

# All about an Ayurveda Cure

## History of Ayurveda

The holistic discipline of Ayurveda which originated over 5,000 years ago in India, focuses on the prevention as well as the curing of any form of ailment or disease, through the unique synergy of mind and body. It is a tradition that for long, formed part of most medicinal practices throughout the eastern civilization. The concept of Ayurveda which is a Sanskrit phrase meaning "Science of Life" was first understood, perfected and passed down through generations in view of addressing the needs of one's inner being. It is this Ayurveda heritage that has influenced the practice and application of traditional medicine in ways where the mental, spiritual and physical aspects of life are cared for. Sri Lanka has its own Ayurveda traditions that go back over 3,000 years and which have been faithfully passed down through the ages. Dating back to the age when kings ruled the lands, these holistic healing practices have been perfected over the centuries, with different techniques and therapies that utilise natural balms and oils in order to cure individual ailments. The core concept of Ayurveda is based upon the interconnections between the mind, body, soul and what is known as the "Panchamahabhuta"; five elements that make up the universe namely earth, fire, water, air and space. The combination of all these elements and energies result in bio-energetic forces that are called "Doshas" which are threefold; "Pitta", "Vata" or "Kapha". One of the key concepts of Ayurveda is to try redress the balance of one's dosha to bring about complete holistic wellbeing.

## Body Type and Tridoshas

The traditional Ayurveda treatment starts with an initial consultation with a pulse diagnosis (Nadi) and an assessment of the guest's comprehensive medical history. The constitutional check-up and other examinations provide information about each guest and his/her individual reading of the bio-energies of Vata, Pitta, Kapha, which is relevant for the further

## Ayurvedic treatment

Prakriti is one's unique, natural constitution, with which we are born; an inborn metabolic pattern in a state of balance. Each person has a specific combination of the doshas. Though everyone has some of each, most people tend to have an abundance of one or two of the doshas, which has an impact on the person's physical and mental characteristics. The Sanskrit word "Dosha," literally translated, means "fault" or "effect" ("that which darkens"). These doshas control all the tissues of the body (dhatus) and affect your health and can cause diseases, when they are out of balance. All Vata, Pitta, and Kapha [the tridoshas], in normal state, endow the person with unaffected sense organs, strength and complexion and happiness and also with a long life-span as virtue, wealth and enjoyment pursued properly endow the person with great well-being here and in the world hereafter. Charaka Samhita, Sutrasthana, 8.13 You will meet with your Ayurveda-physician for daily consultations, which are the basis for your individual treatment and diet plan. The doctors will support and monitor the progression of your treatment. The Ayurvedic treatment will strengthen your immune system, improve your circulation, purify your energies, and ensure inner balance.

## Diet - Food For Your Soul.

The dining experience at The Garden Beach is highlighted as Ayurvedic teaching regards nutrition as a natural remedy and gives it high priority. Nutrition and diet are the decisive factors for a successful healing process and healthy life. Thus, a personalized dietary plan for each guest is an important component of your

## Ayurveda cure

Depending on your dominant dosha, you will eat specific foods to promote balance between all three doshas. Being an Ayurvedachef requires much experience and knowledge about the foods, herbs, and spices that stimulate the "digestive fire" (Agni) and balance the doshas. Following this, your meals will be prepared to suit you individually. You will dine in harmony with nature and the doshas and experience the culinary delights that appeal to all the senses. During your stay, our Ayurveda resort will teach you to recognize and consider the needs of your own body.

## Our Docotors

Our experienced team of 4 doctors is led by head physician DR. DUMINDA MAHAGODA. A doctor is always on site during the day. Basically: there for our guests 24/7.

## Ayurveda areas

The Ayurveda resort hosts a maximum of 15 guests. This way we can guarantee to address each guest individually and comprehensively during the Ayurveda Cure and ensure a peaceful atmosphere. Five of our new treatment spaces are located at the garden near the beach, which is built from natural materials. During the Ayurvedic treatments you can listen to the sound of the sea or, on request, to harmonizing, relaxing music. Body and energy work, thematic workshops, Yoga and other forms of meditation are offered on the beach deck Yoga Pavilion, which is located right on the beach. From here you have a wonderful view of the Indian Ocean

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**The Garden Beach Ayurveda Treatment** - Your Ayurveda Retreat in Sri Lanka will initiated with our specialist Ayurveda doctor consultation. The well qualified doctors will analyze your constitution through pulse diagnosis and discover your “Doshas” ailments and other parameters of the body based upon Ayurvedic examination principles. After that he will listen to you very carefully and decide what your body, mind and soul required and prescribes the required Ayurveda treatments for your Ayurveda cure in Sri Lanka which is most appropriate to your body needs. A treatment schedule for your Ayurveda cure in Sri Lanka will be given to you. Our treatments are not divided and when it started it goes head to feet at once allowing you to feel more relax during your Ayurveda treatment in Sri Lanka. You will get constant doctor consultations during the 14 or 21 days Ayurveda treatment while and you can see the doctor any time when you need. Your holistic journey with The Garden Beach Ayurveda Resort in Sri Lanka will also be focused on healthy diet and food along with three biological factors – Vata, Pitta and Kapha. Your holiday at our resort is equivalent to the stay at a health resort, where your body, mind, soul will be refreshed and realigned. Our experience has shown that a stay over a period of three to four weeks achieves the best results. Therefore, Our doctors recommend a minimum of 14 days in order for all Ayurveda treatment to be administered fully. Our Ayurveda Resort German, English speaking guest advisors are at your disposal, who assist you throughout your entire stay, accompany you to all your consultations with our doctor and translate everything for you. **HOLISTIC PANCHAKARMA-AYURVEDA TREATMENT FOR YOUR WELL-BEING** Your authentic Panchakarma-Ayurveda cure is administered by our team of highly qualified, caring doctors and therapists. Our experienced doctors will be pleased to answer your questions at any time and provide regular, free lectures, which give you an overview about the teachings of Ayurveda. The head physician in our resort, Dr. Duminda Mahagodage, has more than 30 years of experience on Ayurveda and the original Panchakarma traditions. Supported by a team of qualified doctors, he will closely monitor your treatment and available for your questions at any time. Every one of our doctors is a graduate with many years of practical experience and has been specifically trained in Ayurvedic medicine with a focus on traditional Panchakarma treatment. When you make your booking reservation, we will provide you with Dr. Duminda's recommendations in preparation for your Ayurveda-treatment. At your arrival in our resorts, the head physician will perform an initial medical examination. This is the basis for your individual treatment and dietary plan. Every day you will enjoy at least four different treatments, including body massages, head massages (Shiro Abhyangy), face massages (Waktra Abyanga), Shirodara (the pouring of warm oil onto your forehead), nasal cleansing (Nasya Karma), as well as steam, herbal, or flower baths. All of these Ayurvedic treatments are complemented by traditional cosmetic treatments. In addition, you have the chance to participate in weekly organized activities, such as Yoga, Tai-chi, meditations, and musical therapy. In between your comprehensive treatment and individual sessions, you will have enough time to relax or engage in numerous, different activities, away from our resorts. You can take excursions to the surrounding area, in the morning or afternoon, timed perfectly to fit your daily treatment schedule. Apart from mystical temples and historical sites, you can visit the famous Fort of Galle, declared as a World Heritage Site by the UNESCO, or take trips to the magical lake sceneries with boats. We will be happy to advise and support you in the selection and organization of your individual tours. We would recommend to take multiday trips and longer excursions before your stay at our resort. This allows you to devote all your time and attention to the Ayurveda cure, regeneration, and relaxation after your round trip on the island, which we will gladly advise you on.

# All about an Ayurveda Cure

## PANCHAKARMA – THE CORE OF EVERY

The Panchakarma cure embodies the most profound and effective method of physical cleansing and rejuvenation. This classical method of detoxification removes the cause of an illness and corrects the imbalance of the 3 bio-energies of Vata, Pitta, and Kapha. Panchakarma can be translated to „five actions,” which refers here to the five treatments in the Ayurvedic process of detoxification. The treatment will be responsive to each guest’s needs and individual medical condition and diseases.

### Your Individual Panchakarma Cure

Snehana (oleation therapy) and swedana (body heating) are treatment modalities common to Ayurvedic clinical practice and correct the imbalance of the three doshas and prepares the body to receive the specialized cleansing treatment. This is followed by the actual elimination of the toxic substances from the body, effects the realignment of the doshas, and boosts the regeneration of the body. Depending on your individual pathology, we recommend you schedule your Panchakarma treatment for 21 days or longer, a minimum is 14 days. If you plan for a shorter stay at our resort, we will discuss your further options and Panchakarma therapies in the initial consultation.

### The Initial Consultation

The Holistic medicine of Ayurveda requires a whole-body approach to healthcare and, does not just look at individual symptoms. Many diseases can be treated if you avoid foods and activities that cause these diseases. Therefore, it is very relevant to learn all information about you, including your previous and current illnesses, your diet – when and what you eat –, your daily routine, sleeping behavior, physical activity, intolerances, your profession, social environment, fears, injuries, and many other factors. Depending on your illnesses, we measure your blood pressure, check the condition of your eyes, skin, hair, finger nails, and tongue, listen to your voice and breathing and question you about your urine and faeces. Pulse diagnosis (Nadi Pariksha) is important to learn more about your health and medical history. For this, the doctor will place three fingers to your pulse and will detect your combination of the doshas. The constitutional check-up gives each guest his / her individual reading of the bioenergies of Vata, Pitta, Kapha. We will further discuss your individual treatment plan and which medications you will receive. Outside of the scheduled consultations, you can meet up with the doctors for additional information and further consultations on your treatment progress.

### Ayurvedic Medicine

In Ayurveda everything is considered to be medicine if it cures an illness without causing new ones. Primarily, we try to realign your doshas with the right dietary plan (“rasas – the six tastes”). For the medical therapy we only use herbal medicinal products from verified manufacturers.

### Individual Panchakarma and Ayurveda Treatments

There is a large number of Ayurvedic therapies. Our doctors will select your individual treatments and therapies that are conducive to your health. Depending on your needs and wishes, some of your treatments will be more intensive, some lighter and milder. These treatments are crucial to remove toxins, energetical blockages, and disharmonies in your body, mind, and soul. The quietness during the physical treatments in combination with the stimulation and massaging of the reflex zones leads to your body’s deep relaxation and inner harmony.

### Benefits of our Ayurvedic Therapies

- Elimination of all toxic substances
- Intensive cleansing of the energies
- Regeneration of all bodily tissues and organs
- Strengthening the immune system
- Reducing stress, improving sleep
- Prevention of migraines and headaches
- Restoring the inner balance
- Stimulation of the blood and lymphatic circulation
- Improvement of digestive system
- Healthy and glowing skin and hair
- Reducing inflammation

### Ayurvedic Massages

Massage is a key part in the therapy and teachings of Ayurveda. The Sanskrit scriptures (Vedas) contain, among other things specific information about the different types of massages and numerous techniques. We administer some of these techniques in our resort. For many massages we rely on the heavy use of essential, warm oils (Abhyanga); other massages are done with herbal extracts and pastes. The combination of oils and herbs is prepared and blended to fit your type of dosha. Oils are applied to detox the skin, but also enter deep into the body tissue, thus promotes healthy circulation and joints. This treatment has a very balancing effect on our body and mind and is excellent for detoxifying your body. Ayurvedic massage therapy also affect the inner organs, such as the heart or lungs. It activates the body’s energy flow and ensure a deep relaxation. In this way, bodily and energetic disorders can be eliminated.

### Ayurvedic Diet

In the Ayurvedic teachings nutrition and diet the decisive factor for a successful healing process and healthy life. The Ayurvedic diet provides personalized recommendations about which foods to eat and avoid based on your body. During your stay at our resort in Sri Lanka your meals will be especially prepared to suit your nutritional needs and work with your dosha type and medical conditions and, thus, will vary in quantity and composition.

### Learn more about the Ayurvedic cuisine

Regeneration of the Body and Mind Internationally-recognised studies confirm the success of the Ayurveda cure. The personalized Ayurvedic diet and special procedures of detoxification cleanse the body, strengthen the immune system, and calm the mind. In doing so, illnesses that occur due to an over stressing of body and psyche can be healed. With the Panchakarma cure we can help you treat disorders of the digestive and cardiovascular system, migraines and chronic diseases and even psychological symptoms.

### Burnout Prevention – Preventing Everyday Stress

We pay particular attention to the prevention of the burnout syndrome. Especially in the European and Western area, where cases of absolute exhaustion are very common. Burnout is the result of lack of energy and vitality that is all too easy to set in stressful everyday life.

**Agni – Restoration of the “Digestive Fire”** One of the main causes of burnout is the limited functional capacity of the digestive system as a result of a wrong diet. Since digestion is directly dependent on the health and state of mind, Ayurvedic treatment starts right here. Studies on endocrinology show that serotonin, the key hormone that stabilizes our mood, feelings of well-being, and happiness, is found mostly in the digestive system. Thus, by fully restoring the power of the digestive system, the body successfully regains its complete energy. In addition to increasing the quality of life, Ayurveda also regulates and prevents the processes of premature. Healing with Lasting Effects At our Ayurveda resorts, you can expect a profound and long-lasting, positive change in your overall consciousness – optimally integrated into the yoga, tai-chi, and meditation lessons of your recreational vacation. The prescribed products are specially prepared for you in the in-house pharmacy. You will gain new joie de vivre, balance, and strength. requires much experience and knowledge about the foods, herbs, and spices that stimulate the “digestive fire” (Agni) and balance the doshas. Following this, your meals will be prepared to suit you individually. You will dine in harmony with nature and the doshas and experience the culinary delights that appeal to all the senses. During your stay, our Ayurveda resort will teach you to recognize and consider the needs of your own body.

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## **Yoga – re-United with yourself and the world**

In addition to the daily treatments with our therapist team, you have the opportunity to deepen your spiritual experience through regular yoga group lessons. These take place under the guidance of a yoga teacher in our idyllic yoga pavilion. With the help of physical exercises (asanas), various breathing exercises (pranayama), and deep relaxation you will regain flexibility, inner peace, and mental clarity. You will be more in touch with yourself and the environment surrounding you. Your personal yoga mat is already waiting for you in your room when you arrive, so all you need to bring are comfortable clothes.

## **Yoga and Ayurveda – The Perfect Combination**

In Sri Lanka, Yoga and Ayurveda are inseparable sisters. Both originate as part of a greater system of Vedic knowledge. Thus, we offer regular yoga lessons as an important component of your Ayurveda treatment. The combination of inner concentration, controlled breathing, and movement stimulates life energy and guides the mind to a state of calm awareness. Stress, inner tension, and unrest are resolved and your doshas will be rebalanced.

The Oldest Way to Find Yourself Similar to the classical teachings of Ayurveda, yoga has its roots in India. The Sanskrit word „yoga“ („unification“) was first mentioned in the books of Veda 5,000 years ago. Originally focused on the promotion of mental clarity, yoga masters began to engage the body in the physical yoga exercises around 1,400 years ago. Every path of self-awareness can be called yoga and numerous different forms have been developed, each with their own philosophy. In addition to the meditative forms, Hatha Yoga – the physical exercises – are most common to be practiced. The harmonious interaction of body, breathing, and mind is the basis of most yoga styles. Due to the physically less strenuous exercises and calmer movements, traditional Hatha Yoga is particularly suitable for beginners.

Hatha Yoga – Reflection and Deep Relaxation Hatha Yoga is taught professionally in our resorts. The syllable „ha“ stands for the sun, which embodies the active, extroverted life, while the syllable „tha“ means moon and is a symbol for quietness, emotions, and intuition. The careful execution of the exercises should bring both components together into balance.

## **Tai-Chi**

The Chinese have been practicing the slow ballet-like QiGong and T'ai-chi Ch'uan for over 3000 years because of the wonderful sense of wellbeing it gives them. QiGong and T'ai-chi Ch'uan is beneficial to the whole person, relaxing the mind and its stresses as well as the body. Healing physical injuries and Imbalance and opening and energizing of the body. As you do these exercises, you will find that digestion, blood circulation and the functioning of the internal organs become more efficient. In addition, your figure will improve. Peace & Infinite Blessings!!!

## **Music Therapy - healing sounds from India**

In our resort you can experience the healing effects music has on your mind, soul, and body. In combination with our Ayurvedic knowledge, we also offer you a sonic experience that appeals to all the senses. We consider music therapy as a further instrument to encourage you in your spiritual development. Enjoy this offer as an integral part of the therapies offered in our resort. This therapy method has a positive effect on your body and mind. For instance, it ensures a decreased release of stress hormones and, due to its relaxing effects it has been used as a supplement to the Ayurveda treatment for years. The effectiveness of music therapy is accepted worldwide. It is applied in various disciplines to treat illnesses and disorders, for example, in pain therapy, in the treatment of depression or high blood pressure, and in the care of Alzheimer's or Autistic patients. Our music therapy comes from India. Its distinctive sounds have a positive impact on the human organism and help to realign the balance between body and mind.

## **Meditation**

There are many misconceptions about meditation and it is a word that has come to be used loosely and inaccurately in the modern world. Meditation has been practiced by many different cultures and religions for thousands of years. Meditation is, first and foremost, a contemplative practice as a means for resting and focusing and transforming the mind. Meditation cultivates self-awareness, and provides the optimum conditions for practicing the skill of mindfulness.

In meditation, the mind is clear, relaxed, and inwardly focused. At first, this practice might seem a little unusual but practiced on a regular basis meditation can bring a person's mind back into balance and we gain new insights and behaviours.

The meditation at our resort takes place under the guidance of a Buddhist nun from a nearby monastery. During the session, you will practice different breathing techniques and mindfulness that contribute to the deep relaxation. Thus, meditation is an important component of your Ayurveda treatment, for it helps your body and mind to rest. Meditation is suitable for all Ayurveda types.