SRI LANKAN AYURVEDA

Experience the heavenly Serene, Bliss and comfort with Sri Lankan Ayurveda……

PAKISTAN
Kathmandu
BANGLADESH
Dhaka
INDIA
BURMA
Nagpur
Mumbai (Bombay)
Hyderabad
Rangoon
Arabian Sea
Bay of Bengal
THAIL
Bangalore
Chennai (Madras)
Colombo
SRI LANKA
MALDIVES
Male
2004 Earthquake Epicenter
INDIAN OCEAN

SRI LANKA

Sri Lanka-island in the Indian Ocean at the tip of Indian sub-continent - is globally positioned in a historical trade route (silk route linking Europe and Asia). Lately it is known as a holiday destination with cosmopolitan culture and comparatively high quality of life in the region (Per capita GDP is presently US $ 2836). Easy travel connections are available into Sri Lanka via several cities such as London, Zurich, Frankfurt, Dubai, Singapore or Bangkok.

It lies between 5' 55' and 9' 55 north of the equator and between the eastern longitudes 79' 42' and 81' 52'. The total land area is 65,610 sq. km. and is astonishingly varied. A length of 445 km. and breadth of 225 km. encompasses beautiful tropical beaches, verdant vegetation, ancient monuments and a thousand delights to please all tastes. Palm fringed beaches surround the island and the sea temperature rarely falls below 27° C. Sri Lanka's population is approximately 20 million.

Sri Lanka offers ample recreation facilities within just two – three hours of driving from its capital Colombo. Exquisite beaches, wild life sanctuaries, cultural heritage sites dating back to 5th B.C., beautiful hill country views, surfing and other water sports along with exciting night life make Sri Lanka a truly tropical paradise to live and work in. This leads to mixing business and pleasure which has never been this easy for the discerning expatriate professional or to the frequent business traveler.

SRI LANKAN AYURVEDA

Ayurveda is an ancient authentic medical system which has been originated in India, more than 5000 years ago. In Sri Lanka, it is practiced harmonized with Sri Lankan Traditional Medicine, which evolved from pre-historic era and currently operates as "Sri Lankan Ayurveda", with a distinct identification separate from Indian Ayurveda.

Meaning of Ayurveda derived from the two words (Ayuh) life and (Veda) science or knowledge, hence it is "a science of living".

Ayurveda treats not to the symptoms of a disease but to the roots of its cause. It helps individuals to strengthen their immune system by way of treating the body, mind and spirit of a person as a whole entity. It works under the philosophy that mind and body are connected to each other and, to cure any disease both these segments should be treated taken as a whole. It concerns the unique healing practices accepted by the Buddhist philosophy as well as other religions.

Sri Lanka is well-equipped with qualified indigenous medical practitioners as well as rare diversity of natural herbs used for Ayurvedic medicine with dynamic healing powers. Sri Lankan Ayurveda is strengthened by two government institutions affiliated to the main Universities to offer indigenous medical degrees, as well as registered traditional physicians whose sophisticated traditional medicinal knowledge inherited from generation to generation.

Government entities such as Ministry of Indigenous Medicine, Department of Ayurveda and Ayurveda Medical Council exist there to oversee the Sri Lankan Ayurvedic medical services of the country.

SRI LANAKAN AYURVEDA FOR

- **Curing diseases** by medical services with preparations of herbs and by ritual practices that consists purification (Shodana Chikitsa) and healing treatments. (Shamana Chikitsa)

- **Prevent diseases** by immune enhancing with non-toxic nutrition (pathya/apathya), enhancing digestive power with herbal remedies (Agni Vardaka) and ritual practices.

SRI LANKAN AYURVEDA RESORTS / HOSPITALS OFFER YOU

- Ayurveda Medical Treatments (including cleansing / purification treatments)
- Ayurveda Wellness Treatments (including therapies)

AYURVEDA MEDICAL TREATMENTS

To cure your diseases with fewer side effects.....

With the caring of friendly medical professionals and relaxing surrounding........

- Identifying the symptoms and the causes for imbalance of the body (dosha or dosha waishamya) and treat the root of the disease by natural herbs. You are consulting qualified Sri Lankan Ayurvedic Physicians residing in resorts/hospitals that recommend you the treatments, food and other rituals. Initially you have to follow a sequential purification process to make your body ready for treatments.

- Sri Lankan Ayurveda offers tailor made treatment packages (14/21/30...or more days continuous treatment programs) with Yoga, Meditation and spiritual activities in luxurious Ayurveda resorts and Ayurveda hospitals.

- Healing treatments are blend with natural herbs and surrounded by breath taking sceneries for relaxation

- Quality and hospitable medical service at your room for 24 hours. Protect your privacy in a serene environment with luxurious facilities.

CLEANSING/PURIFICATION TREATMENTS:

Ayurveda medicine considers it is necessary to do a purification process to the system of a person to extract the toxins from the body before doing any other treatment.

This is done to rejuvenate and strengthen the immune system. Natural herbs and herbal oils are also used for treatments in a systematic manner according to the specific constitution for specific disorders or depending on the necessity of a treatment to be given to a person.

THREE STAGES IN A PURIFICATION PROCESS ARE :

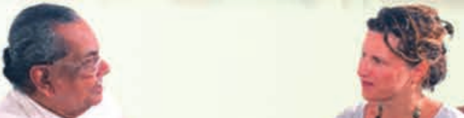
- Preparatory purification prior to the main purification such as oil massage and steam bath to improve sweating (Purva Karma)
- The main five (Pradhana Karma) or Panchakarma purification methods such as
  - I. Nasya (application of medicinal drops through nose)
  - II. Vamana (induced vomiting)
  - III. Virechana (Purgation)
  - IV. Vasthi (Medicated enema)
  - V. Rakthamokshana (letting toxic blood)
- Post intensifying treatments to enhance the result of main purification such as following (Paschath Karma)

Following therapies enhance the main purification process and improve body condition.

- ➢ Herbal Bath – Drasvasveda
- ➢ Herbal Steam Bath – Ushmasveda
- ➢ Herbal Steam Inhalation – Vaaspasveda

- Fomentation - Pinda Sweda/ Nawarakizi
- Pouring Oil to forehead – Shirodhara
- Head Oil Bath – Shirovasti

- Herbal Pastes - Lepa /Alepa
- Oil Bath - Phisichill/ Sarvangadara
- Special Medicated Oils Pads – Pichu
- Milk Rice Treatment – Pindasveda
- Eye treatment to improve vision – Akshitarpana
- Facial treatments



Decoction treatments are recommended by Ayurveda physicians that contain tropical herbs to heal the body disorders.

SRI LANKAN AYURVEDA HELPS CURING:

- Rheumatoid Arthritis
- Osteoporosis
- Psoriasis

- Parkinson
- Infertility problems
- Obesity
- Migraine
- Glaucoma
- Chronic fatigue syndrome
- Paralysis
- Asthma
- Diabetes
- Mental stress
- Blood pressure
- Urinary infections
- Gastritis
- Depression
- Sleeplessness
- Allergies and other skin deceases
- And many more deceases and disorders

AYURVEDA WELLNESS TREATMENTS

For relaxation..... For rejuvenation...........
Stress relief..............Long healthy life..............
For develop body condition....
Preventing aging problem.....
Develop skin complexion....
Enhance memory capacity.....
Improves blood circulation......

- Ayurveda Wellness Treatment Packages totally designed to enhance your health and prevent from deceases. These treatments are popular as relaxation therapies.
- Ayurveda resorts provide designed wellness packages (7/14/21 day packages) to suit your body condition with purification processes combined with Yoga, Meditation and spiritual activities.
- Other remedies and facilities combined to your comfort such as.

- Yoga and recreation activities in a heavenly environment
- Meditation and Buddhism practices
- Tai-Chi and rhythmic activities
- Relaxing environment
- Classical music
- Swimming pools
- Ayurvedic diets
- Nature trials
- Spend a holiday in sandy beach resort

SRI LANKAN AYURVEDA THERAPEUTIC TREATMENTS

- Sri Lankan Ayurveda therapeutic centers use Ayurvedic products and natural herbs as their ingredients.
- Services are provided by qualified therapists who trained in recognized institutions.
- Therapists serve according to the gender of the customer.
- Flower bath including fragrance of fresh flowers

Sri Lanka Export Development Board (EDB)

The Sri Lanka Export Development Board (EDB) is the country's apex state organization mandated to develop and promote exports from Sri Lanka. EDB performs its key functions in five identified goals as a Policy Advisor, Monitor, Promoter, Facilitator, and Knowledge provider. As exports contribute nearly 17% to the GDP, the policy framework of the country accords high priority for the development agenda, the EDB is geared towards promoting identified products and services to international buyers and markets in order to make Sri Lanka the most sought-after destination for global sourcing.

At the Sri Lanka Export Development Board, we have identified Services as a key export sector and concentrating the energies and resources of EDB to assist this sector. EDB showcases the capabilities of the Sri Lankan service sector through

www.srilankaservicexport.com

NDB-EDB
TOWER

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