

# SRI LANKAN AYURVEDA

A person is lying on their back on a wooden massage table, wearing a black headband. A brass pot is suspended above their forehead by three chains, pouring a stream of golden oil onto their forehead. The background is a blurred green outdoor setting. The image has decorative green and teal circular shapes in the corners.

Experience Serenity, Bliss & Comfort with  
Sri Lankan Ayurveda



## SRI LANKA

Sri Lanka, the resplendent island in the Indian Ocean at the tip of Indian sub-continent is globally positioned in the historical trade route (silk route linking Europe and Asia). It has lately come to be known as a holiday destination with a cosmopolitan culture and a comparatively high quality of life in the region. 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 other delights to please a variety of interests. 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 to 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 landscapes, surfing and other water sports along with an exciting night life make Sri Lanka a truly tropical paradise to live and work in. This offers many opportunities for mixing business and pleasure which has never been any better for the discerning expatriate professional or to the frequent business traveler.



## SRI LANKAN AYURVEDA

Ayurveda is an ancient authentic medical system, originating more than 5000 years ago, in the region in which Sri Lanka is located. In Sri Lanka, it is practiced in harmony with Sri Lankan Traditional Medicine, which evolved from the pre-historic eras and currently regarded as Sri Lanka Ayurveda, with a distinct identity, different from the type of Ayurveda that is seen in other parts of the world.

The meaning of Ayurveda is derived from the two words (Ayuh) **life** and (Veda) **science** or knowledge; hence it is a **science of living**.

Ayurveda **treats not the symptoms** of a disease but its **root causes**. It helps people to **strengthen the immune system** by treating the body, mind and spirit of a person as a whole. It works under the philosophy that mind and body are connected to each other and thus to cure any disease, both these aspects are taken together. It concerns the unique healing practices accepted in Buddhist philosophy as well as in other religions.

Sri Lanka is well-endowed with qualified indigenous medical practitioners as well as a rare diversity of natural herbs used for Ayurvedic medicine with potent healing powers. Sri Lankan Ayurveda is strengthened by four institutions affiliated to the main government Universities that offer indigenous medical degrees as well as that of registered traditional physicians whose indigenous traditional medicinal knowledge is passed on from generation to generation.

Government entities such as the Department of Ayurveda and the Ayurveda Medical Council serve to oversee the Sri Lanka Ayurveda medical services of the country.

## SRI LANKAN AYURVEDA

- » **Cures diseases** by medical services that provide preparations of herbs and rituals that consist of purification (Shodana Chikitsa) and healing treatment. (Shamana Chikitsa)
- » **Prevents diseases** by immune enhancement with non-toxic nutrition (pathya/apathya), enhancing digestive power with herbal remedies (Agni Vardaka) and rituals.

## SRI LANKAN AYURVEDA RESORTS/HOSPITALS OFFER YOU

- » **Ayurveda Medical Treatments**  
(including cleansing & purification treatment)
- » **Ayurveda Wellness Treatments**  
(including therapies)

## AYURVEDA MEDICAL TREATMENTS



Cures diseases with fewer side effects.....

With the traditional care of friendly medical professionals and pleasant relaxing surroundings.....

Identifying the **symptoms** and the causes of imbalances of the body (dosha waishamyā) and **treating these root causes** of the disease by the **use of natural herbs**.

- » You are able to consult qualified Sri Lankan Ayurveda Physicians residing in resorts/hospitals that recommend treatment, food and required rituals. Initially, a person may have to follow a **sequential purification process** to make the body prepared & ready for treatment.
- » Sri Lankan Ayurveda offers tailor made treatment packages (14/21/30...or more days of continuous treatment programs) with yoga, meditation and other spiritual activities in luxurious Ayurveda resorts and hospitals.
- » The healing process of treatment **blends natural herbal therapy** with the aura of beautiful breathtaking scenery that offer complete relaxation
- » High quality and attentive resort/hospital medical services in your room over 24 hours, protects your privacy in a serene environment with convenient and luxurious facilities.

## CLEANSING/PURIFICATION TREATMENT:



Ayurveda medicine considers it necessary to conduct a **purification process** to the biological system of a person in order to **extract 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 used for treatment in a systematic manner according to the specific constitution for specific disorders or depending on the necessity of a type of treatment to be given to a person.

### THE 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)
- » Intensive **post treatment** to enhance the result of the main purification such as following (Paschath Karma)

The following therapies enhance the main purification process and improve the body condition.

- » Herbal Bath – Drasvasveda
- » Herbal Steam Bath – Ushmasveda
- » Herbal Steam Inhalation – Vaasvasveda
- » 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 treatment is recommended by Ayurveda physicians, containing tropical herbs to heal body disorders.**

## SRI LANKAN AYURVEDA HELPS THE CURE OF:

- » Rheumatoid Arthritis
- » Osteoporosis
- » Psoriasis
- » Parkinson disease
- » Fertility problems
- » Obesity
- » Migraine
- » Glaucoma
- » Chronic fatigue syndrome
- » Asthma
- » Diabetes
- » Mental stress
- » Blood pressure
- » Paralysis
- » Urinary infections
- » Gastritis
- » Depression
- » Sleep Disorder
- » Allergies and other skin diseases
- » And other types of diseases and disorders



## AYURVEDA WELLNESS TREATMENTS

For relaxation..... For rejuvenation.....  
Stress relief.....Long healthy life.....  
Develop sound body condition....  
Preventing premature aging problem.....  
Develop good skin complexion....  
Enhance memory capacity.....  
Improve blood circulation.....



- » Ayurveda Wellness Treatment Packages are totally designed to enhance your health and help prevention from diseases. This type of treatment is popular as relaxation therapies.
- » Ayurveda resorts provide designed wellness packages (7/14/21 day packages) to suit your body condition with purification processes that combine yoga, meditation and other spiritual activities.



- » Other remedies and facilities offered for your comfort
  - » Yoga and recreation activities in a salubrious environment
  - » Meditation and Buddhism practice
  - » Tai-Chi and rhythmic activities
  - » Classical music
  - » Natural swimming pools
  - » Ayurveda diets
  - » Nature trails
  - » 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 are trained in recognized institutions.
- » Therapists serve according to the gender of the guest.
- » Flower baths full of the fragrance of fresh flowers & herbal extracts are used for ethereal relaxation.



## SRI LANKA EXPORT DEVELOPMENT BOARD

The Sri Lanka Export Development Board is Sri Lanka's apex organisation for the promotion and development of exports. It was established in 1979 under the Sri Lanka Export Development Act No. 40. EDB is the executive arm of the Export Development Council of Ministers, headed by H.E. the President of Sri Lanka, which is the policy-making body of the EDB.

### What We Do

We assist in negotiating business with Sri Lanka, either as an importer or an investor in export production.

Functions of the EDB encompass a range of activities such as promoting exports, organising buyer-seller meets, and exhibitions, providing essential information to both local and foreign entrepreneurs and assisting in the formulation and maintenance of quality standards wherever applicable.

The EDB is manned by a team of professionals, knowledgeable in their own specialized areas, who maintain close personal links with the respective sectors and hence highly competent in providing you helpful advice.

The EDB has on its Board of Management, representatives of both state and private sector organisations involved in export activities. Dedicated to the task of promoting more exports and better exports for the benefit of exporters and importers alike, the full range of its services are provided free of charge.

# SRI LANKA EXPORT DEVELOPMENT BOARD



For further information please contact:

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