

About Us

Sowa Healthcare is improving the health and well-being of individuals, families and our community through the pursuit of excellence in people-focused healthcare with advanced technologies and uncompromised services. Our team includes more than 40 renowned doctors and experienced medical and non-medical support staffs who provide easy access to medical and telemedicine service.



*“Improving
Lives Together”*



Our Services

-  Doctor Consultation
-  Diagnostic and Imaging
-  Dermatology and Cosmetic Procedures
-  Health Care Packages
-  Vaccination & Immunization
-  Family Planning and Counselling
-  In-house Pharmacy
-  Minor Procedures
-  Dental Services
-  Home Services
-  Smoking Cessation



Diagnostic & Imaging

- X-Ray
- ECG
- Ultra Sound
- ECHO
- ABP Holter
- Laryngoscopy
- PFT
- TMT
- Pathology
- Endoscopy
- Colonoscopy
- Pure-Tone Audiometry

Health Care Packages

- General Healthcare Package
- Women Healthcare Package
- Cardiac Care Package
- Diabetes Care Package
- Elderly Healthcare Package
- Comprehensive Male Package
- Comprehensive Female Package

Doctor Consultation

- General Physician
- Gastroenterology
- Nephrology
- Endocrinology
- Pulmonology
- Cardiology
- Dermatology
- Obstetrics & Gynecology
- Orthopedics
- Diet & Nutrition
- General Surgery
- Psychiatry
- Pediatrics
- Urology
- ENT
- Dental
- Physiatry



We are open all 7 Days

Sunday-Saturday 7:00 AM-7:00 PM



Contact Us

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- ☎️ +977-01-5421004 / 5423244
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- 🌐 www.sowahealth.com
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sowa Health Packages

Improving Lives Together

1 General Health Package

Rs. 7,200/-

- CBC • ESR • Blood Sugar Fasting • HbA1C
- Lipid profile • LFT • RFT • Uric acid • TFT
- Urine R/E • Chest X-ray • ECG
- USG Abdomen /Pelvis
- General Physician Consultation



2 Women's Health Package

Rs. 8,100/-

- CBC • ESR • Blood Sugar Fasting • Lipid profile
- LFT • RFT • Uric acid • TFT • Urine R/E
- Chest X-ray • ECG • USG Abdomen /Pelvis
- USG Breast • General Physician Consultation
- Gynecology Consultation

Optional:

- Pap Smear NRs. 798/- *

3 Comprehensive Male Package

Rs. 13,700/-

- CBC • ESR • Blood Sugar Fasting • HbA1C
- Lipid profile • LFT • Gamma GT for Liver • RFT
- Uric acid • TFT • Vitamin D • Vitamin B12
- Urine R/E • Stool R/E with Occult Blood
- Chest X-ray • ECG • USG Abdomen /Pelvis
- ECHO • General Physician Consultation
- Dental Screening

Optional:

- PSA for Prostate NRs. 1,463/- *
- TMT NRs. 2,100/- *

4 Comprehensive Female Package

Rs. 15,650/-

- CBC • ESR • Blood Sugar Fasting • HbA1C
- Lipid profile • LFT • Gamma GT for Liver • RFT
- Uric acid • TFT • Vitamin D • Vitamin B12
- Urine R/E • Stool R/E with Occult Blood
- Pap Smear • Chest X-ray • ECG
- USG Abdomen /Pelvis • USG Breast • ECHO
- General Physician Consultation
- Dental Screening • Gynecology Consultation

Optional:

- CA125 for Ovarian Cancer NRs. 2,079/- *
- TMT NRs. 2,100/- *





5 Diabetes Care Package

Rs. 2,850/-

- Blood Sugar Fasting • Blood Sugar PP
- Lipid Profile • HBA1C • Micro Albumin
- Urine R/E • Consultation with Endocrinologist

6 Cardiac Care Package

Rs. 9,500/-

- CBC • CRP Quantitative • Blood Sugar Fasting
- HBA1C • Lipid profile • LFT • RFT • Uric acid
- TFT • Urine R/E • Chest X-ray • ECG
- USG Abdomen /Pelvis • ECHO
- Cardiologist Consultation

Optional:

- TMT NRs. 2,100/- *

*Rates only valid for health packages



7 Elderly Package

Rs. 14,950/-

- CBC • CRP Quantitative • Blood Sugar Fasting
- HbA1C • Lipid profile • LFT • Gamma GT • RFT
- Uric acid • TFT • Vitamin D • Vitamin B12
- Calcium Total • Magnesium • Urine R/E
- Stool R/E • Chest X-ray • ECG
- USG Abdomen /Pelvis • ECHO
- General Physician Consultation
- Dental Screening

Optional:

- PSA Prostrate(Male) Rs. 1,463/- *
- USG Breast(Female) Rs. 1,120/- *

*Rates only valid for health packages

Contact Us



Ekantakuna, Lalitpur



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www.sowahealth.com



@sowahealth

We are open all 7 days
7:00 AM to 7:00 PM



Derma Services

Derma Consultations

HydraFacial

Ultra Hydrafacial

HIFU

Chemical Peel

Glycolic Peel

Salicylic Peel

Azelic Peel

Yellow Peel

Acne Peel

Lightening Peel

Microdermabrasion

Face

Hand

Back

Legs

Split Ear Repair

Single Ear Lobe

Both Ear Lobe

Mole Removal

Warts/Skin Tag Removal

Scar Revision Surgery

PRP Therapy

PRP Basic

PRP Standard

PRP Combo
(Skin + Hair)

Hair Transplant

Botox

Thread

Fillers

Laser Hair Removal

Full Face

Upper Lip

Chin Area

Beard Shaping

Neck

Chest

Abdomen

Underarms

Hand(Half/Full)

Leg(Half/Full)

Back(Half/Full)

Bikini Area

Bikini and Buttocks

Buttocks

Whole Body

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