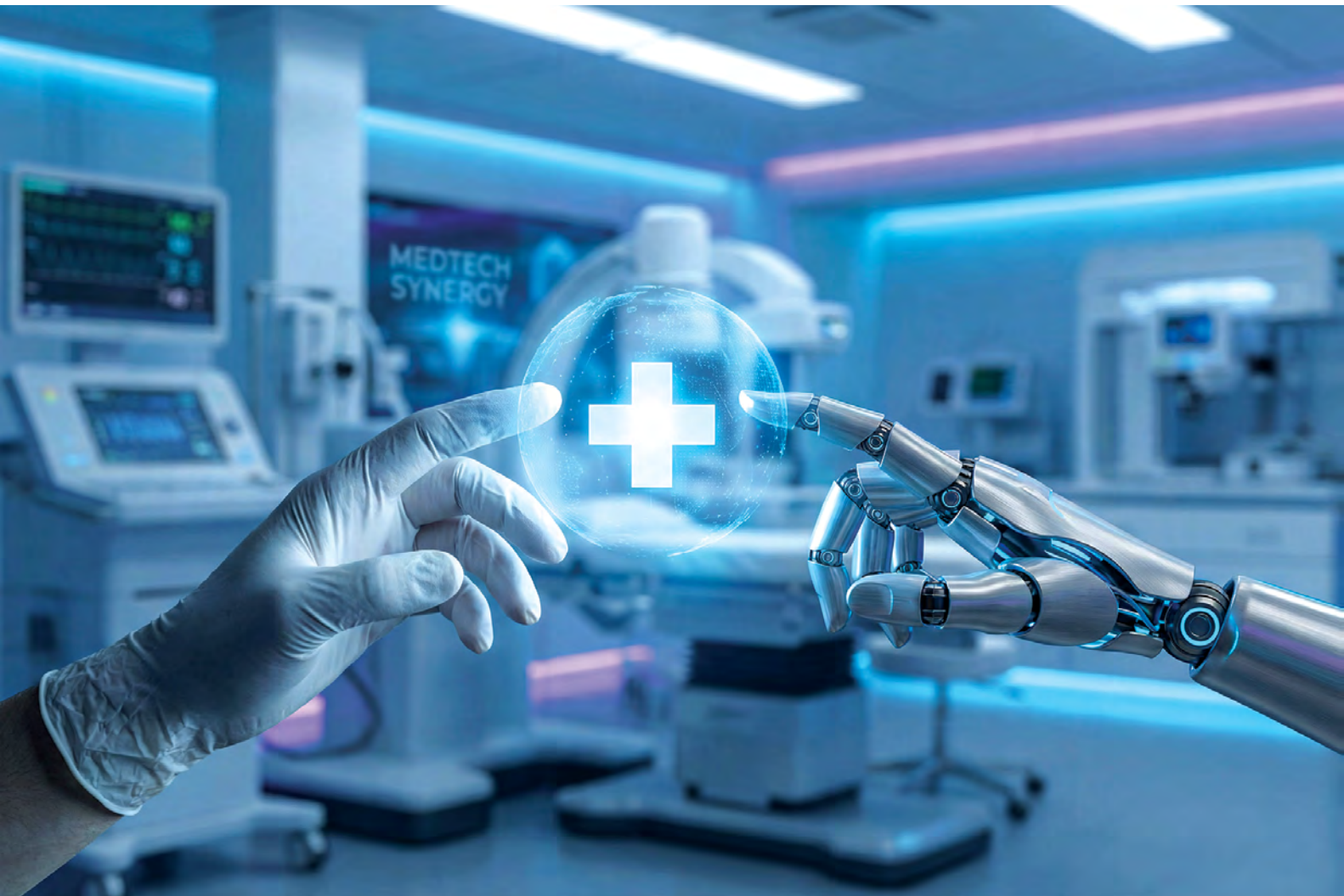
Moreover, AI can continuously assess the surgeon's performance during the operation, providing feedback and adjustments to ensure optimal results. This synergy enhances the precision of both the planning and execution phases of spine surgery, significantly reducing the risk of complications.

AI can assist robotic systems by analyzing data from intraoperative imaging and sensors in real-time. For example, AI can identify potential complications such as misplaced screws or misalignment of implants and alert the surgeon immediately. This feature improves patient safety by enabling timely interventions.

The integration of AI and robotics into spine surgery is a transformative advancement that holds the potential to significantly improve surgical outcomes, reduce recovery times, and minimize risks. While the adoption of these technologies is still evolving, the early results have been promising, showing that AI and robotics can enhance the precision, efficiency, and safety of spine surgeries. The future of spine surgery will likely see even more sophisticated AI and robotic systems, offering further improvements in personalized treatment, intraoperative navigation, and postoperative care. As these technologies continue to evolve, they promise to reshape the landscape of spine surgery, improving the quality of life for patients worldwide. ●



Fiyona Scaria is a tech enthusiast with a B.Tech degree in Information Technology. She has a keen interest in content curation, with a focus on technology, AI, cybersecurity, and coding. Passionate about exploring emerging digital trends, she enjoys creating and sharing insightful content that makes complex technological concepts more accessible, engaging, and easy to understand.



AI in Healthcare

Transforming Global Medicine and Redefining Medical Tourism

By **Dr. Pilla Meena**

Artificial Intelligence (AI) is rapidly emerging as one of the most influential technologies shaping the future of healthcare. What began as a tool for data analysis has evolved into a powerful force driving innovation across the healthcare ecosystem. Hospitals, healthcare providers, researchers, and technology companies are increasingly leveraging AI to improve efficiency, support clinical decision-making, enhance patient experiences, and address some of healthcare's most pressing challenges.

For the medical tourism industry, the impact is particularly significant. International patients today seek not only high-quality and affordable treatment but also access to advanced technologies that can deliver greater precision, safety, and convenience. As healthcare

becomes more digital and connected, AI is helping providers create a more seamless patient journey while strengthening their competitiveness in the global healthcare marketplace.

The Intelligent Revolution Reshaping Healthcare

Artificial Intelligence is no longer a futuristic concept confined to research laboratories. It has become an integral part of modern healthcare delivery, supporting everything from disease detection and treatment planning to hospital management and patient engagement. By processing vast volumes of data at remarkable speed, AI enables healthcare professionals to make more informed decisions while reducing inefficiencies across the system.

Industry analysts estimate that the global AI healthcare market could exceed US\$180 billion by the early 2030s, driven by growing investments in digital health, medical imaging, precision medicine, and automation. As healthcare systems worldwide face rising patient volumes, workforce shortages, and increasing costs, AI is emerging as a critical tool for improving both clinical and operational performance.

Smarter Diagnostics and Earlier Disease Detection

One of the most impactful applications of artificial intelligence is in medical diagnostics. AI-powered systems can analyze patient records, laboratory results, clinical data, and medical images within seconds, helping healthcare professionals identify diseases earlier and more accurately.

These technologies are increasingly being used to detect cancers, cardiovascular diseases, neurological disorders, respiratory illnesses, and diabetic complications. By identifying subtle patterns that may be overlooked during routine evaluations, AI assists clinicians in making faster and more informed diagnostic decisions. Rather than replacing physicians, these systems serve as intelligent support tools that enhance clinical expertise and improve patient outcomes.

Revolutionizing Medical Imaging

Medical imaging has become one of the most successful and widely adopted areas of AI in healthcare. Advanced algorithms can evaluate X-rays, CT scans, MRI scans, mammograms, and ultrasound images with remarkable precision, helping radiologists identify abnormalities and prioritize urgent cases.

AI-assisted imaging tools can detect tumors, fractures, strokes, pulmonary conditions, and other abnormalities at earlier stages, often improving the speed and consistency of diagnosis. Many healthcare institutions are now integrating AI directly into radiology workflows, enabling faster reporting times and improved efficiency without compromising clinical accuracy.

For international patients, quicker and more accurate diagnoses can significantly reduce treatment delays and enhance overall care experiences.

Personalized Treatment and Precision Medicine

Healthcare is steadily moving away from a one-size-fits-all approach, and artificial intelligence is playing a major role in this transformation. AI enables healthcare providers to analyze genetic information, medical histories, laboratory results, lifestyle factors, and treat-

ment outcomes to create individualized care plans tailored to each patient.

This personalized approach is particularly valuable in fields such as oncology, cardiology, and rare disease management. AI-powered decision support systems can help physicians predict treatment responses, identify potential complications, and recommend therapies that are most likely to benefit a specific patient. As a result, patients receive more targeted care with potentially better outcomes and fewer unnecessary interventions.

AI in Cancer Care

Cancer treatment is among the healthcare sectors experiencing the greatest impact from artificial intelligence. AI is supporting clinicians across the entire cancer care continuum, from early detection and diagnosis to treatment planning and long-term monitoring.

Advanced algorithms can analyze imaging studies and genetic profiles to identify tumors, determine disease progression, and recommend targeted treatment strategies. In radiation oncology, AI assists physicians in developing highly precise treatment plans that maximize effectiveness while minimizing damage to surrounding healthy tissues. Researchers are also using AI to accel-



erate cancer drug discovery and identify new therapeutic approaches. As precision oncology continues to evolve, AI is helping make cancer care more individualized, efficient, and effective.

The Rise of AI-Assisted Robotic Surgery

Robotic surgery has become an important part of modern healthcare, and artificial intelligence is enhancing its capabilities further. AI-assisted surgical platforms provide surgeons with greater precision, real-time guidance, and enhanced visualization during complex procedures.

By continuously analyzing surgical data and anatomical structures, these systems help surgeons navigate delicate tissues with greater confidence. The benefits often include smaller incisions, reduced blood loss, fewer complications, shorter hospital stays, and faster recovery times.

For medical tourists, these advantages can be particularly valuable, allowing patients to minimize downtime and return home sooner after treatment.

Digital Health and Virtual Care

Artificial intelligence is also driving the rapid growth of digital healthcare ser-

FOR THE MEDICAL TOURISM INDUSTRY, THIS TECHNOLOGICAL EVOLUTION PRESENTS TREMENDOUS OPPORTUNITIES. PATIENTS INCREASINGLY SEEK HEALTHCARE PROVIDERS THAT COMBINE CLINICAL EXCELLENCE WITH ADVANCED INNOVATION, AND AI IS BECOMING CENTRAL TO DELIVERING THAT PROMISE.

vices. AI-powered virtual assistants, symptom checkers, remote monitoring systems, and patient engagement platforms are helping healthcare providers extend care beyond traditional hospital settings.

Patients can access healthcare information, receive medication reminders, schedule appointments, and monitor chronic conditions through intelligent digital tools. These technologies are improving accessibility while reducing

the burden on healthcare professionals. For international patients, digital health solutions facilitate communication before travel, during treatment, and after returning home, ensuring continuity of care throughout the medical journey.

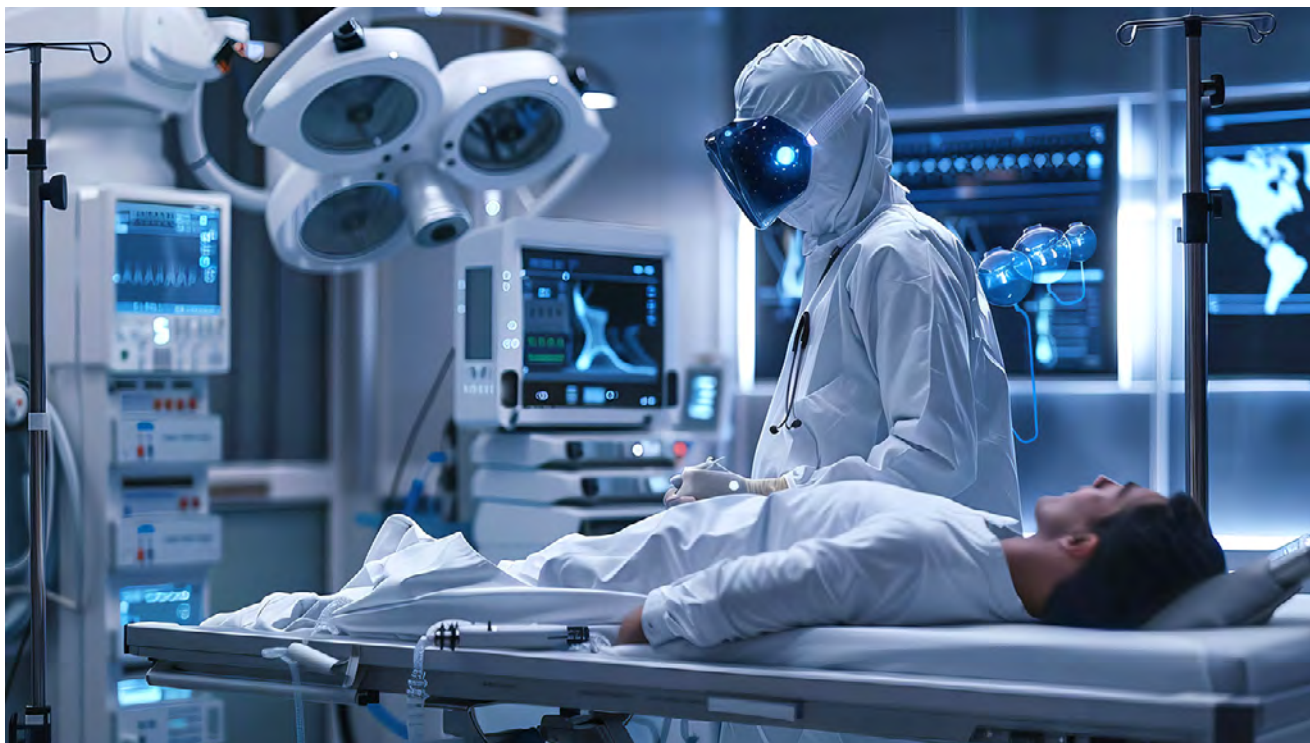
Advancing Pathology and Laboratory Medicine

Pathology and laboratory medicine are benefiting significantly from AI-driven innovation. Digital pathology systems can analyze tissue samples and microscopic images with exceptional speed and consistency, helping pathologists identify abnormalities more efficiently.

AI tools are increasingly being used to detect cancer cells, classify tumors, and support diagnostic decision-making. In laboratory medicine, artificial intelligence assists with quality control, result interpretation, and predictive analysis, contributing to more accurate and efficient diagnostic processes.

Predictive Analytics and Preventive Healthcare

One of AI's most promising contributions is its ability to help healthcare providers anticipate health risks before



serious complications occur. Through predictive analytics, AI systems can identify patients who may be at higher risk of conditions such as heart disease, stroke, sepsis, diabetes complications, or hospital readmissions.

By enabling earlier intervention, predictive models support a more proactive approach to healthcare. This shift from reactive treatment to preventive care has the potential to improve outcomes, reduce healthcare costs, and enhance population health management.

Transforming Hospital Operations

Beyond clinical applications, artificial intelligence is reshaping how hospitals operate. Healthcare organizations generate vast amounts of operational data, and AI helps transform that information into actionable insights.

Hospitals are using AI to optimize bed utilization, improve operating room scheduling, forecast patient volumes, streamline supply chains, and manage workforce resources more effectively. Administrative functions such as billing, coding, documentation, and revenue cycle management are also increasingly automated.

These efficiencies contribute to lower operating costs, shorter waiting times, improved resource allocation, and a better overall patient experience.

Accelerating Drug Discovery and Medical Research

Artificial intelligence is significantly reducing the time required to develop new medicines. Traditional drug discovery can take many years and involve substantial financial investment. AI accelerates this process by analyzing vast scientific datasets, identifying promising compounds, predicting molecular interactions, and prioritizing potential drug candidates.

This capability is helping researchers advance treatments for cancer, rare diseases, neurological disorders, and infectious diseases. As AI continues to evolve, it is expected to play an increasingly important role in bringing innovative therapies to patients faster.



AI and Medical Tourism: A Powerful Partnership

As healthcare becomes increasingly technology-driven, AI is emerging as a key differentiator for medical tourism destinations. Hospitals that successfully integrate advanced technologies into their clinical and operational workflows can offer patients faster diagnoses, more

personalized treatments, enhanced safety, and improved continuity of care.

Countries investing in AI-enabled healthcare infrastructure are strengthening their appeal to international patients seeking world-class treatment supported by cutting-edge innovation. For medical tourists, the combination of medical expertise and intelligent technology offers greater confidence throughout the treatment journey.

AI IN HEALTHCARE: KEY FACTS

- ▶ More than 1,500 AI-enabled medical devices have received regulatory authorization globally.
- ▶ Medical imaging remains the largest area of AI adoption in healthcare.
- ▶ AI is increasingly integrated into diagnostics, oncology, pathology, robotic surgery, digital health, and hospital operations.
- ▶ Healthcare providers worldwide are investing heavily in AI-powered technologies to improve quality, efficiency, and patient outcomes.
- ▶ The convergence of AI, genomics, robotics, and big data is driving the next generation of precision medicine.

Conclusion

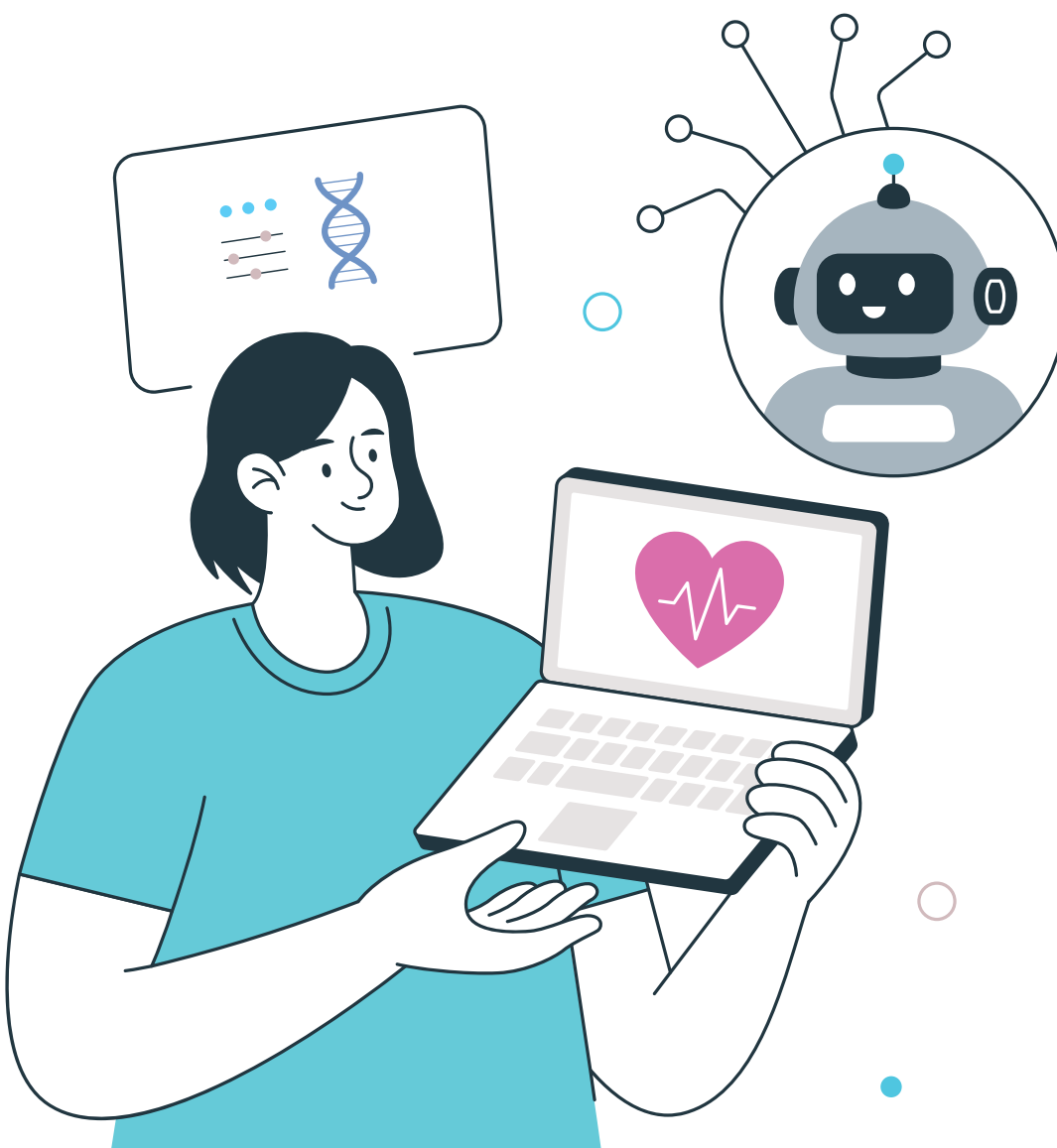
Artificial Intelligence is fundamentally transforming healthcare by making it more precise, efficient, personalized, and accessible. From diagnostics and medical imaging to robotic surgery, predictive analytics, hospital operations, and drug discovery, AI is influencing nearly every aspect of modern medicine.

For the medical tourism industry, this technological evolution presents tremendous opportunities. Patients increasingly seek healthcare providers that combine clinical excellence with advanced innovation, and AI is becoming central to delivering that promise. While human expertise remains irreplaceable, the partnership between healthcare professionals and intelligent technologies is creating a new era of medicine—one that offers better outcomes, greater efficiency, and a more connected patient experience across borders. ●

India's AI HealthTech Boom

30 Startups Driving Healthcare Innovation in 2026

By MTT Research Team



India's healthcare revolution has entered a new era — one defined not by bricks and mortar, but by artificial intelligence. In 2026, a wave of visionary HealthTech startups is harnessing cutting-edge AI to make healthcare faster, more accurate, more affordable, and deeply personalized. These innovators are reshaping diagnostics, clinical workflows, patient monitoring, virtual care, preventive wellness, and data analytics — ushering India to the forefront of global healthcare with real impact on millions.

For medical tourists, investors, and healthcare leaders alike, this is where innovation meets real-world outcomes. From detecting cancer early without invasive tests to remote monitoring that tracks vitals in real time, AI is powering a smarter health ecosystem.

While India's AI healthcare ecosystem includes many more pioneering companies, the list below is not exhaustive. It highlights **30 standout AI HealthTech startups** that exemplify the scale, diversity, and momentum of this transformation — with what they do and why it matters.

Qure.ai — *AI for Rapid Global Medical Imaging*

What it does: Qure.ai uses deep learning to interpret medical imaging — including X-rays, CT scans, and ultrasounds — in seconds, helping clinicians detect conditions such as TB, lung disease, fractures, and stroke with high accuracy.

Why it stands out: Founded in 2016, the company has global reach (deployments in 40+ countries), regulatory clearances (FDA & WHO-endorsed applications), and has processed millions of scans with clinical grade accuracy — speeding diagnosis and expanding access where radiologists are scarce.

Niramai Health Analytix — *Thermal AI for Early Cancer Detection*

What it does: Niramai's Thermalix™ platform uses AI and thermal imaging to screen for early-stage breast cancer without radiation, pain, or compression — a breakthrough that enables wider, safer community screening especially where mammograms are limited.

Clinical impact: Its AI algorithms detect subtle heat patterns linked to early tumors; the solution is portable, low-cost, and suitable for clinics and health camps.

Practo — *AI-Driven Digital Health Ecosystem*

What it does: Practo blends telemedicine, AI symptom triage, and digital medical records into one platform, helping patients book consultations, store reports, and receive AI-enhanced recommendations for care.

Why it matters: One of India's earliest digital health platforms, it has onboarded millions of users and partnered with tens of thousands of clinics and hospitals — uniting healthcare access with intelligent digital workflows.

mfine — *On-Demand AI-Powered Virtual Care*

What it does: mfine connects patients with specialist doctors via video con-

sults, backed by AI symptom assessment and diagnostic support tools.

Why it matters: Its AI assists in triaging patients before consultations and guides follow-up care — valuable for patients who are traveling or need continuity of care across geographies.

Dozee — *Contactless Remote Patient Monitoring*

What it does: Dozee's AI-enabled sensors track vital signs like heart rate, respiration, and sleep patterns without wearables. This contactless monitoring is used by hospitals and caregivers to trigger alerts for early deterioration.

Clinical impact: Adopted by hundreds of hospitals (monitoring thousands of beds across countries), it reduces manual monitoring burden and helps clinicians intervene sooner.

HealthifyMe — *AI Wellness & Nutrition Coach*

What it does: A leader in AI-guided preventive wellness, HealthifyMe integrates fitness, nutrition tracking, and personalized plans — powered by "Ria," its AI nutritionist.

Scale: The platform serves millions of

users, understands local Indian diets, and partners with hospitals for preventive health management initiatives.

Wysa — *Evidence-Based AI Mental Health Support*

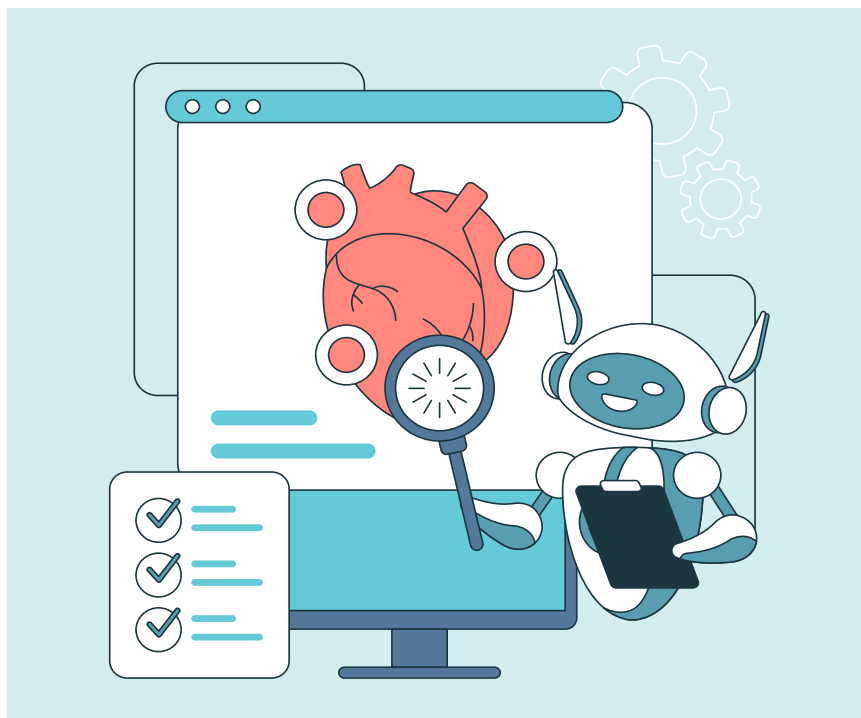
What it does: Wysa's AI conversational agent uses CBT, DBT, and mindfulness techniques to support mental health self-management. It pairs with optional human coaching and is adopted by health systems globally.

Global reach: Founded in India and headquartered in London, its platform serves users in over 105 countries, including public health system integrations such as with the UK's NHS.

HealthPlix — *AI-Assisted Clinical Support*

What it does: HealthPlix embeds AI into electronic medical records (EMR) and clinical workflows. It helps clinicians write smart prescriptions, track symptoms, and manage patient histories with AI-based insights.

Healthcare impact: Used by thousands of doctors across India, it improves documentation quality and patient care efficiency.



Tricog Health — *Real-Time AI Cardiac Diagnostics*

What it does: Tricog's AI interprets ECGs instantly, enabling rapid detection of arrhythmias, heart attacks, and other cardiovascular conditions — often before clinicians can manually review tests.

Why it matters: Its solutions save precious minutes in critical care, helping clinicians across hospitals and remote clinics react faster to cardiac emergencies.

SigTuple — *Lab Automation with AI*

What it does: SigTuple combines AI and robotics to automate analysis of blood, urine, and semen samples, performing microscopy and reporting results with high speed and consistency.

Impact: It helps diagnostic labs scale capacity while reducing human error, critical for high-volume screening and preventive diagnostics.

Janitri — *AI for Maternal & Neonatal Monitoring*

What it does: Janitri offers AI-enabled tools for continuous monitoring during

pregnancy and newborn care, giving clinicians real-time insights into maternal and fetal health.

Value: These tools improve early detection of complications, increasing safety for mothers and babies alike.

RadpicsAI Technologies — *Intelligent Radiology Workflows*

What it does: RadpicsAI applies machine learning to triage radiology images and help radiologists prioritize and interpret scans faster.

Role: This directly improves imaging department throughput — especially important for hospitals serving high patient volumes.

Alkenist Technologies — *AI-Enhanced Imaging Interpretation*

What it does: Alkenist develops tools that help radiologists interpret complex imaging studies with greater speed and accuracy.

Application: Improves diagnostic confidence and report turnaround times in busy diagnostic centers.

Ai Health Highway — *Clinic-Focused AI Screening*

What it does: Ai Health Highway brings AI screening tools for chronic conditions (e.g., diabetes, cardiovascular risks) into primary care practices.

Value: Early detection at the primary care level helps prevent disease progression and reduces expensive downstream treatments.

BrainSightAI — *Neuro Imaging & Analytics*

What it does: BrainSightAI uses AI to analyze brain scans, assisting neurologists in identifying subtle patterns associated with neurological conditions.

Clinical potential: Early signal detection aids treatment planning and monitoring for disorders like stroke, tumors, and degenerative diseases.

Flabs — *AI for Radiology Reporting*

What it does: Flabs uses AI to assist radiology reporting — reducing errors and speeding turnaround.

Impact: Its clinical workflows improve radiologist productivity, especially in diagnostic chains with heavy workloads.

HeyDoc AI — *Personalized AI Health Engagement*

What it does: HeyDoc AI blends patient data with AI insights to deliver customized health guidance, reminders, and condition tracking.

Use-Case: Useful for chronic disease follow-ups and preventative health management.

Visit Health — *AI-Augmented Patient Navigation*

What it does: Visit Health uses AI to guide patients through their care journey — from symptom assessment to specialist referrals and follow-ups.

Value: Especially helpful for medical tourists who need clarity across complex clinical pathways.



5C Network — *Cloud AI for Imaging & Reporting*

What it does: 5C Network provides cloud-based PACS (Picture Archiving and Communication System) with integrated AI reporting tools.

Clinical impact: Hospitals and clinics, even with limited on-site radiology expertise, can access fast, AI-enhanced imaging insights.

Reveal HealthTech — *Predictive & Clinical AI*

What it does: Reveal HealthTech applies AI across care coordination and predictive analytics, helping healthcare facilities optimize operational and clinical decision support.

Doctor Assist AI — *Oncology Data Intelligence*

What it does: Doctor Assist AI harnesses algorithms to analyze oncology data, helping care teams interpret complex cancer patient records and guide evidence-based treatment.

Tap Health — *AI Symptom Checker & Health Guidance*

What it does: Tap Health's AI engages users in symptom analysis, preliminary health assessment, and personalized recommendations — empowering informed care decisions before clinical visits.

Healthians — *AI Diagnostics with Data Insights*

What it does: Healthians blends diagnostic lab services with AI-driven data interpretation, providing actionable insights for preventive wellness and early disease detection.

Tata 1mg — *AI-Powered Digital Health & Pharmacy*

What it does: Tata 1mg offers online pharmacy, lab test bookings, e-consultations, and AI-enhanced health recommendations.

Scale: Acquired by Tata Digital, it has

become one of India's leading digital healthcare platforms with nationwide reach.

PharmEasy — *AI in E-Pharmacy & Logistics*

What it does: PharmEasy leverages machine learning for delivery logistics, inventory management, and user behavior insights — streamlining medicine access across India.

AarogyaAI — *AI + Genomics Diagnostics*

What it does: AarogyaAI combines genome data and AI to detect drug-resistant infections like TB far faster than traditional lab testing.

Clinical significance: Speeds treatment decisions for high-burden infectious diseases.

DeepTek — *AI Radiology Workflow Automation*

What it does: DeepTek helps hospitals automate radiology interpretation across modalities, improving both accuracy and speed of clinical imaging analysis.

Predible Health — *AI Insight for Complex Disease Imaging*

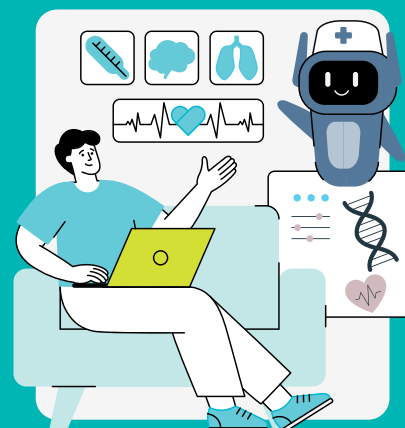
What it does: Predible Health builds AI tools that help clinicians detect disease patterns (e.g., lung and liver conditions) in imaging studies — aiding early intervention.

Orange Health — *AI-Driven Home Diagnostics*

What it does: Orange Health combines home sample collection with AI analytics, making preventive and routine lab testing more accessible at the doorstep.

Kenko Health — *Subscription AI Health Services*

What it does: Kenko Health offers AI-enhanced care bundles that combine consultations, diagnostics, and medication services into subscription plans — empowering continuous care. ●



As artificial intelligence becomes deeply embedded in healthcare delivery, India is emerging not only as a destination for high-quality treatment, but as a global innovation engine shaping the future of medicine.

The startups featured in this list reflect a broader national momentum — where clinical excellence meets cutting-edge algorithms, and affordability aligns with advanced technology.

For medical tourists, international healthcare providers, and global investors, India's AI HealthTech ecosystem signals a powerful shift: smarter diagnostics, seamless patient journeys, predictive care models, and digitally connected health systems are no longer aspirational — they are operational. In 2026 and beyond, India's healthcare story is increasingly one of intelligence, accessibility, and transformative impact on a global scale.



DIGITAL TRUST VS PHYSICAL DISTANCE

What Matters More to Patients Today?

In today's rapidly evolving healthcare landscape, patient decision-making is no longer driven solely by proximity to a hospital or clinic. The rise of digital platforms has introduced a new layer of influence—trust built online. As patients increasingly rely on digital ecosystems to guide critical healthcare choices, the balance between physical distance and digital trust is being fundamentally redefined.

By **Sonam Garg Sharma**

Healthcare today is no longer defined only by geography or the physical proximity of a hospital. Digital trust, a less visible but highly influential factor, is gradually reshaping the way patients access care. Before seeing a doctor or entering a hospital, patients begin their medical journey online—searching for information, comparing specialists, and evaluating multiple options.

In fact, before booking an appointment at a medical facility, 77% of patients use search engines, and nearly one in three consults multiple sources to decide which specialist to see. During this process, patients seek clarity, reassurance, and a sense of direction that goes beyond clinical expertise.

At the same time, physical distance still plays a role in healthcare, as treatment ultimately takes place in real-world settings with real doctors. However, the importance of distance has diminished. It is no longer the primary barrier. The real challenge today lies in confusion caused by excessive and fragmented information, along with the

emotional stress of making critical decisions without adequate support.

Patients are no longer asking, “Where is the best hospital?” as much as they are asking, “Can I trust the path I am being guided toward?” Nearly 60% of patients delay or postpone treatment decisions when they feel uncertain or lack trusted guidance, even when quality care is available nearby.

This shift has quietly transformed how healthcare access functions, particularly for patients seeking specialized care beyond their immediate location. Medical journeys can be complex and challenging, especially when they involve traveling to another city or even another country for treatment.

India has become a major destination for advanced and affordable healthcare and is emerging as one of the fastest-growing hubs for Medical Value Travel (MVT). The sector, valued at USD 2.89 billion in 2020, is projected to reach USD 13.42 billion by 2026, driven by world-class infrastructure, skilled professionals, and growing global trust in its healthcare ecosystem.

However, even when high-quality care is accessible, patients and their families often hesitate if they lack clarity about where to go, whom to consult, and how the process will unfold. In such situations, trust becomes more important than distance itself.

This is where healthcare platforms play a crucial role. Behind many successful patient journeys are facilitation ecosystems that bridge the gap between uncertainty and access. Rather than leaving patients to navigate complex systems alone, these platforms help them find the right doctors, understand treatment options, and identify hospitals where they can receive appropriate care.

It is not simply about offering choices, but about ensuring that those choices are relevant, reliable, and aligned with patient needs. The focus remains on reducing stress for families during some of their most vulnerable moments.

Digital trust is particularly important because it does not replace physical care but enables patients to feel confident enough to access it. Online



IN MANY WAYS, TRUST HAS BECOME THE TRUE CURRENCY OF MODERN HEALTHCARE—SHAPING DECISIONS MORE THAN GEOGRAPHY, INFRASTRUCTURE, OR COST.

recommendations alone are no longer sufficient; patients expect consistency, validation, and credibility before making decisions about their healthcare.

Today, many patients base their choice of doctors and hospitals on online reviews, feedback, and digital interactions. As a result, healthcare has evolved into a hybrid experience—where emotional assurance begins in the digital world and culminates in physical care delivery.

Yet, the human side of healthcare often goes unnoticed. Every case carries emotional weight—fear, urgency, confusion, and hope. Families deal not

only with illness but also with navigating complex healthcare systems under pressure. In such moments, timely guidance becomes essential in providing clarity and easing emotional strain.

Over time, this has led to the emergence of more empathetic facilitators who recognize that trust is built not through claims, but through consistent outcomes and patient-centric care.

The balance between digital trust and physical distance does not have a simple answer. While physical care will always remain essential, access to it increasingly depends on how confidently patients can navigate their healthcare journey.

In many ways, trust has become the true currency of modern healthcare—shaping decisions more than geography, infrastructure, or cost.

As the healthcare ecosystem continues to evolve, the future will belong to systems that seamlessly integrate both digital and physical experiences. They will be those that reduce confusion, build confidence, and ensure that no patient feels alone in their search for the right care.

In the years ahead, distance will matter less—but trust will matter most. ●



SONAM GARG SHARMA is the Founder & CEO of Medical Linkers, and a seasoned healthcare consultant and medical tourism expert. With over 15 years of experience across telecom, media, and healthcare, she established her healthcare venture nearly a decade ago to promote healthcare expertise globally. A pioneer in medical tourism, she has helped hospitals expand internationally and build cross-border networks. Passionate about patient access and innovation, she continues to position India as a leading destination for medical and wellness tourism.

CRACKING CANCER'S CODE

INTERVIEW

DR. TAPASREE ROY SARKAR ON GENETICS, AI, AND THE FUTURE OF PRECISION ONCOLOGY

*Cancer is being redefined through the lens of genetics, data science, and the body's biological clock, ushering in a new era of precision oncology. In this exclusive conversation with **Shinto Kallattu** of Medical Tourism Today, **Dr. Tapasree Roy Sarkar**, Assistant Professor in the Department of Biology (Genetics & Genomics) at Texas A&M University, USA; and Co-Director of the Center for Statistical Bioinformatics and the Center for Biological Clock Research (CBCR), explores how cancer bioinformatics, artificial intelligence, metabolism, and nanotechnology are transforming research into real-world clinical impact. Bridging cutting-edge science with patient-centered care, she offers rare insights into how personalized, data-driven approaches are shaping the future of cancer diagnosis and treatment.*



Q Dr. Tapasree, can you tell us about your career journey and what motivated you to work in genetics and cancer research?

A From a very young age, I was drawn to cancer research after witnessing the fierce and devastating nature of the disease and its profound impact on patients and families. Those early experiences stayed with me and shaped my determination to understand cancer at its roots. As I progressed through my training, genetics emerged as a powerful lens through which to study cancer—revealing how subtle molecular changes can drive disease initiation, progression, and therapeutic resistance. My career

journey has therefore been guided by a desire to connect fundamental genetic mechanisms with real-world clinical challenges, with the long-term goal of translating biological insights into more effective and durable cancer therapies.

Q In simple terms, what does cancer bioinformatics mean, and why is it important for modern healthcare?

A Cancer bioinformatics is the application of computational and statistical approaches to analyze large-scale biological and clinical data—such as genomics, transcriptomics, proteomics, metabolomics, and spatial profiling—to understand how cancers develop, evolve,

and respond to therapy. It is crucial for modern healthcare because it enables us to translate complex data into actionable insights, helping identify disease subtypes, predict treatment response, and uncover new therapeutic targets. By integrating molecular data with clinical information, cancer bioinformatics supports precision medicine, allowing treatments to be tailored to individual patients rather than relying on one-size-fits-all approaches.

Q How does studying cancer metabolism help doctors better understand how cancer grows and spreads?

A Studying cancer metabolism reveals how tumor cells rewire their energy use and nutrient pathways to support rapid growth, survive stress, and evade the immune system. These metabolic changes also influence how cancer cells interact with surrounding tissues and spread to distant organs. By understanding these metabolic adaptations, doctors can better identify aggressive disease, predict treatment response, and develop therapies that target the unique metabolic vulnerabilities of cancer cells.

Q From a patient's perspective, how close are we to seeing bioinformatics-based cancer research translate into everyday clinical care?

A We are already seeing bioinformatics-based cancer research impact routine clinical care, particularly through genomic testing that guides diagnosis and treatment selection. As technologies become more accessible and datasets grow, bioinformatics is increasingly helping clinicians predict treatment response, monitor disease progression, and identify resistance earlier. While challenges remain in data integration and implementation, the transition from research to everyday clinical practice is well underway, and patients are beginning to benefit from more precise, personalized cancer care.

Q Cancer is a major concern for patients and families. What common misconceptions about cancer would you like to clarify for the general public?



Cancer is highly diverse, even within the same tumor type, which is why treatments work differently for different patients

A One common misconception is that cancer is a single disease with a single solution. In reality, cancer is highly diverse, even within the same tumor type, which is why treatments work differently for different patients. Another misconception is that a cancer diagnosis always means a poor outcome; advances in early detection, targeted therapies, and immunotherapy have significantly improved survival and quality of life for many patients. Finally, people often underestimate the importance of prevention and early diagnosis—lifestyle factors, screening, and timely medical care can make a substantial difference in outcomes.

Q Nanotechnology sounds complex. How could it make cancer diagnosis and treatment safer or more precise for patients?

A Nanotechnology allows doctors to design extremely small particles that can deliver drugs or imaging agents directly to cancer cells while sparing healthy tissue. This targeted approach can reduce side effects and improve treatment effectiveness by concentrating therapies where they are needed most. Nanotech-

nology can also enhance cancer diagnosis by enabling earlier and more accurate detection, helping clinicians tailor treatments more precisely to each patient's disease.

Q The biological clock is an emerging area of research. How does our body clock affect cancer risk and treatment outcomes?

A Our biological clock, or circadian rhythm, regulates many essential processes such as hormone production, metabolism, immune function, and DNA repair. When this clock is chronically disrupted—by factors like shift work, irregular sleep, or jet lag—these tightly controlled processes can become dysregulated, increasing cancer risk and influencing how tumors grow and respond to therapy. Our recent work showed that disruption of the biological clock leads to abnormal mammary gland morphology and accelerates aggressive mammary tumorigenesis (Ogunlusi et al., 2025, *Oncogene*), highlighting how circadian misalignment can directly shape the tissue environment in ways that promote cancer development.

Q How is artificial intelligence helping researchers analyze cancer data more quickly and accurately?

A Artificial intelligence enables researchers to rapidly analyze vast and complex cancer datasets that would be impossible to interpret manually. AI-driven algorithms can identify patterns in genomic, imaging, and clinical data, uncover hidden disease subtypes, and predict treatment responses with high accuracy. By accelerating data analysis and reducing human bias, AI is helping translate large-scale cancer data into actionable insights that can ultimately improve diagnosis, treatment selection, and patient outcomes.

Q What challenges remain in using big data for cancer research, and how can the healthcare community address them?

A One major challenge is integrating diverse data types—such as genomic, clinical, imaging, and lifestyle data—into coherent and reliable models. Data quality, standardization, and patient privacy are also ongoing concerns. Addressing these challenges will require close collaboration between clinicians, researchers, and data scientists, along with improved data-sharing frameworks, robust analytical tools, and responsible governance to ensure that big data insights translate into meaningful and equitable benefits for patients.

Q What key message would you like patients and healthcare providers to take away from recent advances in cancer genomics and bioinformatics?

A The key message is that cancer care is becoming increasingly precise and personalized. Advances in cancer genomics and bioinformatics are helping us understand that every tumor is biologically unique, allowing treatments to be better matched to each patient's disease. For patients and healthcare providers, this means more informed decision-making, improved treatment outcomes, and a future where cancer therapy is guided not only by where a tumor arises, but by its underlying molecular and genetic features. ●

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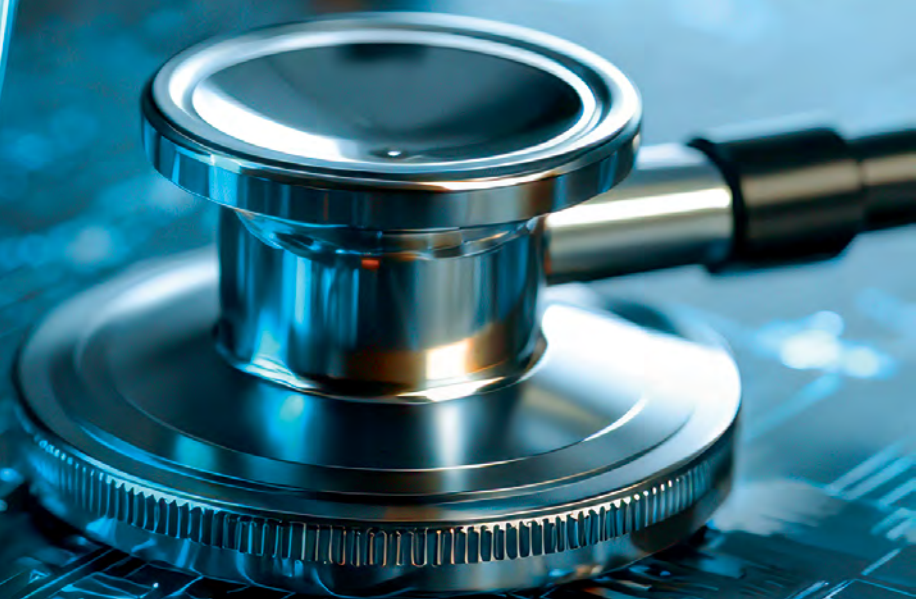
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THE FUTURE OF CYBERSECURITY IN HEALTHCARE

NAVIGATING NEW CHALLENGES AND INNOVATIONS

Healthcare organizations have become prime targets for cybercriminals, and the rise of digital health solutions, telemedicine, and interconnected devices has only increased the risks associated with cyber threats. As the healthcare sector embraces innovation, the importance of robust cybersecurity has never been more critical.

By Fiyona Scaria

Healthcare data is invaluable, not only because it is personally identifiable but because it is used to guide life-saving treatments and decisions. Data breaches, cyberattacks, and system vulnerabilities are a constant concern, and the future of healthcare cybersecurity is shaped by the need to protect patient privacy, ensure the continuity of care, and maintain trust in health systems.

The healthcare sector faces unique challenges when it comes to cybersecurity, due to its reliance on complex technologies and the sensitive nature of medical data. This article will explore the evolving landscape of cybersecurity in healthcare, the future of cyber threats in this domain, and how healthcare systems are adapting to these challenges through technological innovations, regulatory frameworks, and proactive cybersecurity measures.

The Current State of Cyberhealth

Before delving into the future of cybersecurity in healthcare, it's essential to understand the present challenges. Healthcare organizations are constantly under attack due to the value of health data, which can be sold on the dark web for identity theft, fraud, and blackmail. Moreover, hospitals, insurance companies, and medical device manu-

facturers are increasingly targeted by ransomware attacks, which lock up critical systems and demand payment for their release.

The healthcare sector is already seeing a rise in:

- 1. Ransomware Attacks:** These are among the most common and destructive threats in healthcare cybersecurity. Attackers encrypt healthcare data and demand large sums of money to restore access to it. Ransomware attacks in healthcare can cripple organizations, delay critical procedures, and even result in fatalities.
- 2. Phishing and Social Engineering:** Cybercriminals often target healthcare employees through phishing emails, tricking them into revealing sensitive information such as login credentials or access to confidential data. These tactics are effective because healthcare workers are typically under significant stress and may not always be aware of the latest threats.
- 3. Medical Device Vulnerabilities:** The rise of Internet of Things (IoT) devices in healthcare, such as smart pacemakers, insulin pumps, and imaging systems, has created new attack surfaces. Many of these devices were not originally designed with strong security measures in place, making them vulnerable to exploitation.
- 4. Data Breaches:** The healthcare industry experiences more data breaches than any other sector. These breaches often involve sensitive patient information, such as medical records, Social Security numbers, and insurance details, which are highly coveted by cybercriminals.

The risks are compounded by the sector's increasing reliance on cloud computing, telemedicine, electronic health records (EHR), and mobile health applications, all of which need to be secured and properly managed to prevent exposure to cyber threats.

The Future Cybersecurity Threat Landscape

As healthcare becomes more digitized, the potential risks associated with cybersecurity will evolve. Some of the

most notable cybersecurity challenges the healthcare sector will face in the coming years include:

Ransomware Attacks Will Evolve

Ransomware attacks are likely to grow more sophisticated in the future. While most attacks today focus on encrypting data and demanding a ransom, future cybercriminals may employ more targeted and disruptive tactics. For example, they could hold critical healthcare systems hostage by exploiting vulnerabilities in medical devices, such as ventilators or infusion pumps, or in entire hospital networks.

Additionally, ransomware attackers may seek to exploit artificial intelligence (AI) and machine learning to automate their attacks and conduct more customized campaigns. This means healthcare organizations will need to be one step ahead of cybercriminals by continuously updating their cybersecurity protocols and investing in more advanced detection tools that can spot the nuances of evolving ransomware tactics.



Threats to IoT and Medical Devices

The increasing use of connected devices in healthcare — from wearable health trackers to remotely operated surgery robots — will create significant security challenges. Medical devices are often connected to networks that are used to store and share patient data, creating multiple entry points for cybercriminals. Attackers could potentially exploit vulnerabilities in these devices to gain unauthorized access to medical records, manipulate device settings, or even cause harm to patients.

The future of cybersecurity in healthcare will require the development of more secure standards for IoT devices. This includes ensuring that medical devices are encrypted, capable of receiving timely security patches, and able to detect and respond to cyberattacks. Additionally, healthcare providers will need to collaborate with device manufacturers to ensure that security is baked into devices from the design stage.

AI and Machine Learning as Tools for Cyber Attacks

As artificial intelligence and machine learning become more integrated into healthcare, they will also be leveraged by cybercriminals to automate attacks and breach security measures. AI can help hackers bypass traditional cyberse-

curity measures, such as firewalls and intrusion detection systems, by mimicking legitimate user behavior.

On the flip side, AI also holds the potential to enhance cybersecurity in healthcare. AI-powered tools can be used to identify unusual network patterns, predict potential threats, and respond to attacks in real time. Future cybersecurity strategies in healthcare will need to focus on building AI systems capable of outsmarting AI-driven threats.

Deepening Privacy Concerns

With the rise of telemedicine and digital health platforms, patient data is increasingly being collected, stored, and shared across numerous platforms. This creates new challenges in terms of privacy. Data privacy regulations, such as the Health Insurance Portability and Accountability Act (HIPAA), are critical in safeguarding sensitive medical information. However, as the digital healthcare ecosystem grows, ensuring compliance with these regulations while allowing for the seamless exchange of information will be a significant challenge.

The future of healthcare cybersecurity will require more robust frameworks for ensuring the secure sharing of health information across organizations and borders, as well as improved patient

consent management and data encryption.

Innovations Shaping the Future of Healthcare Cybersecurity

To address these challenges, the healthcare sector is increasingly turning to innovative technologies and strategies. Some of the key innovations shaping the future of cybersecurity in healthcare include:

Blockchain Technology

Blockchain, the technology behind cryptocurrencies like Bitcoin, has the potential to revolutionize healthcare cybersecurity by providing a secure and transparent way to store and share medical data. Blockchain's decentralized nature makes it more resistant to hacking, as it eliminates the need for a central database that could be targeted by cybercriminals.

Blockchain could be used to create tamper-proof medical records, ensuring that patient data is securely stored and only accessible to authorized parties. This would mitigate the risk of data breaches and ensure the integrity of medical records.

Zero Trust Architecture

Zero Trust Architecture (ZTA) is a security model that assumes no user



AS HEALTHCARE CONTINUES TO ADOPT DIGITAL HEALTH TECHNOLOGIES, SECURE MEDICAL DEVICES, AND REMOTE SERVICES, ROBUST CYBERSECURITY WILL BE ESSENTIAL TO PROTECT SENSITIVE PATIENT DATA AND ENSURE CONTINUITY OF CARE.

or device, whether inside or outside the organization's network, can be trusted by default. ZTA requires continuous verification of users and devices to access sensitive data and systems. This approach is particularly well-suited for healthcare organizations that rely on cloud-based solutions, remote workers, and IoT devices.

By adopting a Zero Trust framework, healthcare organizations can mitigate risks by ensuring that access to critical systems is based on stringent authentication protocols, including multifactor authentication (MFA), device health checks, and real-time monitoring.

AI-Powered Threat Detection

Artificial intelligence is already being used to enhance threat detection and response in cybersecurity. In the future, AI will become even more advanced, helping healthcare organizations quickly identify and respond to potential breaches. AI-powered systems can monitor vast amounts of network traffic, analyze user behavior patterns, and flag anomalous activity that could indicate an attack.

Machine learning algorithms can also help healthcare organizations predict potential vulnerabilities in their infrastructure, allowing them to proactively address security gaps before they can be exploited.

Secure Remote Access and Telemedicine Protection

The COVID-19 pandemic accelerated the adoption of telemedicine and remote healthcare services. As a result, ensuring secure access to telemedicine platforms and protecting patient data during remote consultations will be crucial in the future.

Healthcare organizations will need to implement robust encryption technologies and access controls to secure video consultations, digital prescriptions, and patient data shared through telemedicine platforms. Additionally, ensuring secure remote access for healthcare workers, especially in hybrid work environments, will be essential in safeguarding healthcare systems from cyberattacks.

Improved Medical Device Security

To secure the growing number of IoT devices in healthcare, manufacturers will need to integrate stronger security features directly into medical devices. This includes ensuring devices are regularly updated with security patches, encrypted during data transmission, and able to detect and respond to unusual activity.

Additionally, healthcare providers will need to invest in device management systems that can track and monitor all connected devices, ensuring they remain secure and functional.

Regulatory and Collaborative Efforts

Governments and industry organizations are actively working to create regulatory frameworks and initiatives to improve cybersecurity in healthcare. Regulations such as HIPAA in the United States and the General Data Protection Regulation (GDPR) in Europe provide essential guidelines for securing patient data. However, as cyber threats evolve, these regulations must be updated to address new risks and technologies.

Collaboration between healthcare organizations, cybersecurity professionals, technology providers, and regulators will be critical in developing the future cybersecurity strategies nee-



ded to protect healthcare systems and patient data.

The future of cybersecurity in healthcare will be shaped by rapid technological advancements and the evolving cyber threat landscape. As healthcare continues to adopt digital health technologies, secure medical devices, and remote services, robust cybersecurity will be essential to protect sensitive patient data and ensure continuity of care.

To stay ahead of emerging threats, healthcare organizations must embrace innovative solutions such as AI, blockchain, and Zero Trust security frameworks. They must also collaborate with regulators and industry leaders to create a secure and resilient healthcare ecosystem.

As the digital transformation of healthcare continues, cybersecurity will be the backbone of ensuring trust, privacy, and safety for both patients and healthcare providers alike. ●



INTERVIEW

DR. AJU MATHEW ON BREAKTHROUGHS IN ONCOLOGY AND INDIA'S POTENTIAL

In an interview with Medical Tourism Today, Dr. Aju Mathew, an internationally trained oncologist, discusses the evolving landscape of cancer care in India and abroad. From breakthroughs in targeted therapies and diagnostics to India's unique healthcare strengths, he highlights opportunities, challenges, and the vital role of prevention and awareness in reducing the global burden of cancer.

Q Dr. Aju, you trained and earned recognition in the United States before moving to India. What are the biggest differences you've observed between cancer care delivery in the U.S. and India?

A The U.S. has wide availability of the newest high-cost treatments and diagnostics (molecular profiling, many FDA-approved targeted drugs, cellular therapies), but access is uneven because of cost, insurance fragmentation, and system complexity. In India, care is much more heterogeneous: a few centres (public and private) deliver world-class, affordable care, while many areas lack basic oncology services — so access and out-of-pocket costs are the main challenges. Treatment choices in India are frequently constrained by affordability and travel; patients and families often weigh these factors heavily. In the U.S., cost is still decisive but is mediated by insurance and coverage patterns.

DR. AJU MATHEW

Dr. Aju Mathew is an internationally trained medical oncologist and hematologist, recognized for his expertise in advanced cancer care and patient-centered treatment. He holds an MBBS from Trivandrum Medical College, an MD from the United States, and an MPhil from the University of Cambridge. He is a Diplomate of the American Board in Medical Oncology, Hematology, and Internal Medicine, and a Fellow of the American College of Physicians (FACP).

Board-certified by the American Board of Internal Medicine in Internal Medicine, Hematology, and Medical Oncology through the University of Pittsburgh, Dr. Mathew brings global standards of oncology care to India.

He currently serves as Consultant at Ernakulam Medical Centre and MOSC Medical College, Kolenchery, Kerala, where he focuses on providing accessible and high-quality cancer treatment. He also contributes to palliative medicine as an Honorary Consultant at the Trivandrum Institute of Palliative Sciences.

With his extensive clinical experience and leadership roles, Dr. Aju Mathew is at the forefront of advancing oncology services in India, combining world-class expertise with a commitment to improving patient outcomes and access to care.

Q What are the most promising recent developments in medical oncology that excite you the most?

A The most promising developments in oncology include antibody-drug conjugates (ADCs), which are becoming increasingly effective with expanding indications and better tolerability, especially when used in combinations that show improved responses; bispecific antibodies and next-generation immune therapies, including novel immune-stimulating antibody constructs, which hold promise in both hematologic cancers and selected solid tumours; cellular therapies such as CAR-T and other next-generation approaches, which are rapidly maturing for blood cancers with lineage-directed strategies and adaptations for

solid tumours underway; and liquid biopsy along with other highly sensitive diagnostics, which provide better tools for early detection, monitoring minimal residual disease, and guiding therapy decisions.

Q From your perspective, what unique advantages does India, and particularly Kerala, offer for international patients seeking cancer treatment?

A India offers cost-effective cancer care with high levels of expertise, as several tertiary centres deliver internationally competitive outcomes at substantially lower costs than many Western institutions. Patients also benefit from rapid access and consolidated services, with shorter waiting times for diagnostics and treatment scheduling. Kerala, in particular, stands out for its high literacy and health awareness, robust primary health network, well-organized cancer care system, and expanding medical-value tourism infrastructure, making it an attractive destination for patients seeking advanced oncology care.

Q Breast cancer is one of your key research areas. What are the essential precautions and screening tests women should undergo for early detection of breast cancer, and could you briefly explain the main procedures used for diagnosis and treatment?

A Risk assessment for breast cancer begins with understanding one's personal and family history, including first-degree relatives with breast or ovarian cancer; individuals at high risk should be referred to specialists for earlier and more intensive screening. For women at average risk, I always recommend self-breast examination as an important screening method. If a suspicious lump is detected, mammography, MRI, and biopsy are key tools for diagnosis.

Q What are the warning signs or symptoms that women should never ignore when it comes to breast health?

A Any changes in the appearance or feel of the breast must not be neglected.

Q What are the key lifestyle and genetic risk factors for breast cancer that patients should be most aware of?

A Some women may have hereditary risk — they must be aware of breast or ovarian cancer in their family and discuss this with their doctor. Unhealthy lifestyle choices, poor diet, smoking, and alcohol use also increase the risk of breast cancer.

Q Could you briefly explain the most recent cutting-edge technologies and treatments for breast cancer available in India?

A Targeted therapy options have significantly improved the effectiveness of cancer treatment in India. These include ADCs, immunotherapies, and precision-targeted medicines.

Q Where do you see the future of cancer care heading in the next 10 years, both globally and in India?

A The increasing use of targeted therapies and immunomodulatory drugs will improve cure rates. Greater sensitivity in early cancer detection will be aided by genomic advancements.

Q Given India's rising cancer incidence, what preventive measures do you believe are most effective in reducing disease burden?

A We must focus on a healthy lifestyle as the most important preventive measure.

Q What message would you like to share with international patients considering India for their cancer treatment?

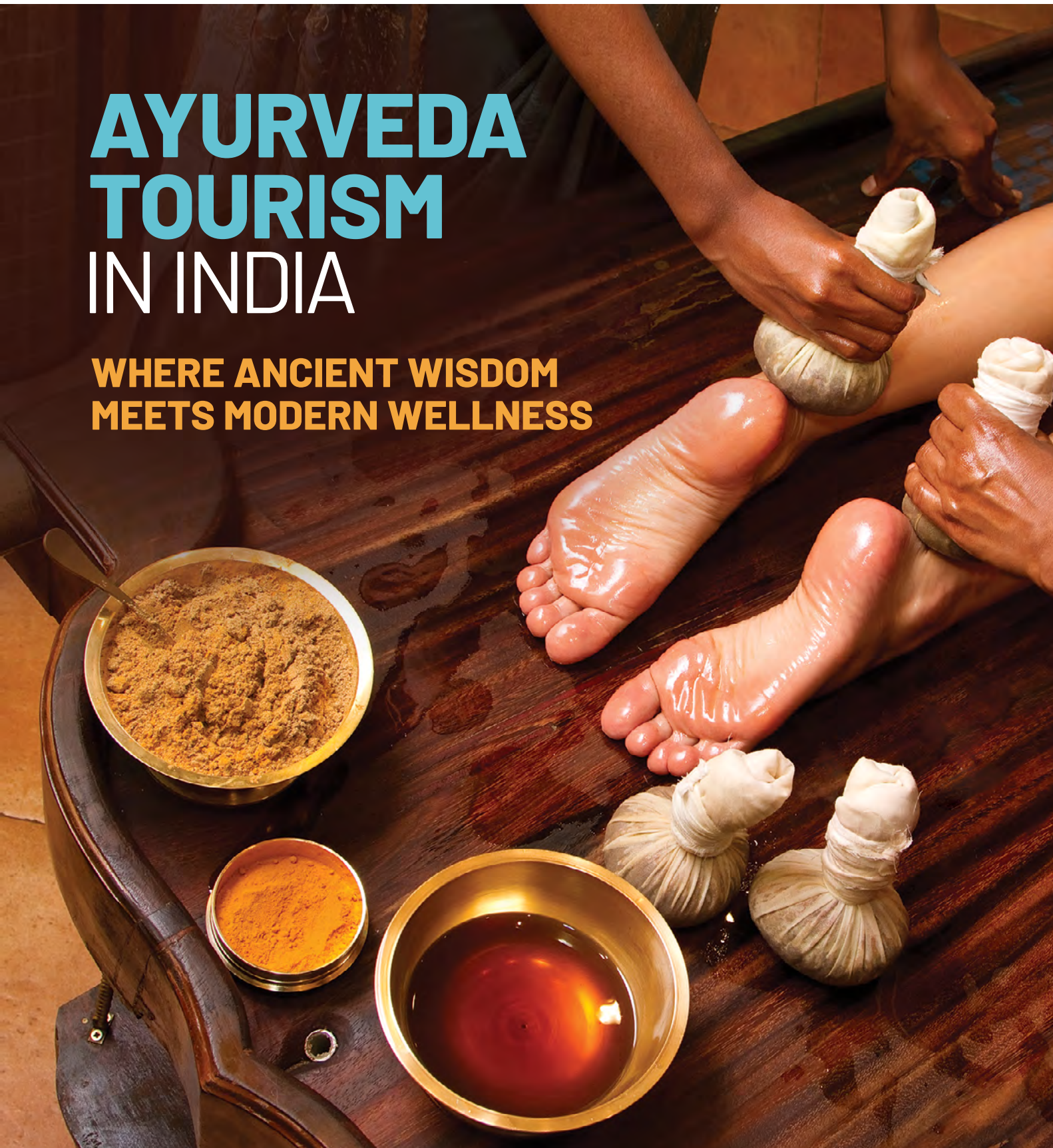
A India can offer high-quality care at much lower cost, with experienced multidisciplinary teams, fast access to diagnostics and treatment, and many internationally accredited centres. Kerala adds the advantages of strong public health infrastructure, skilled clinicians, and a supportive environment. ●



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INTERVIEW ONLINE

AYURVEDA TOURISM IN INDIA

**WHERE ANCIENT WISDOM
MEETS MODERN WELLNESS**





Amid misty backwaters, swaying coconut palms, and centuries of wisdom, Ayurveda unfolds as more than therapy—it is a journey into balance and renewal. India's Ayurveda tourism offers travelers a soulful escape, where ancient healing rituals, mindful living, and natural beauty converge to rejuvenate body, mind, and spirit.

By Shinto Kallattu

Ayurveda — literally “science of life” — is India’s ancient system of holistic medicine. For centuries it has blended herbal remedies, therapeutic massage, dietary guidance and lifestyle practices to restore balance and health. In recent decades, Ayurveda Tourism has grown into a meaningful travel niche: visitors from around the world come to India to experience authentic Panchakarma detoxes, restorative Rasayan therapies, and wellness-focused retreats set in lush backdrops. This article explores why Ayurveda tourism in India is unique, where to go, what to expect, and how to plan a safe, restorative trip.

Why choose Ayurveda tourism in India?

Visiting India for Ayurveda is different from booking a spa treatment overseas. Here you get:

- **Authenticity:** Many Ayurvedic centres in India follow classical texts and use locally grown medicinal herbs and oils.
- **Depth of treatment:** Programs range from single-session therapies to intensive Panchakarma courses lasting 7–28 days — long enough to produce real physiological and mental shifts.
- **Cultural immersion:** Meals, meditation, yoga, and consultations with Ayurvedic physicians (vaidyas) are woven into the stay, giving a holistic experience rather than a single-service visit.
- **Affordability and variety:** Prices vary widely — from budget clinics to luxury Ayurvedic resorts — and many regions specialize in different styles and approaches.

Ayurveda’s written roots go back thousands of years in texts such as the Charaka Samhita and Sushruta Samhita. Historically it developed through regional traditions — what’s practiced in Kerala today differs in technique and emphasis from Ayurvedic approaches in the Hima-

layan regions or Tamil Nadu. Modern Ayurveda tourism began to expand in the late 20th century, as Western seekers and domestic travellers looked for alternative, preventive health solutions.

Top destinations for Ayurveda tourism

Kerala – the epicentre

Kerala on India's southwest coast is often the first place people think of for Ayurveda. The state's humid, tropical climate supports the cultivation of many medicinal plants. Kerala's vaidyas are famous for their expertise in Panchakarma, Abhyanga (oil massage), shirodhara (warm oil poured over the forehead) and rejuvenation therapies. The combination of trained practitioners, traditional oil formulations, and scenic locations (backwaters, coconut groves) makes Kerala the most popular choice.

Goa – beachside wellness

Goa offers a blend of relaxed coastal vibes with Ayurvedic retreats that

pair detox therapies and yoga with beach access. Many clinics cater to international visitors, offering English-speaking doctors and integrated wellness packages.

Tamil Nadu and Pondicherry – classical medicine and cultural calm

These regions offer a quieter, often more traditional style of Ayurveda. Pondicherry's colonial architecture and coastal serenity combine well with small, expert clinics.

Karnataka – boutique retreats and Ayurvedic resorts

Areas like Coorg and parts of coastal Karnataka provide boutique resorts focused on personalized programs, often combining Ayurveda with organic food, nature walks and local culture.

Himachal Pradesh and Uttarakhand – alpine Ayurveda

Higher-altitude clinics adapt Ayurvedic principles for cooler climates, often blending ayurvedic care with Himalayan herbs and meditative retreats.

KERALA IS OFTEN THE FIRST PLACE PEOPLE THINK OF FOR AYURVEDA. THE STATE'S HUMID, TROPICAL CLIMATE SUPPORTS THE CULTIVATION OF MANY MEDICINAL PLANTS. KERALA'S VAIDYAS ARE FAMOUS FOR THEIR EXPERTISE IN PANCHAKARMA, ABHYANGA, SHIRODHARA AND REJUVENATION THERAPIES.



Treatments and experiences explained

Panchakarma – the flagship detox

Panchakarma is a comprehensive cleansing and rejuvenation program in Ayurveda designed to eliminate accumulated toxins and restore balance to the body. While protocols vary according to an individual's constitution and health condition, they typically include preparatory oleation (snehana), sudation (swedana), therapeutic purgation (virechana), medicated enema therapy (basti), nasal administration of medicines (nasya), and supportive herbal treatments. These programs require physician assessment and supervision and generally last between 7 and 21 days.

Abhyanga and Shirodhara

Abhyanga is an all-body oil massage using warmed herbal oils selected for your dosha (body-mind constitution). Shirodhara — a continuous stream of warm oil on the forehead — is famed for deep relaxation, improved sleep and reduced stress.

Rasayana and rejuvenation therapies

Rasayana refers to rejuvenation protocols, herbal formulations and lifestyle practices designed to improve vitality, immunity, and longevity. Many resorts offer Rasayana packages with dietary changes, herbal tonics and restorative therapies.

Yoga, meditation and diet

Authentic Ayurvedic stays combine therapeutic treatments with daily yoga, pranayama meditation and diet plans tailored to your constitution and treatment goals.

Choosing the right centre: certifications and standards

Not all Ayurvedic centres offer the same level of medical oversight. When choosing:

- Prefer centres with a registered Ayurvedic physician (BAMS or equivalent) on staff.



- Check reviews, but also look for transparency about treatment plans, potential side effects, and the exact therapies included.
- Ask about the source and quality of herbs and oils; ethical centres will use regulated, contaminant-tested products.
- For longer Panchakarma programs, request a pre-arrival medical consultation and follow-up plan.

Accommodations and packages

Options range from small clinics with shared rooms to ultra-luxury resorts offering private villas, organic cuisine, and concierge medical care. Many resorts advertise all-inclusive Ayurvedic packages — typically listing the num-

ber of treatments per day, consultations, meals and guided activities. Compare what's included carefully (transportation, tests, special herbs, and follow-up care can add to the cost).

Practical travel tips

- **Best time to go:** Kerala is pleasant year-round, but many visitors prefer the cooler months (October–March). Monsoon season (June–September) is also popular for Panchakarma since the body is said to respond well to treatments during this time, but heavy rains can affect travel plans.
- **Program length:** For meaningful results choose at least 7–14 days; true Panchakarma programs often require 14–28 days.
- **Costs:** Prices vary widely — budget clinics may charge a few hundred

dollars for a week of basic therapies; reputable mid-range retreats charge more, and luxury resorts can cost several thousand dollars for comprehensive multi-week programs.

- **Packing:** Lightweight clothing, comfortable shoes for walking, modest swimwear if the resort has a pool, and any prescription medications. Carry copies of medical records if you have chronic conditions.

Health, safety and contraindications

Ayurvedic therapies are generally safe when administered by trained professionals. However:

- Some detox procedures are intense; people with serious medical conditions (heart disease, uncontrolled diabetes, pregnancy, active infections) should consult their primary physician and usually avoid intensive Panchakarma.
- Be candid about medications you take — some herbal formulations may interact with pharmaceuticals.
- Ensure the centre follows hygiene protocols and has access to emergency medical care or hospital transfer if needed.

Sustainability and community impact

Ethical Ayurveda tourism supports local herb farmers, employs local prac-



AYURVEDA TOURISM IN INDIA OFFERS A RARE BLEND OF TRADITIONAL HEALING, CULTURAL DEPTH AND SCENIC SETTINGS. WHETHER YOU WANT A SHORT RESET OR A DEEP INTERNAL CLEANSE, INDIA'S AYURVEDIC CENTRES PROVIDE A RANGE OF OPTIONS TO RESTORE BALANCE.

tioners, and invests in sustainable sourcing. When possible, choose centres that work with community-based suppliers and transparent supply chains to avoid contributing to overharvesting of wild medicinal plants.

Costs & planning checklist

- Research centers and read verified reviews.
- Schedule a pre-arrival consultation with the centre's physician.
- Plan at least 7–14 days for meaningful treatment; 21+ days for deep Panchakarma.
- Budget for testing, supplements, and incidental costs.
- Check travel insurance — some policies exclude elective wellness treatments, so confirm coverage.

Ayurveda tourism in India offers a rare blend of traditional healing, cultural depth and scenic settings. Whether you want a short reset or a deep internal cleanse, India's Ayurvedic centres provide a range of options to restore balance. Do your homework, pick a reputable centre, and approach the experience with patience — Ayurveda's benefits often reveal themselves gradually, but the journey can be transformative. ●



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A healthy smile is increasingly becoming a global priority, driving more patients to seek high-quality dental care beyond their home countries. As dental treatment costs continue to rise in many parts of the world, international patients are exploring destinations that offer advanced procedures, experienced specialists, and seamless patient experiences. Among the leading choices, India has distinguished itself as a preferred destination, combining modern dentistry with internationally competitive standards of care and exceptional value.

By **Dani J6se**

A DESTINATION FOR SMILES

India's Growing Appeal in Global Dental Tourism

For decades, patients traveled abroad primarily to save money on medical procedures. Today, dental tourism has evolved into a sophisticated healthcare segment where quality, technology, convenience, and patient experience are equally important. India has emerged as one of the world's most sought-after destinations for dental tourism, attracting thousands of international patients each year from the United States, United Kingdom, Canada, Australia, the Middle East, Africa, and Europe.

From dental implants and full-mouth rehabilitation to cosmetic dentistry and smile makeovers, India offers comprehensive dental care at a fraction of Western costs while maintaining global standards of treatment and patient safety. Industry observers increasingly view dental tourism as one of the fastest-growing segments of India's healthcare export sector.

Significant Cost Savings

Cost remains one of the strongest drivers behind India's dental tourism success. Dental procedures in India typically cost 60% to 80% less than comparable treatments in the United States, United Kingdom, Australia, and many European countries. Even after factoring in airfare, accommodation, and local transportation, patients often save thousands of dollars.

For example, a single dental implant that may cost several thousand dollars in Western countries can often be completed in India for a fraction of that amount. Full-mouth restorations, veneers, crowns, bridges, and smile makeover procedures offer particularly substantial savings.

Highly Skilled Dental Professionals

India produces thousands of dental graduates every year and is home to a large pool of specialists in implantology, prosthodontics, orthodontics, endodontics, oral surgery, and cosmetic dentistry. Many Indian dentists have received advanced training or certifications from international institutions and regularly attend global conferences and continuing education programs.

This combination of clinical expertise and extensive case experience allows

MOST POPULAR DENTAL PROCEDURES SOUGHT BY INTERNATIONAL PATIENTS

India attracts patients for a wide range of dental treatments, including:

- Dental implants
- Full-mouth rehabilitation
- All-on-4 and All-on-6 implant procedures
- Cosmetic dentistry
- Veneers
- Smile makeovers
- Crowns and bridges
- Root canal treatments
- Orthodontics and clear aligners
- Oral and maxillofacial surgery

Complex restorative procedures generate particularly strong demand because cost differences are often substantial while clinical outcomes remain highly competitive internationally.

Indian specialists to handle complex procedures with predictable outcomes.

Advanced Dental Technology

Leading dental clinics across India now utilize state-of-the-art technology comparable to top facilities worldwide. Modern dental centers commonly offer:

- CBCT (Cone Beam Computed Tomography) imaging
- CAD/CAM digital dentistry
- Digital smile design
- Intraoral scanners
- Laser dentistry

- Guided implant surgery
- 3D treatment planning
- Same-day crowns and restorations

These technologies improve accuracy, reduce treatment time, and enhance patient comfort.

Minimal Waiting Times

Unlike many developed healthcare systems where patients may wait weeks or months for specialist appointments, most Indian dental clinics can schedule consultations and treatments within days. This is particularly attractive for international patients seeking quick treatment without long delays.

English-Speaking Healthcare Environment

Communication is a critical factor in healthcare. India's widespread use of English in medical and dental practice allows international patients to communicate effectively with dentists, coordinators, and support staff, reducing misunderstandings and improving treatment planning.

Treatment Combined with Travel

Many dental tourists combine their procedures with vacations. India's diverse tourism offerings—including beaches, mountains, heritage sites, wellness retreats, and luxury hospitality—allow patients to recover while exploring one of the world's most culturally rich destinations.





Top Dental Tourism Cities in India

Chennai - The Dental Tourism Capital of India

Chennai has long been considered one of India's leading dental tourism destinations. The city combines internationally recognized healthcare infrastructure, experienced dental specialists, excellent connectivity, and comparatively affordable treatment costs.

Patients from Southeast Asia, the Middle East, Africa, Europe, and North America frequently choose Chennai for implants, cosmetic dentistry, and complex oral rehabilitation.

Key Advantages

- Strong healthcare ecosystem
- International airport connectivity
- Highly experienced implant specialists
- Affordable accommodation options
- Established medical tourism support services

Hyderabad - Emerging Center for Advanced Dental Care

Hyderabad has rapidly gained prominence for high-quality dental services and modern dental centers equipped with advanced technology. The city offers a strong combination of affordability, infrastructure, and specialist expertise.

Key Advantages

- Modern dental clinics
- Digital dentistry capabilities
- International patient coordination services
- Cost-effective treatment packages

Mumbai - Premium Dental Tourism Destination

As India's financial capital, Mumbai offers access to some of the country's most advanced private healthcare facilities. International patients seeking premium dental experiences often choose Mumbai due to its highly qual-

ified specialists and world-class hospitality infrastructure.

Key Advantages

- Internationally trained dentists
- Premium dental centers
- Excellent air connectivity
- Luxury hospitality options

New Delhi and NCR - Rapidly Growing Dental Hub

The National Capital Region, including Delhi, Gurugram, and Noida, has become one of India's fastest-growing dental tourism corridors. Recent industry observations suggest that Noida in particular is emerging as a preferred destination for international patients due to its modern clinics, lower waiting times, and competitive pricing.

Key Advantages

- Large concentration of specialists
- International airport access
- Strong infrastructure
- Wide range of treatment options

Bengaluru - Technology-Driven Dental Tourism

Known globally as India's technology hub, Bengaluru has also built a reputation for advanced healthcare services. Many dental centers here utilize cutting-edge digital dentistry technologies and cater extensively to international patients.

Key Advantages

- Technology-focused clinics
- Highly qualified specialists
- International patient support
- Modern healthcare infrastructure

Kochi - Dental Care Combined with Wellness Tourism

Kerala's reputation for wellness tourism and healthcare excellence makes Kochi an attractive destination for dental tourists seeking a more relaxed recovery environment. Patients often combine treatment with wellness retreats and tourism experiences.

Key Advantages

- Wellness-focused recovery
- International airport connectivity
- Tourism and healthcare integration
- Strong hospitality sector

Chandigarh - Rising Northern India Destination

Chandigarh is increasingly attracting



international patients due to its organized infrastructure, modern dental facilities, and growing reputation for implant dentistry and full-mouth rehabilitation.

Key Advantages

- Modern dental centers
- High standards of patient care
- Easy accessibility from North India
- Competitive pricing

Conclusion

India's rise as a dental tourism hub is no longer driven solely by affordability. Today, the country offers a compelling combination of internationally trained specialists, advanced technology, short waiting times, English-speaking healthcare professionals, and world-class patient care. Cities such as Chennai, Hyderabad, Mumbai, Delhi-NCR, Ben-

FACTORS INTERNATIONAL PATIENTS SHOULD CONSIDER

While India offers exceptional value, patients should conduct thorough research before selecting a clinic. Important considerations include:

- Dentist qualifications and specialization
- Clinic accreditation and reputation
- Technology and diagnostic capabilities
- Infection control protocols
- Use of internationally recognized materials
- Treatment warranties
- Availability of follow-up care
- Verified patient reviews and outcomes

Experts consistently emphasize that treatment quality and clinical expertise should take precedence over price alone.

galuru, Kochi, and Chandigarh have established themselves as leading centers for dental tourism, attracting patients seeking everything from routine procedures to complex full-mouth rehabilitation.

As global demand for affordable, high-quality dental care continues to grow, India is well-positioned to strengthen its status as one of the world's premier destinations for dental tourism—delivering not just cost savings, but confidence, convenience, and life-changing smiles. ●

Stay tuned to explore some of India's leading dental care centers catering to medical value travelers.



Dani José is a content curator based in Delhi, specializing in healthtech, medical procedures, and medical tourism. She focuses on simplifying complex healthcare topics into clear, engaging, and informative content for global audiences.



Mr. Sano Jacob, COO of Global Health Opinion

CARE WITHOUT BORDERS, POWERED BY TRUST AND TECH

*In an insightful interview with Medical Tourism Today, **Mr. Sano Jacob Marattil**, COO of Global Health Opinion Inc. shares how his organization is reshaping global medical travel. With a blend of AI, telemedicine, and cultural empathy, GHO is redefining how patients access world-class care across borders—safely, efficiently, and transparently.*

Q Mr. Jacob, can you walk us through the typical journey of a medical tourist using your services—from initial inquiry to returning home?

A At Global Health Opinion (GHO), our core strength lies in transforming the traditional model of medical travel through technology-first, data-driven care. We specialize in offering end-to-end medical value travel powered by our robust Second Opinion Platform and intelligent Patient Journey Management System (PJMS), designed to ensure patients receive the right treat-

ment at the right place—without unnecessary travel or risk.

The journey begins digitally, with patients or caregivers submitting their case and reports via our website or partner channels. GHO's AI-assisted engine then connects the case to a global pool of over 25,000 experienced doctors—carefully matched by specialty, geography, and clinical expertise—who independently review and issue a peer-reviewed Second Opinion report. This report includes diagnostic confirmation, treatment recommendations

(surgical or non-surgical), cost expectations, and an evaluation of whether travel is necessary.

This Second Opinion becomes the cornerstone of the patient's journey. In over 40% of cases, patients avoid travel or invasive procedures thanks to accurate remote insights. If treatment abroad is advised, GHO's platform auto-recommends top-rated hospitals from our vetted global network across India, UAE, Germany, UK, USA, and Africa. It offers real-time availability, digital cost estimates, and visa

assistance—all integrated into a seamless user dashboard. Once travel is confirmed, PJMS tracks every step—flight logistics, airport pickup, accommodation, hospital coordination, and translator support. During the stay, real-time progress updates are shared with families and referring doctors, ensuring transparency and trust.

Post-treatment, GHO's telehealth platform enables continuous care through virtual follow-ups, medication management, and report sharing. Even complex post-operative cases benefit from remote monitoring and access to the original treating doctors. With every step digitally guided, GHO redefines medical travel as a patient-first, tech-enabled global healthcare experience.

Q What types of procedures are most commonly requested by international patients, and how do you handle post-treatment follow-up care?

A At GHO, international patients most often seek complex, high-impact procedures that require specialized expertise and cost-effective access. These include oncology, cardiac surgeries, organ transplants (liver and kidney), orthopedic and spine surgeries, fertility treatments, and advanced diagnostics. Neurology, robotic surgeries, cosmetic procedures, and bariatric care are also increasingly popular.



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GLOBAL MEDICAL VALUE TRAVEL

We specialize in providing end-to-end medical value travel support through our robust, custom-built **MVT.care** engine, supported by our **Second Opinion Network** and **Patient Journey Management System** platforms.

The journey begins digitally, with patients or caregivers submitting their cases and reports through the MVT.care application, website, or partner channels.

GHO's AI-assisted engine connects each case to our global Second Opinion Network of experienced doctors across all

specialties. Patients are matched with doctors based on specialty, geography, and clinical expertise.

Through GHO's telehealth facility, patients are connected with the identified doctor who will treat them in the destination country. This video consultation allows the doctor to gather more details, while helping patients become familiar with both the doctor and the procedure.

Post-treatment, our telehealth platform continues to support patients through virtual follow-ups, medication management, and report sharing.

In addition, GHO is establishing contact centres in countries from which patients travel to India or other destinations for medical treatment. Follow-up centres will also be set up in patients' home countries, enabling them to receive ongoing care either through our telehealth facility or via a designated local doctor.

What sets GHO apart is our integrated Second Opinion platform, which ensures accurate diagnosis and treatment planning before any travel. This reduces unnecessary procedures and optimizes outcomes.

For follow-up care, GHO offers a fully digital continuity-of-care model. Patients can connect with their treat-

ing doctors virtually for routine check-ins, wound reviews, test result discussions, or medication adjustments. PJMS tracks milestones post-return, sending alerts for evaluations, rehab schedules, and follow-up support. For critical cases, we offer remote monitoring, home care coordination, and emergency consultations—ensuring comprehen-



sive and connected care even after the patient returns home.

Q How do you leverage technology—AI, telemedicine, and patient portals—to enhance patient experience and care outcomes?

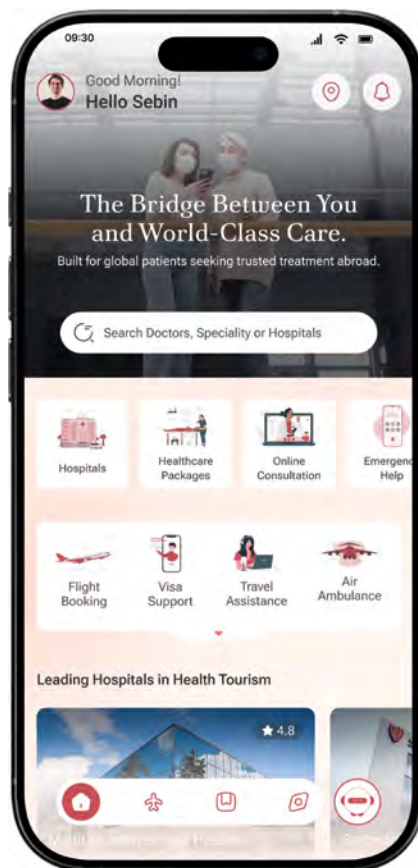
A At GHO, technology is at the core of our ecosystem. Our AI-powered Second Opinion platform intelligently matches each case with global specialists based on clinical complexity, specialty, and outcomes. It triages cases, standardizes reports, and delivers peer-reviewed advice quickly—often within hours.

Our telemedicine platform enables consultations with leading doctors worldwide, both before and after treatment. Whether it's for assessments, second opinions, or post-operative follow-ups, it ensures continuity of care and saves patients time and resources. For complex cases, we organize multi-disciplinary video boards for collaborative reviews.

PJMS acts as a real-time digital companion throughout the care journey. Patients can track appointments, access results, receive reminders, and securely communicate with their care team. Hospitals and doctors benefit from clinical dashboards and milestone alerts—ensuring no detail is missed. Together, these technologies deliver a personalized, efficient, and globally connected care experience.

Q Can you share any recent innovations or partnerships that are reshaping your services?

A GHO is advancing rapidly through strategic technology partnerships and global collaborations. We're supported by Microsoft for Startups, Amazon Web Services (AWS), and the NVIDIA Inception Program—leaders in cloud, AI, and healthcare innovation. These partner-



ships help us scale our Second Opinion platform, optimize AI-based patient matching, and enhance PJMS with real-time insights and multilingual support.

We've partnered with Sheba Medical Center, Israel—one of the world's top 10 hospitals—to integrate their expertise into our second opinion and care programs. Patients from underserved regions can now access world-class specialists without immediate travel. We're also working with hospital chains such as TX Hospitals, Dr. Rao's Group, and Meitra Hospital to embed our digital infrastructure into their international care operations. Additionally, partnerships with medical tourism facilitators across the Middle East, Africa, and Asia will soon enable direct access to verified

hospitals and specialists through our platform.

These innovations are about more than expansion—they're about building a seamless, tech-enabled global healthcare network.

Q How do you ensure patient safety, care quality, and compliance with international medical standards?

A Patient safety and compliance are central to our mission at GHO. All partner hospitals are internationally accredited—JCI, NABH, or equivalent—ensuring adherence to global standards of safety, ethics, and outcome reporting.

Our Second Opinion platform uses a peer-review model where cases are reviewed independently by top specialists from our global network, eliminating bias and enhancing diagnostic accuracy.

Technologically, our systems are hosted on Microsoft Azure and AWS, with HIPAA and GDPR compliance. Patient data is encrypted in transit and at rest, with role-based access controls for full privacy. PJMS includes consent forms, data logs, and secure messaging between all stakeholders.

We also conduct regular clinical audits, collect patient feedback, and track treatments in real time. With AI-enabled quality checks and remote monitoring tools, we ensure care is ethical, secure, and consistent—regardless of geography.

Q What are some of the top destinations and treatments patients seek through your platform?

A GHO connects patients with trusted hospitals worldwide, based on their medical needs and preferences. Top destinations include:

- India: Leading for transplants, oncology, cardiac surgeries, IVF, orthopedics, and cosmetic procedures, with cost-effective and high-quality care.
- United States: Preferred for cancer, neurology, rare diseases, precision medicine, and robotic surgeries at premier academic institutions.
- UAE: Dubai and Abu Dhabi are rising as hubs for fertility, orthopedics, bariatrics, and wellness, with luxury medical infrastructure.

WHAT SETS GHO APART IS OUR INTEGRATED SECOND OPINION PLATFORM, WHICH ENSURES ACCURATE DIAGNOSIS AND TREATMENT PLANNING BEFORE ANY TRAVEL. THIS REDUCES UNNECESSARY PROCEDURES AND OPTIMIZES OUTCOMES.

- Germany & UK: Known for cardiac, neuro, oncology, and rehabilitation services within strong public systems.
- Israel: In collaboration with Sheba Medical Center, we offer oncology, pediatric, and stem cell treatments backed by clinical innovation.
- Thailand, Turkey & South Korea: Popular for cosmetic, dental, spinal, and minimally invasive procedures with modern infrastructure and affordability.

Q How does GHO personalize care for patients from diverse cultural and linguistic backgrounds?

A At GHO, we understand the challenges of seeking healthcare abroad, especially with language and cultural differences. We provide multilin-

gual support across our Second Opinion platform, telehealth services, and PJMS—allowing patients to receive care and communication in their native language. Our global care coordination teams include trained translators and interpreters, available virtually and on-site, to assist at every stage. We also adapt care protocols to accommodate cultural needs—from dietary and religious considerations to family involvement in decision-making.

By combining technology with human empathy, we ensure every patient feels heard, safe, and respected—regardless of their background.

Q What trends are currently shaping the future of global medical tourism?

A Several key trends are redefining the medical tourism landscape:

1. *Virtual-First, Travel-Second:* Patients validate diagnoses and explore treatment options remotely before deciding to travel—saving time and cost.
2. *Digital Health Infrastructure:* Platforms like PJMS enable seamless, end-to-end cross-border care.
3. *Outcome Transparency:* Patients and governments demand ethical practices, clinical data, and international accreditations.
4. *Holistic Wellness Integration:* Medical travel now includes rehab, wellness, and mental health in healing environments.
5. *Government & Employer-Backed Travel:* More corporates and governments are formalizing medical travel as part of healthcare policies.
6. *AI & Predictive Personalization:* AI helps match patients to the best doctors, anticipate complications, and optimize treatment timelines globally.

Q What role do you see India playing in the next wave of medical tourism?

A India is poised to lead the next wave of global medical tourism—not just as a cost-effective treatment destination but as a center for healthcare innovation. With world-class hospitals, accredited facilities, and a tech-driven healthcare ecosystem, India is evolving into a globally integrated medical hub.

Q Are there any emerging markets you believe will become major players?

A Yes. The United Arab Emirates (UAE)—especially Dubai and Abu Dhabi—is becoming a major medical tourism hub due to:

- Government initiatives like Dubai Health Experience (DXH)
- Investment in luxury hospitals and executive wellness programs
- Strategic location for GCC, Africa, and CIS nations

We are also active in the Kingdom of Bahrain and the broader MENA region, which are emerging as premium healthcare destinations backed by strong policy support and growing infrastructure. ●

THE STRATEGIST BEHIND SEAMLESS CARE



With over two decades of leadership experience across healthcare, technology, AI, SaaS, and global business strategy, **Sano Jacob Marattil** is a visionary entrepreneur committed to transforming patient care and operational efficiency through innovation and strategic execution.

As the **COO of Global Health Opinion Inc.**, Sano leads the development and international expansion of a transformative healthcare platform focused on second opinions, telemedicine, and AI-powered patient journey management. Under his leadership, GHO has emerged as one

of the world's most impactful healthcare technology providers—connecting patients with leading doctors and hospitals across continents, while minimizing unnecessary travel and medical risk. His emphasis on stakeholder engagement, international partnerships, and digital infrastructure keeps GHO at the forefront of global medical tourism and patient-centric care.

Sano's influence also extends into real estate, resorts, and hospitality, where he invests in high-value projects that combine exceptional client experiences with long-term commercial viability. His unwavering focus on quality, customer satisfaction, and market scalability defines every initiative he undertakes.

An active member of CII (Confederation of Indian Industry), IGBC (Indian Green Building Council), and IFMA (International Facility Management Association), Sano contributes to global dialogues on sustainable development, healthcare technology, and digital transformation.

With a dynamic global presence—including active operations and partnerships across the US, UK, Canada, UAE, Kuwait, Taiwan, China, Hong Kong, and India—Sano Jacob Marattil brings an international perspective to every venture. His core mission remains steadfast: to deliver personalized, technology-driven, and value-focused solutions that improve lives and drive lasting impact across industries.



BEYOND BORDERS, BEYOND RISK

The Critical Insurance Factor Every Medical Tourist Should Know

The global medical tourism industry has evolved into a multi-billion-dollar sector, with millions of patients crossing borders every year to access high-quality healthcare, shorter waiting times, specialized treatments, and cost-effective medical procedures. As international patient mobility continues to grow, so does the need for comprehensive risk protection. Medical Tourism Insurance has emerged as a critical component of modern healthcare travel, providing financial security and peace of mind to patients seeking treatment abroad.

By Deepak Kumar Gramni

Today, medical tourists are increasingly looking beyond treatment costs and hospital quality. They are also evaluating the availability of insurance coverage that can protect them against medical complications, travel disruptions, emergency evacuations, and unforeseen healthcare expenses. As a result, insurance is becoming an essential pillar of the global medical tourism ecosystem.

Understanding Medical Tourism Insurance

Medical Tourism Insurance is a specialized form of coverage designed specifically for patients who travel internationally for planned medical treatment. Unlike conventional travel insurance, which often excludes elective procedures and pre-existing medical conditions, medical tourism insurance addresses the unique risks associated with receiving healthcare abroad.

These policies may cover a wide range of situations, including surgical complications, extended hospitalization, post-operative care, emergency medical evacuation, travel interruptions, and, in some cases, corrective treatment if complications arise after the patient returns home.

The insurance serves as a safety net for both patients and healthcare providers, helping reduce financial uncertainty while increasing confidence in cross-border medical travel.

Why Medical Tourism Insurance Is Becoming Increasingly Important

As medical procedures become more globalized, patients are traveling farther and choosing increasingly complex treatments overseas. While international healthcare providers maintain high standards of care, medical treatment inherently carries risks regardless of location.

Unexpected complications can result in additional surgeries, longer recovery periods, extended hotel stays, or emergency transportation. Without adequate insurance coverage, these expenses can place a significant financial burden on patients and their families.

Furthermore, healthcare travelers often face risks unrelated to medical treatment itself, including flight cancellations, visa issues, natural disasters, political disruptions, or sudden changes in travel regulations. Medical tourism insurance provides protection against many of these uncertainties, making international treatment journeys safer and more predictable.

Key Components of Medical Tourism Insurance

Coverage for Medical Complications:

One of the most important features of medical tourism insurance is protection against procedure-related complications. If a patient experiences unexpected medical issues arising from treatment abroad, the policy may help cover the costs of additional medical care, hospitalization, or corrective procedures.

Emergency Medical Evacuation:

In serious situations where specialized treatment is required elsewhere, emergency evacuation coverage can fund transportation to another medical facility or even repatriation to the patient's home country. Medical evacuations can cost tens of thousands of dollars, making this coverage particularly valuable.

Travel and Accommodation Protection:

Many policies include reimburse-

ment for non-refundable travel expenses if a procedure is delayed, cancelled, or medically postponed. Coverage may also extend to additional accommodation expenses resulting from unexpected recovery periods.

Follow-Up and Continuity of Care:

Advanced medical tourism insurance plans increasingly incorporate follow-up care and post-treatment monitoring. Some insurers collaborate directly with healthcare providers to ensure continuity of care once patients return home.

Companion and Family Coverage:

Recognizing the importance of support during treatment, certain policies also provide coverage for accompanying family members, including travel expenses, accommodation costs, and emergency assistance.

The Rise of Complication Insurance Programs

A notable trend in the medical tourism sector is the growing availability of complication insurance programs offered through partnerships between hospitals, facilitators, and specialized insurance providers.

These programs are designed to protect patients from financial losses arising from covered medical complications after treatment. Such coverage has





become particularly relevant in high-demand specialties including cosmetic surgery, bariatric surgery, orthopedics, fertility treatments, dental procedures, and cardiac interventions.

For international patients, complication coverage adds an extra layer of trust and confidence when selecting healthcare providers abroad.

How Insurance is Shaping the Future of Medical Tourism

Medical tourism insurance is increasingly viewed as a quality indicator within the global healthcare travel market. Hospitals and facilitators that offer transparent insurance options often enjoy greater credibility among international patients.

Insurance providers are also leveraging digital technologies to improve patient experiences. Telemedicine consultations, digital claims processing, mobile health monitoring, and AI-driven risk assessment tools are helping streamline coverage and post-treatment support.

The integration of insurance into healthcare travel packages is creating a more comprehensive and patient-centered model of international healthcare delivery.

The Role of Insurance in Popular Medical Tourism Destinations

Leading medical tourism destinations such as India, Thailand, Turkey, Mexico, Malaysia, and United Arab Emirates are witnessing increased demand for insurance-backed healthcare travel programs.

India, in particular, has emerged as a major destination for international patients seeking advanced medical treatments at competitive costs. Many leading hospitals now collaborate with international insurance companies, assistance organizations, and healthcare facilitators to provide enhanced protection for overseas patients.

As global healthcare competition intensifies, destinations that combine clinical excellence with strong insurance support systems are likely to gain a significant competitive advantage.

What Patients Should Consider Before Purchasing Coverage

Before selecting a medical tourism insurance policy, patients should carefully review:

- Coverage limits and exclusions
- Definitions of medical complications
- Waiting periods and eligibility requirements

- Emergency evacuation provisions
- Post-treatment care coverage
- Geographic limitations
- Claims procedures and documentation requirements
- Coverage for pre-existing medical conditions

Patients should also verify whether the insurer has direct relationships with the hospital or healthcare provider where treatment will be performed.

Emerging Trends in Medical Tourism Insurance

Several developments are expected to shape the future of medical tourism insurance:

- Expansion of global healthcare networks connecting insurers and hospitals.
- Growth of complication-specific insurance products.
- Increased use of telehealth for post-treatment monitoring.
- Greater adoption of digital claims and reimbursement platforms.
- Personalized insurance plans tailored to specific procedures.
- Integration of wellness, preventive care, and recovery services into insurance packages.
- Stronger collaboration between insurers, facilitators, and healthcare providers.

As international patient mobility continues to expand, insurance solutions will become increasingly sophisticated and patient-focused.

Medical tourism insurance is no longer an optional add-on but a vital component of safe and responsible healthcare travel. As patients become more informed and healthcare journeys more complex, insurance coverage provides the financial protection, confidence, and continuity of care necessary for successful treatment abroad. In an increasingly competitive global healthcare landscape, destinations, hospitals, and facilitators that prioritize robust insurance solutions will be best positioned to meet the evolving expectations of international patients and drive the next phase of growth in medical tourism. ●



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