



Ayurveda Paragon Newsletter

Ayurveda Paragon medical herbal garden

It is not surprising that all living things bear a common root of origin. Plants and animals evolved on this earth billions of years ago. Since the beginning of time, humans have had a tremendous connection with surrounding living and non-living things. All species of plants and animals, which are the living components of the human centered ecosystem, contribute in different ways to maintain the equilibrium of the ecosystem.

In order to improve the quality and satisfaction of life, we should not ignore the views of ancient philosophers. As Lord Buddha said, we should be compassionate towards all beings (sabbe satta bavantu sukhi tatta – Karaniya metta sutta) and as Jesus Christ ("Love thy neighbor as thyself" Matthew 22:39).

Ayurveda Paragon, as a pioneer institute in providing authentic Ayurveda Health Care Services in Sri Lanka, has stepped towards the development and conservation of its environment by maintaining a nature gifted medicinal forest.

It is estimated that 400,000 species of plants are in existence worldwide. 21,000 plant species have the potential for being used as medicinal plants. Sri Lanka offers a great diversity of habitats, based upon physiography, soil types, and climatic variations. Ayurveda Paragon home garden constitutes of 80 species of plants, which include medicinal plants, vegetables and fruits, primarily to fulfill the medicinal and dietary needs of the Ayurveda Paragon guests. In addition to that, this home garden provides facilities for teaching, learning and research.

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Ayurveda Paragon home garden is situated in Talpe, just close to the coastal margin of the land covering 12.500 m² of land area. Formerly, it was a cultivated coconut land and it was converted to an organic botanical farm by introducing important medicinally and nutritionally valued crops while preserving the coconut cultivation.

Necessary vegetable and medicinal crops are cultivated on fertile, well-drained soil with the support of organic manure. Small plant beds are separated by narrow paths so as to have a near observation over the plants grown under the direct sunlight filtered through the coconut leaves while walking around the plant beds.

»Chemical manure and other agrochemical including pesticides are avoided as a principle to maintain the quality of medicinal and nutritional values of the harvest.«

The Paragon home garden is maintained under the supervision of well-trained gardeners and the Ayurveda Paragon Doctors team. It is rich of different varieties of medicinally and nutritionally valued vegetable crops. Gotukola (*Centella asiatica*), Mukunuvenna (*Alternanthera sessilis*), Lunuvila (*Bacopa monnieri*), Walpenela (*Cardiospermum halicacabum*), Monarakudumbiya (*Vernonia cinerea*), Kohila (*Lasia spinosa*), Kurathampala (*Amaranthus viridis*), and Kathurumurunga (*Sesbania grandiflora*) are more valued medicinal vegetables available in special recipes of Paragon cuisines. Special cuisines are served using freshly harvested vegetables according to individualized requirement under the recommendations of expert Ayurveda physicians.





A tour through our medicinal herbal garden

We proudly invite you to a guided tour through our home garden during your stay. Once or twice every week skilled personnel will lead the morning and afternoon exploration. You will be guided through narrow paths along the plant beds and obtain valuable information about the world of medical plants. Information signs for each plant species in English and German provide further insights into the use and healing effects.



Medicinal plants and their effect



Gotukola (*Centella asiatica*)

Centella asiatica (penny wort) is indigenous to the Indian subcontinent, Southeast Asia, and wetland regions of the Southeastern US. In Sri Lanka it is known as Gotukola. Over thousands of years, Gotukola has been used by people as a remedy for many types of diseases. It has been used widely in Ayurvedic medicine to rejuvenate the body, to improve the intellect and to combat cognitive disorders. Scientific studies show the benefits of use of Gotukola as a chemo preventive agent to prevent and treat liver cancer and also it has a hepatoprotective effects. Clinical studies have proven the effect of *Centella asiatica* in improving cognitive function and enhancing memory in addition to the neuroprotective and neurodegenerative effects on Parkinson's disease, Alzheimer's disease, epilepsy, neurotoxicity and mental illnesses including depression and anxiety. The Paragon home garden supplies the daily need of Gotukola for dietary and medicinal uses to Paragon.



Mukunuwenna (*Alternanthera sessilis*)

Alternanthera sessilis of Amaranthaceae family is a common small perennial plant in many wet regions of tropical and subtropical countries. This aquatic plant known as Mukunuwenna (in Sinhalese), is one of the most popular vegetables often sold in bundles on local markets. *Alternanthera sessilis* is grown in Ayurveda Paragon home garden to supply the medicinal and dietary needs of the hotel throughout the year. It is used as a medicinal plant in Asian countries including Sri Lanka for the treatment of many diseases including diarrhea, headache, hepatitis, bronchitis, and asthma. As an herbal medicine, the plant has diuretic, cooling, tonic and laxative properties. It has been used for the treatment of dysuria and haemorrhoids. The plant is also believed to be beneficial for the eyes and is used as an ingredient in the making of medicinal hair oils.



Lunuvila (*Bacopa monnieri*)

Bacopa monnieri of Plantaginaceae family is an extremely important medicinal plant of Ayurveda used since the time of Rig-Veda (c. 3500 BCE). *Bacopa monnieri* has been recommended for the treatments of many diseases in Ayurvedic texts. It is one of the oldest and most powerful brain tonic used in Ayurvedic system of medicine and also it is further used in the management of diseases of gastrointestinal tract, skin diseases such as allergic dermatitis, haemorrhagic diseases rheumatic disorders etc. This herb is used as a medicine to prevent neuro-degenerative diseases of the brain. The active compound bacosides works wonderfully by promoting the regeneration of brain cells. It shows miraculous results against the rapid degeneration of brain cells due to Alzheimer's disease. In addition to the activities of *Bacopa* in the brain, it is effective in the treatment of liver diseases.



Monarakudumbiya (*Vernonia cinerea*)

Vernonia cinerea, belongs to the family Asteraceae, is an annual plant widely distributed in Asian countries including Sri Lanka, India, Bangladesh and Malay islands. It is commonly known as 'little ironweed' in English. The Monarakudumbiya curry, which is prepared with dhal and other spices, is famous in special Sri Lankan cuisine recommended for patients with liver diseases including viral hepatitis, alcoholic hepatitis and toxin induced liver damages. Monarakudumbiya kenda, a variety of porridge made with well-boiled red rice and coconut milk, is used with a piece of kithul jaggery early in the morning as a nutritional supplement instead of a bed tea by Sri Lankans. The plant is extensively used in indigenous medicine as a treatment for stomach aches, colds, asthma, bronchitis, liver diseases, intermittent fever, blisters, boils and vaginal discharges. The root of the plant is used traditionally for the treatment of all types of eruptive boils and the juice is used for faster healing of accidental wounds, toxic conditions and viral fever. The seeds are used in dysuria to treat colic in the form of a decoction.





We introduce our employees



**K. Ajith
Kumara**

Sous-Chef

Mr. Kumara is most likely an unknown face for most guests at Ayurveda Paragon. No wonder, as most of his work is done in the background. His contribution however, is vital to the smooth operation of the company. After all, he has been with the company for 21 years, nearly from the very beginning. After three years of training at the Paragon and the accompanying hotel management school in nearby Koggala, he is now a sous-chef.

His responsibilities include the planning, scheduling, organization and coordination of the kitchen processes. He is also responsible for the education and training of the kitchen apprentices. Needless to say that in addition to all these tasks, he also works as a cook himself. The preparation of fish curry is one of his favorites.

However, at home his wife takes over the chef's position at the stove, cooking according to the traditional Sri Lankan cuisine. Mr. Kumara enjoys spending his free time tending to his fruit and vegetable garden, which he nourishes and cherishes with loving care. He and his family live in Matara today, not far from Ayurveda Paragon. In a way, cooking and gardening came naturally to him. As the son of a farmer, he was familiar with the cultivation of vegetables from an early age. His father cultivates, among other things, large areas of rice fields and he has always been interested in cooking since his childhood.

Furthermore, Mr. Kumara is entrusted with the Asian art of carving fruit and vegetables. For special occasions and celebrations at Ayurveda Paragon and also in the normal "hotel everyday life", he is responsible for the artistic and creative figures and decorations at the buffet.

NEW



Direct flight to Sri Lanka

Airline Edelweiss Air will launch a direct service between Zurich and Colombo **twice a week**, starting from November 2018 till the beginning of May 2019.

We will be happy to make you an offer for the outward and return flight together with your booking enquiry.



Our prices

Extension of the summer season until 31.10.2018

Summer Offer (01.08.–31.10.2018)

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

Winter Offer (01.11.–20.12.2018)

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

Winter Peak Season (21.12.2018–28.02.2019)

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	4.266,25 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

Spring Offer (01.03.–30.04.2019)

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 Special (01.05.–31.07.2019)

Duration of Stay	Garden Room p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	1.658,30 EUR	1.819,30 EUR	2.109,10 EUR
21 Nights	2.366,70 EUR	2.608,20 EUR	3.042,90 EUR
28 Nights	2.994,60 EUR	3.316,60 EUR	3.896,20 EUR

Summer-Special:

May 1st, 2019 – October 31st, 2019 **NO single use surcharge** and book our garden rooms for less!

Summer Offer (01.08.–31.10.2019)

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

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:

2nd – 5th Visit

5%

6th – 10th Visit

10%

from 11th Visit

15%

Previous price lists are no longer valid. Subject to changes.

*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:	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 2283 103/-104/-105.

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 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.

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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»Everybody needs
some ground under their feet,
a handful of soil to grow a seedling
and a tree to lean on.«

Sabine Reber