

tulâh

CLINICAL WELLNESS

tulâh Clinical Wellness, Kerala

Advanced Brain Scanning and Cognitive Assessment, launching in 2026



Set within the rewilded hills of Kerala, [tulâh Clinical Wellness](#) is poised to redefine cognitive care through a clinically rigorous, elegantly integrated approach to brain health. Advanced brain scanning sits at the heart of this offering, anchoring a prevention-led model focused on mental clarity, resilience, and longevity.

High-resolution structural brain imaging using Siemens MRI (1.5 Tesla) and CT offers detailed insight into age-related change, vascular health, and other structural factors that shape cognitive performance. These findings are enriched by on-site polysomnography, revealing how sleep architecture and neurological rhythms influence memory, attention, and emotional regulation. Standardised cognitive and psychological testing further refines this picture, assessing executive function, processing speed, and memory, with microbiome analysis included where relevant to illuminate the gut-brain connection.

Assessment protocols draw on established psychometric instruments including the Wechsler Adult Intelligence Scale (WAIS) and Wechsler Memory Scale (WMS), with the Millon Clinical Multiaxial Inventory (MCMI) used selectively to explore how personality structure and stress responses affect cognitive function. All findings are reviewed through a multidisciplinary clinical lens, ensuring interpretation that is both nuanced and clinically robust. The assessment pathway is designed for adults aged 45 and above, high-performing individuals under sustained cognitive or emotional demand, and those beginning to experience subtle shifts in mental clarity or performance.

Insights gathered through brain scanning and testing inform highly personalised care pathways, which may include cognitive behavioural therapy, Exomind transcranial magnetic stimulation, and medically guided traditional interventions such as Shirodhara and Nasya. These are supported by refined lifestyle therapeutics, including yoga, breathwork, meditation, and structured habit-change programmes, with medical oversight seamlessly integrated in collaboration with specialist disciplines.

At tulâh, brain scanning is framed not as a diagnostic conclusion, but as the beginning of a considered, deeply personalised journey towards enduring cognitive health.

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