

# Ayurveda Paragon Newsletter



## Healing cooking – Ayurveda and nutrition

In our last newsletter we talked about the body's energies, the three Doshas Vata, Pitta, Kapha and how they form the constitution of a person. If a person is healthy, all three Doshas are balanced and all body functions – digestion, metabolism, tissues, excretions – work well in harmony. The correct Ayurvedic diet helps to keep these body functions in balance. Therefore it is the most important column of the Ayurvedic lifestyle. Food is a natural medicine and the main source of "Prana" energy. Food supports to build up tissue, enhances a nice skin complexion and a clear voice, strengthens the immune system, rejuvenates cells and creates a long, healthy life.

For Ayurvedic nutrition it is essential that metabolism as well as the digestive system work well together. In case of physical or psychological interference, digestion might not function well and produce toxic substances, so called ama. This ama can lead to diseases. Ayurvedic nutrition focuses on a high quality of foods. Eating well means to listen to your body and fill it with nourishing foods. According to the individuals' constitution, the tastes of the different foods, sweet, sour, salty, pungent, bitter, astringent and their appropriate combination have to be considered. Furthermore, it is important to distinguish between light and heavy, oily, dry, liquid or solid meals, or meals that create heat or coldness.

In this newsletter you will learn more about possible diets for the different Dosha types, including recipes and suggestions for eating habits.

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# Vata, Pitta, Kapha

# Dosha & Nutrition

## Vata pacifying diet

For Vata-types it is recommendable to eat food that is warm, heavy, oily. It should have a sweet, sour and salty taste. Cold, cooling, dry, astringent, bitter, pungent and light meals as well as chilled beverages should be avoided because they increase the Vata dosha.



### Vata grounding breakfast

*milk rice with dates*  
(1 portion)

3 cups of water

½ cup of basmati rice

4 dates

some coconut milk

Prepare rice by boiling it in three cups of water. Chop the dates. Heat the coconut milk and add the dates. When the rice is ready, drain it. With a spoon, put the warm dates over the rice and add some of the hot coconut milk.

	<b>Vata reducing (examples)</b>	<b>Vata enhancing (examples)</b>
Fruits	fresh, preferably sweet, e.g. apricots, avocados, bananas, berries, cherries, sweet mango, oranges, plums, grapes, dates	pomegranate, dried fruit
Vegetables	lightly cooked, e.g. carrots, sweet potatoes, pumpkin, beetroot, asparagus, radish, rhubarb	cauliflower, broccoli, cabbage, lettuce, onions, zucchini, cucumber, egg plant, raw vegetable, okra
Carbohydrates	whole grains like cooked cereals, pasta, bread, couscous, bulgur, wheat, and rice, cooked oats	barley, buckwheat, corn, millet, oats (dry), rye
Proteins	tofu, nuts, almonds, chicken, beef, lamb, pork	Lentils, chick peas, kidney beans, green gram, venison, moose
Dairies	small quantities of butter, kefir buttermilk, milk, sour cream, yoghurt, cheese	goat milk
Oils	olive oil, sesame oil, ghee, virgin coconut oil, sunflower oil	
Spices	garlic, caraway seeds, saffron, sea salt, cardamom, cloves	chili, hot pepper, cooked cayenne pepper, poppy, garlic, coriander, fenugreek
Herbs	basil, rosemary, parsley, sage, thyme, oregano, anis, marjoram, cinnamon	curry leaves



## Pitta pacifying diet

Pitta types should have a diet mainly of cooling foods and beverages, having a sweet or bitter taste. If possible, pungent spices, salty or sour as well as astringent dishes should be avoided, since they disturb the Pitta in the body.

	<b>Pitta reducing (examples)</b>	<b>Pitta enhancing (examples)</b>
Fruits	sweet fruits: apples, fig, avocado, coconut, grapes, mango, melon, sweet orange, plum, raisins	sour fruits: berries, cherries, passion fruit, kiwi, pomelo, lemon, orange, pineapple
Vegetables	boiled vegetables: sweet and bitter taste, asparagus, broccoli, cabbage, cucumber, potatoes, zucchini, spinach	spicy vegetables: beetroot, raw garlic, tomatoes, leek
Carbohydrates	oats (cooked), rice (white and Basmati), wheat	corn, rice (brown), rye
Proteins	white meat, eggs, peas, fresh tofu, nuts, green gram	lamb, pork, sea food, beef, red fish
Dairies	butter (unsalted), ghee, milk, cottage cheese	buttermilk, cheese, sour cream, yoghurt, sheep milk
Oils	coconut oil, olive oil, sunflower oil, soy oil	almond oil, corn oil, sesame oil, saffron oil
Herbs	coriander, vanilla, poppy seed, curry leaves, cloves, cooked garlic, licorice	pepper, chili, anis, caraway, rosemary, cinnamon, tarragon, ginger, raw garlic, mustard, cloves, vinegar
Spices	chamomile, melissa, cress	sage, thyme, basil


**Pitta**

**Pitta lunch recipe**

**Broccoli pine nuts pasta**  
(1 portion)

1 handful sliced broccoli  
 ½ handful of pine nuts  
 125 g pasta  
 salt  
 pepper  
 some curry leaves

Cook pasta until al dente. In the meantime roast the pine nuts in a pan. In a second pan lightly sauté the broccoli. Season broccoli with salt, pepper and curry leaves, add the pine nuts and serve together with the pasta.





## Kapha

### Kapha dinner recipe

#### Nourishing vegetable soup (1–2 portions)

3 cups of sliced carrots

1 leek

1 handful of sliced celery

chopped ginger

750 ml of water

½ tsp turmeric powder

sea salt, pepper

½ orange

coconut milk

fresh coriander

2 slices of whole grain bread with butter

Stir-fry the vegetables and fill with 750 ml of boiling water. Cook for approx. 25 minutes until all vegetables are well done. Add spices to season and blend everything. Afterwards, taste the soup with orange juice and coconut milk, shortly cook everything again and serve with a handful fresh coriander.

### Kapha pacifying diet

If Kapha is your predominant Dosha, it is recommendable to eat light, dry and warm meals that taste pungent and bitter. Heavy, oily, cold, cooling, sweet sour and salty food should be avoided. They increase the Kapha in the body.

#### Kapha reducing (examples)

##### Fruits

apples, pears, cherries, pomegranate, apricots, lemon, dry fruit

##### Vegetables

spicy and bitter vegetables, asparagus, beetroot, broccoli, cabbage, garlic, lettuce, onions, mushrooms, peas

##### Carbohydrates

barley, corn, oats (dry), rice (basmati), rye

##### Proteins

chicken or turkey, eggs, prawns, deer, pumpkin and sunflower seeds

##### Dairies

goat milk

#### Kapha enhancing (examples)

sweet and sour fruit, avocado, banana, fig, coconut, orange, plum, pineapple, papaya

sweet and juicy vegetables, cucumber, sweet potato, zucchini, spinach

oats (cooked), rice (brown), rice (white), wheat

nuts, lamb

cow milk products, sheep milk

ghee

##### Oils

almond oil, corn oil, sunflower oil, mustard oil

##### Spices

ginger, black pepper, cloves, cardamom, cinnamon, rosemary

salt, poppy seeds, vanilla

##### Herbs

thyme, basil, dandelion, sage

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# Healing Plant Health Benefits of Curry Leaves

Curry leaves are natural flavouring agents with a number of important health benefits, which make your food both healthy and tasty along with providing a pleasing aroma. The scientific name of the curry plant is *Murraya Koenigii* Spreng and it belongs to the Rutaceae family. The plant is native to Sri Lanka and India and is usually found in tropical and subtropical regions.

The aromatic curry leaves have a fruity and nutty taste, which is why they are a popular spice used in traditional cooking. For achieving this, we recommend to use fresh leaves, since they lose some of their flavour if they are dried. Instead, the dry leaves are recommended for tea. In Europe, the leaves can be bought in Asian shops and health food shops.

**In Ayurvedic medicine, curry leaves are believed to have several medicinal properties. Curry leaves have a balancing effect on the doshas, they reduce Pitta and Kapha and can increase Vata.**

For producing medicine, fruit, bark, root and especially the leaves are used. The characteristics are: cooling, cleaning, anti-inflammatory, digestive and antibacterial. The scope of applications in Ayurvedic medicine is immense. The versatile plant is used to treat diarrhea, flatulence, nausea and upset stomach. It can also help against insect bites and skin diseases. Curry leaves are especially used to prevent and treat Diabetes mellitus. Due to its high amount of vitamin E, the plant is used to cure eye diseases; furthermore it has a healing effect on kidney and liver disorders.

In Europe the plant can be cultivated as a tub plant. It does not tolerate frost and likes to be outside in summer, preferably in a sunny and protected place.

## Did you know?

### General tips for Ayurvedic nutrition

- Only eat when you are hungry
- Take warm food
- Chew several times and enjoy eating
- Only eat, when you have digested (approx. 6 hrs interval)
- Fill your stomach 1/3 with solid food, 1/3 with fluid food and leave 1/3 free
- Do not drink too much water before or during eating
- Try to take more fresh and natural foods
- Avoid raw and heavy foods in the evening
- Eat at least three hours before going to bed
- Reduce vinegar, boiled tomatoes, sauces, chutneys, starchy and oily food
- Do not eat when you are upset or angry





# We introduce our employees

## *Dr. Buddhike Senevirathna*

D.A., M.Ac.F., D.Ac.



For many guests, he is the epitome of the Paragon and the Ayurvedic art of healing par excellence: Dr. Buddhike Senevirathna, usually referred to as "Dr. Buddhike". As an Ayurvedic doctor in the 8th generation, he virtually took up the knowledge of the healing powers of nature from the cradle. From early age on he learned to appreciate the numerous types of Ayurvedic treatments and the use of natural remedies from his father as well as his grandfather. Nevertheless, after finishing highschool he originally wanted to become an engineer. Out of respect for his ancestors, however, he decided to complete his training as an Ayurvedic doctor in Kalutara and earned his diploma there in 1994. In addition, Dr. Buddhike also holds a diploma in acupuncture. The Sri Lankan Government twice awarded him with the prestigious title as "Ayurveda Shoorie" and "Vidya Shiromanie Panditha", which signifies him as a very special Ayurvedic doctor.

## *Dr. Buddhike's favorite motto: Self-discipline!*

His career at the Ayurveda Paragon began in August 1996, even before the hotel was opened, when he started training our first therapists. Since then, he is an integral part of our core team. Without him, the Paragon certainly would not be the same. Dr. Buddhike lives in Meepe, a small village near Talpe, together with his wife, who is also an Ayurvedic doctor, and their son. His late father and Ayurvedic mentor, who practiced until the age of 85, also used to live in the household and visited his patients with his bicycle even in the most remote villages. Quite frequently, the Ayurvedic family council gets together to jointly discuss the best treatment options for difficult cases. As a devout Buddhist, Dr. Buddhike likes to be involved in social activities and is frequently active in the hotel's charity project Paragon Sahana Seva to meet with the families which are supported by our guests and sponsors.



# Our price overview

## Spring Offer (16.03.2017 – 30.04.2017)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.608,20 EUR	2.849,70 EUR	2.898,00 EUR	3.139,50 EUR
21 Nights	3.743,25 EUR	4.105,50 EUR	4.177,95 EUR	4.540,20 EUR
28 Nights	4.862,20 EUR	5.345,20 EUR	5.441,80 EUR	5.924,80 EUR

## Summer Offer (01.05.2017 – 15.10.2017)

Duration of Stay	Garden Room p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	1.915,90 EUR	2.076,90 EUR	2.366,70 EUR
21 Nights	2.753,10 EUR	2.994,60 EUR	3.429,30 EUR
28 Nights	3.509,80 EUR	3.831,80 EUR	4.411,40 EUR

### Summer Special:

May 1<sup>st</sup>, 2016 – October 15<sup>th</sup>, 2017 **NO single use surcharge** and book our garden rooms for less!

Your benefit

## Winter Offer (16.10.2017 – 20.12.2017)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.608,20 EUR	2.849,70 EUR	2.898,00 EUR	3.139,50 EUR
21 Nights	3.743,25 EUR	4.105,50 EUR	4.177,95 EUR	4.540,20 EUR
28 Nights	4.862,20 EUR	5.345,20 EUR	5.441,80 EUR	5.924,80 EUR

## Winter Peak Season (21.12.2017 – 15.03.2018)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.704,80 EUR	2.946,30 EUR	2.994,60 EUR	3.236,10 EUR
21 Nights	3.864,00 EUR	4.226,25 EUR	4.298,70 EUR	4.660,95 EUR
28 Nights	5.023,20 EUR	5.506,20 EUR	5.602,80 EUR	6.085,80 EUR

**Seasonal Surcharge** from December 20<sup>th</sup>, 2017 – January 03<sup>rd</sup>, 2018: EUR 120,75 per week per person

## Spring Offer (16.03.2018 – 30.04.2018)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.608,20 EUR	2.849,70 EUR	2.898,00 EUR	3.139,50 EUR
21 Nights	3.743,25 EUR	4.105,50 EUR	4.177,95 EUR	4.540,20 EUR
28 Nights	4.862,20 EUR	5.345,20 EUR	5.441,80 EUR	5.924,80 EUR

## Repeaters Discount

Visits are counted from 1996 onwards. Discounts are not applicable to single room or roof terrace surcharges or for bookings made through a travel agency.

Discounts are calculated on the basic price.

2<sup>nd</sup> – 5<sup>th</sup> Visit

5%

6<sup>th</sup> – 10<sup>th</sup> Visit

10%

from 11<sup>th</sup> Visit

15%

**Previous pricelists are no longer valid.**

\*The basic price is equal to the price in a standard room per person. Our standard rooms are on the ground floor, 1st and 2nd floor.

## Contact us

Call us any time. We will be happy to be of service to you! You can reach our reservations office seven days a week. If you are unable to reach us during the times indicated below, please leave a message and we will return your call promptly.

Monday – Friday: 08.00 to 18.30 hrs CET  
Saturday – Sunday: 08.00 to 16.00 hrs CET



### Our telephone numbers:

From Germany, Austria and Switzerland:  
Our free call No. is 00800 466 46678

From the U.S.: our toll free No. is 1-(888)-233-1156.

From all other countries you can reach us at +94 91 438 4886/-4887/-4888.

We will be happy to answer any questions and provide you with a price quote for your visit. You can also calculate the price of your stay at our website [www.paragonsrilanka.com](http://www.paragonsrilanka.com) under "Prices and Reservations".

## Paragon Friends

If you have already been a guest at Ayurveda Paragon and enjoyed your stay, we welcome your comments in our guest book at [www.paragonsrilanka.com](http://www.paragonsrilanka.com).

Guest Referrals: When referring a guest to Ayurveda Paragon, you will receive a **voucher of 50 Euros** for each new booking based on your referral (booking should be a minimum of 14 nights). This voucher can either be applied towards the cost of your next cure at Ayurveda Paragon or it can be gifted to a friend. This offer is only valid for direct bookings made with Ayurveda Paragon.

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