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Living Well

INFORMING • INSPIRING • EMPOWERING

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SAIFEE FOUNDATION MEDICAL CENTRE
care you deserve

THE OFFICIAL NEWSLETTER OF SAIFEE FOUNDATION MEDICAL CENTRE

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

*WHEN I FALL SICK, IT IS **HE** WHO CURES ME*

KARIBU TO SAIFEE FOUNDATION MEDICAL CENTRE



Welcome to the 4th edition of the Saifee Foundation Medical Centre Newsletter.

At SFMC, our mission is to provide quality, affordable and compassionate healthcare to every patient who walks through our doors.

Guided by our promise, "Care You Deserve," we are committed to delivering patient-centred healthcare in a warm, professional and respectful environment.

Located in the heart of Mombasa, we proudly serve individuals, families, insurance companies and corporate houses with a growing range of healthcare services delivered by a dedicated team of medical professionals.



The outcome of the Free Medical Camp at Miritini, was the identification of several cases of acute cataract, that needed immediate surgery.

Project Rise (the Dawoodi Bohra initiative) together with Saifee Foundation Medical Centre undertook 9 free cataract surgeries that were performed by Dr. Shabbir Mustafa on the 26th of September 2026, followed by a review check-up the subsequent day. All necessary medicines and glasses were provided gratis to the patients by the Project Rise initiative.



"We do not stop exercising because we grow old – we grow old because we stop exercising."
– Dr. Kenneth Cooper

BRANCHES OF MEDICINES - *From Ancient Herbs To Modern Labs*

By Masood KHERALUWALA

Medicine fields have evolved over the years starting from the ancient ***Ayurveda*** to the modern day ***Allopathic*** medicine. In India, many of these traditional systems are grouped under the **AYUSH** framework (Ayurveda, Yoga, Unani, Siddha and Homeopathy). Many are traditional systems of medicine that are practiced by individual cultures throughout the world, eg. Traditional Chinese medicine, Kampo medicine (Japanese) and Ayurveda (Indian).

Let us journey through each of these medicine field to understand its origin and basis:

AYURVEDA - 3000 TO 5000 YEARS

Ayurveda, which means 'science of life' is a natural healing system focused on balancing the three bodily energies (Doshas: Vata, Pitta, and Kapha). It is a comprehensive system of medicine that places equal emphasis on the body, mind, and spirit, and strives to restore the innate harmony of the individual. According to Ayurveda, Illness happens when the doshas fall out of balance. Treatment involves diets, herbal remedies, yoga, exercise, physical cleansing and lifestyle adjustments.

YOGA - 5000 YEARS

This practice focuses on the body's innate self-healing capabilities without heavy reliance on drugs. Combines therapeutic yoga postures, meditation, diet, hydrotherapy and massage. Archaeological evidence of early yogic-like figures appears on seals from the Indus-Saraswati Civilization around 2700 BCE.

SIDDHA

This is one of the oldest traditional systems originating in South India within the Dravidian civilisation, aiming to balance the three humors (Vuthi, Pitham, Kapham) and harmonise mind, body and spirit. It utilises herbs, metals, minerals, and spiritual/yogic practices. Mythological and traditional literary dates its beginnings to about 10,000 BCE but archaeological find link its early growth to the Indus Valley and South Indian pre-Vedic eras from the 1st to 4th centuries CE.

UNANI - 460BCE

This is rooted in ancient Greek medicine (on the teachings of Hippocrates) and developed through Persian and Arabic traditions, focusing on the balance of bodily fluids (Akhlat). Unani is a holistic system that views the body as a whole rather than isolated parts. It employs herbal medicines, regimental therapy (detoxification, massage) and diet.

CHINESE MEDICINE - 200BC

In the TCM view, the body is a delicate balance of two opposing and inseparable forces: Yin and Yang. Yin represents the cold, slow / passive principle, while yang represents the hot, excited / active principle. According to TCM, health is achieved by maintaining the body in a "balanced state" and that disease is due to an imbalance, which leads to blockage in the flow of qi (vital energy) along pathways known as meridians. The practitioners use herbs, acupuncture and massage to help unblock qi in patients to bring the body back into harmony and wellness.

Acupuncture is widely practiced for relief of pain, nausea, vomiting, tension headaches, migraines and other chronic disorders.

NATUROPATHY

The core philosophy is drawn from ancient healing traditions, including Greek, Ayurvedic, traditional Chinese and European hydrotherapy and nature-cure. It views disease as a manifestation of alterations in the processes by which the body naturally heals itself. The term "naturopathy" literally translates as "nature disease," and the word was first coined in 1895 by John Scheel. Today naturopathy is practiced throughout Europe, Australia, New Zealand, Canada, and the US. Treatment involves diet modification and nutritional supplements, herbal medicine, acupuncture and Chinese medicine, hydrotherapy, massage and joint manipulation and lifestyle counselling.

HOMEOPATHY - 1796

Founded on the principles of “like cures like”, homeopathy is a complete system of medical theory and practice, based on the belief that the body can cure itself using tiny amounts of natural substances. Its founder, German physician Samuel Hahnemann, hypothesized that one can select therapies on the basis of how closely symptoms produced by a remedy match the symptoms of the patient's disease. He developed the system after experimenting with Cinchona bark (quinine), which was used to treat malaria. He ingested the bark himself while healthy, and noticed it produced symptoms similar to malaria. As a result of this experience, he developed his treatments for sick patients by matching the symptoms produced by a drug to symptoms in sick patients. The medicine is administered in minute or potentially non-existent material dosages, using extreme dilution of plant, mineral or animal products.

ALLOPATHY

As we all know Allopathic medicine is the system of medical practice commonly known as conventional medicine, Western medicine or modern evidence-based medicine. The term was created in 1810 by the same Samuel Hahnemann, who founded homeopathy. It’s built upon empirical science, including anatomy, biochemistry, physiology, pathology and microbiology. It uses pharmacological agents, surgery and physical therapy to counteract symptoms or target disease-causing pathogens, using FDA approved clinical guidelines and peer-reviewed research.

"Our bodies are our Gardens – our wills are our Gardeners."
– William Shakespeare

Ultimately, the journey to health is rarely a one-size-fits-all path. Whether you rely on the immediate, evidence-based interventions of allopathy, the deep-rooted, holistic lifestyle principles of ayurveda, or the individualized approach of homeopathy, each discipline offers a unique lens on healing. As modern healthcare evolves, the future lies not in choosing one system over another, but in integrating the best of all worlds to achieve true, comprehensive wellness.

MATERNAL HEALTH –

When Her Health is Nourished, Futures Flourish

By Dr. Zainab HASUJI

Maternal health is a woman's physical, emotional, and social well-being during preconception, pregnancy, childbirth, and the postpartum period. It focuses on safeguarding the health of the mother and newborn baby through timely clinical monitoring, safe care practices and modern interventions.

The key stages of maternity care are:

Preconception: Care and planning before pregnancy to optimize health, nutrition, and manage chronic conditions.

Prenatal care: Monitor maternal health (blood pressure sugar), nutrition and identify a high-risk pregnancy and track fetal growth.

Intrapartum care: Support and medical care provided during labor and delivery, by skilled health professionals in a clean, equipped environment.

Post natal care: also know as the **"FOURTH TRIMESTER"** focuses on infant feeding, maternal physical and mental wellbeing.



A New Beginning Deserves the Best Care!

Pregnancy may last nine months, but caring for a mother and her baby is a journey that deserves attention at every stage. At Saifee hospital, we are committed to providing comprehensive maternal and newborn care in a clean, safe and healthy environment — with compassion, professional attention and affordability at heart.

Because welcoming a baby should be filled with joy, not worries about the cost of quality care!

DID YOU KNOW?

When and where was the first hospital built?

The first recorded hospitals appeared in Ancient India and Sri Lanka around the 5th to 4th century BCE. Buddhist monasteries offered organized medical care to monks and the public, and Emperor Ashoka established a chain of public hospitals across India around 230 BCE.

Why do medicines taste bitter?

Medicine tastes bitter because many of the ingredients are derived from the inherently bitter compounds found in plants. Aspirin, for example, is made from acetylsalicylic acid, a synthetic form of the active ingredient found in the bark of willow trees.

Who built the first medical school and when?

The Schola Medica Salernitana in Salerno, Italy, is widely considered the world's first organized medical school, established around the 9th century, while the oldest continuously operating medical school is Montpellier School of Medicine in France, formally established in 1220 and celebrated its 800th anniversary in 2020.

What does a stethoscope do?

A stethoscope detects internal body sounds through Auscultation, helping providers evaluate the heart (heart rate & rhythm), lungs (wheezing), blood vessels (blood pressure), and abdomen (digestive gurgling).

Who invented the clinical thermometer?

Sir Thomas Clifford Allbutt designed a portable, 6-inch-long mercury thermometer in 1866, that reduced temperature reading times from 20 minutes down to 5 minutes. He is also associated with the invention of X-Ray machine, Stethoscope and Microscope.

Why is a wisdom tooth called by that name?

They're called wisdom teeth because they come in much later than other permanent teeth. They usually erupt between the ages of 17 and 25. Most of us don't consider ourselves old or wise in our late teens and early twenties, hence the saying goes: "With old age comes wisdom."



LAUGHTER CORNER



Why do surgeons wear masks?

So no one will recognize them if they make a mistake.



When I went back to the medical lab to have some blood drawn, I was greeted with a battery of questions from the technician. "Has your address changed?" she asked. "No," I answered. "Your phone number?" "No." "What about your birthday?"

OUR SERVICES

- OUTPATIENT & INPATIENT
- PHARMACY
- LABORATORY
- RADIOLOGY
- DENTAL
- MATERNITY
- PHYSIOTHERAPY
- THEATRE (MAJOR & MINOR)
- BABY CLINIC
- HDU SERVICES
- CONSULTANT SPECIALIST CLINIC

As we continue to grow, we remain focused on improving our services, embracing innovation and strengthening our partnerships with the community to ensure that every patient receives the care they deserve.

Thank you for choosing Saifee Foundation Medical Centre. We look forward to walking alongside you on your journey to better health.

VISIT US

Maalim Juma Mohamed Road,
Bondeni, Mombasa, Kenya
P.O Box 82134 - 80100

admin@medical.co.ke

0791 478 473

Monday - Sunday (Open 24 hours)

LIVE WELL

FINDING THE SWEET SPOT

By Samina *VEJLANI*

Our brains are usually etched with memories of trial and discomfort like camping in the rain, climbing a neighbor's trees for mangoes, selling lemonade in the scorching heat, or falling several times before learning to ride a bike. In contrast, effortless pleasures like watching Netflix all day, going to an exotic restaurant, or buying the perfect dress hardly leaves a lasting mark. Why is that?

This is because humans are not wired for a frictionless life; we tend to thrive on struggle. Having an easy, monotonous routine eventually makes our lives void and empty.

Thus, we are always looking for a 'Sweet Spot'—a pivotal point between suffering and satisfaction. It's a paradox of life being neither too easy nor too difficult. It is about enjoying the ease of your daily existence while having a spark of friction to give it purpose, creating the precise mix needed to make your achievements feel real and have a meaning.

So walk the rocky paths, stumble a little, get out of breathe, scrape your knees, wipe off the sweat, and reach the summit to look out and say, "Damn, I did it!".

EDITORIAL TEAM

Masood KHERALUWALA - EDITOR

Emma MICHENI - ASSISTANT EDITOR

DR.Zainab HASUJI - MEDICAL CONTRIBUTOR

DR. Yusuf EZZI - MEDICAL CONTRIBUTOR

Saifuddin DOSSAJEE - DISTRIBUTOR

Samina VEJLANI - CONTRIBUTOR AND DESIGNER

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