

Ayurveda Paragon »Up-to-date«

Ojas-Glow – Pure Energy of Life

The Ayurveda term Ojas refers to the essential life energy and quantifiable liquid that flows through the seven body tissues, plasma (rasa), blood (rakta), muscle (mamsa), fat (medas), bone (asthi), marrow/nerve (majja) and reproductive tissue (shukra), or Dhatus in Ayurveda. The main function of Dhatus is to distribute power and strength to the physical body. Through consciousness and healthy nutrition, all seven Dhatus are maintained and strengthened.

Agni or the “digestive fire,” is one of the most important principals of Ayurveda as it results in a positive effect on all seven Dhatus. Agni is responsible for metabolizing and absorbing all nutrients and essential elements the body needs and includes the ability to process all aspects of life, including food, experiences, memories and sensory impressions. A strong Agni leads to an ability to digest food and our daily experiences efficiently, leading to excellent health and well-being and a healthy flow of Ojas through our body. However, a weak Agni leads to an inability to digest food and our daily experiences, creating a toxic residue, Ama, to reside in our cells. Ayurveda teaches that a strong Agni leads to excellent health through the circulation of Ojas while a weak Agni leads to an accumulation of Ama, which results in a slow deterioration of the body. Ojas is situated in the heart chakra and circulates through all of the Dhatus to sustain the physical self, bring clarity to the mind and balance the emotions. Ojas is essential for our immune system, vitality and overall balance.

A healthy and well-balanced diet is essential in the creation of Ojas. Ayurveda encourages the consumption of pure foods, referred to as “Sattvic” foods in order to promote the creation and flow of Ojas. This is because Sattvic foods are easy to digest, enabling our bodies to extract Ojas directly from the foods. These foods should be a regular part of your diet. Examples of Sattvic foods include organic milk, almonds, sesame, honey, rice and organic fruits and vegetables. Foods that are more difficult to digest and thus result in an accumulation of Ama include, meat, poultry, oily foods, cheese, processed foods and sour or salty foods. Accordingly, these foods should be limited.

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Paragon's Organic Vegetable Cultivation Pilot Program



The good soul of the Paragon plantation: Miss Ashoka.

Monday morning nine o'clock: For the last two hours Miss Ashoka Wijethunge has been immersed in a field of spinach, radishes, ladyfingers, cucumbers and eggplants. Together with her three colleagues, she waters the plants and vegetables. The Morning is the best time to water the plants as the sun has just welcomed the day and has not yet risen too high.

Since October 2014 the 49-year-old agronomist is head of the pilot project at the Paragon Hotel: On 400 square meters of land, the Paragon Hotel grows more than 15 different plants and vegetables. Ayurvedic leaves such as Curry, Gotukola and Kohila grow in abundance and are used by the hotel in its curries and salads. "Our long-term goal for the Paragon Hotel is, to organically cultivate an even greater portion of the fruits and vegetables used by our kitchen," explains Miss Ashoka. "Healthy nutrition is a very important part of Ayurveda, and its base is a high quality of organic foods. By growing our own organic plants and vegetables, we can guarantee that no pesticides are used."

Paragon pilot project: own organic farm on 400 m²



»Healthy food for a healthy society«



Food supply for vegetables and green leaves, like Kohila, will soon be completely provided by the Paragon organic farm.



Left: Noisemakers (clapper board) help to protect the plants against parrots and other birds.

Right: Parts of the vegetables you get at the Paragon, such as lady fingers, spinach or eggplants, are already from our organic farm.

Currently, the pilot project offers plants and vegetables which are grown exclusively with organic fertilizers made with a mix of cow dung, green leaves and water. Extracts of the neem plant are used, when needed, to deter harmful insects. In addition, the fields are lined with marigold flowers, whose roots defend against worms in the ground and whose flowers release a scent, which expels pests. To protect the plants from flight damages caused by insects, palm leaves are set up above the patches. This way, the speed of the bugs is reduced so they cannot damage the plants.

Of course, control is also an important issue when it comes to ecological cultivation. Not only is the taste of the harvest checked, but frequent soil samples are tested to examine the pH value and nutrients of the soil.

Miss Ashoka loves her new task. "Healthy food for a healthy society," she says, "is the motivation which is pushing me to develop the project further every day." The next step is to create a second organic farm, which will be established directly opposite the Paragon Hotel. We are happy to invite our guests to visit it as soon as it is ready.

Neem Tree

The Neem Tree – also called Nimtree or Indian Lilac – is an evergreen tree, which is found in tropical or subtropical regions. Its oils and seeds are used as a natural insecticide. A mixture made of seed shred and water is sprayed on the plants to protect against insects, mites and fungal infection. Neem extracts are also used as medicine because it is natural antibacterial and antiviral effect. It is used for hypertension, thyroid disease, diabetes, skin disorders and indigestion.



Intestinal Health

from an Ayurvedic Point of View

1. Rasa Dhatu:

plasma

2. Rakta Dhatu:

blood cells

3. Mamsa Dhatu:

muscle tissue

4. Meda Dhatu:

fat tissue

5. Asthi Dhatu:

bone tissue

6. Majja Dhatu:

nerves, bone marrow

7. Shukra-Dhatu:

reproduction tissue

Mala:

waste-product of each Dhatu

Agni:

digestive fire

Ojas:

essential life energy created by strong Agni

Ama:

toxic by-product caused by weak Agni

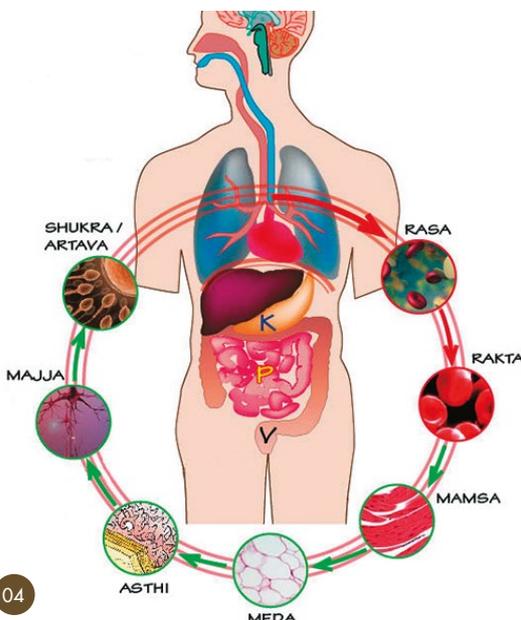
A healthy intestine starts with correct eating. Correct eating requires correct chewing. Correct chewing requires mental and physical participation while eating. Food should stimulate our five senses and should be consumed with them. In order to consume food using our five senses, it is necessary to chew slowly, consciously and appreciatively. We must “see” our food, “smell” our food, “taste” our food, “touch” our food and feel its components and “hear” our food (how it sounds on the plate and in our mouth) in order to maintain a strong Agni, “digestive fire.”

Our digestion starts in our mouth, while we are chewing. While chewing, our body produces saliva, which is part of the Rasa Dhatu (plasma). Saliva begins to extract the first nutrients contained in our foods and transports them into the body. In the stomach and intestine, the ingested foods mix with enzymes, which allow our body to extract even more necessary nutrients, which are then absorbed through the second Dhatu, Rakta Dhatu – (blood). All seven Dhatus are highly affected by Agni, our digestion, and therefore also our eating patterns.

If we forget to consciously “see” our meals, we already take one fifth of good digestion from our body. If we cannot even “smell” or “taste” our meal, we proceed in limiting our digestive process. By not concentrating on our meal, by not enjoying it and not appreciating it with all of our senses, our Agni is weakened, resulting in an accumulation of Ama which leads to a slow-down in the intestinal process and ultimately harm to our immune system which leads to physical and mental diseases.

Many intestinal diseases are not of physical origin, but rather of mental origin. The intestinal memory, the relationship between the brain and intestine is also important for a healthy intestine. Do we eat to reduce stress or just to feed ourselves? Do we give our food a name such as “business lunch” or “family dinner”? If the intestine realizes mental impulses such as emotional tension, stress, worries and fears, it becomes blocked and knots itself together, creating pain.

If we mentally eat correctly, and give the meal only one name, “My Meal”, we will give our Agni the best chance to efficiently metabolize our food. This is because Agni is not only the ability to physically digest food, it is the ability to process all aspects of life, including experiences and sensory impressions. A healthy and balanced diet and conscious eating are important in the production of Rasa Dhatus and a strong Agni which creates Ojas, which is needed for the wellbeing of all of the Dhatu. A strong Agni and harmonious Dhatus lead to a healthy intestine.





Some hints from our doctors:

- Give your meal no name. “My Meal” is always for you.
- You can light your Agni by drinking warm ginger water 30–45 minutes before a meal.
- Do you over eat? A glass of water directly before eating can help you eat less.
- “Listen” to your body. Learn to read its signals.
- Eat with joy!
- Take your time eating and enjoying what you eat.

Hints for a sluggish intestine:

- Give your abdominal wall a massage: Press down lightly with circular movements to encourage intestinal function.
- Drink warm water!
- Have warm porridge for breakfast: Various kinds of cereals mixed with dried fruit. For sweetening it is best to use bee honey, which has an antibacterial effect.
- Eat rice popcorn sweetened with bee honey: The popped rice re-stimulates the slackened intestinal muscles. Eating this for breakfast for a sustained period of time will train your intestine to be more active. Put brown rice or natural rice with shell in a flat pan or pot, cover it and let it pop up.





Meet our Staff Members



*Ileperuma
Arachchige
Jagath Kumara*

In October of 2015 the Ayurveda Paragon and our cherished colleague Mr. Jagath will celebrate the 19th anniversary with the Paragon Hotel.

He has been a valued member of the Ayurveda Paragon as a Restaurant Supervisor since its opening. In his role as Restaurant Supervisor, he takes care of the overall organization of the restaurant along with Mr. Sunil, our Restaurant Manager. From staff planning to scheduling working hours and training new personnel, he organizes and controls the restaurant with an eye for detail. He caters to our guests and any special requests they may have.

Before starting at the Ayurveda Paragon, he attended the hotel school in Galle and worked in a five star hotel in the city of Ahungalla for several years.

Together with his wife Dhanuska, his daughter Imasha (10 years) and his son Chalana (6 years), he lives in nearby Unawatuna, a town six kilometres away from Ayurveda Paragon. In his spare time he loves to play the organ, enjoys cooking with his wife, watching movies and learning German.

Recommendation bonus:

We greatly appreciate the recommendations we regularly receive from our guests. We have now simplified how our guests will be credited for these recommendations. Upon arrival, new guests will receive an arrival card on which they will indicate by whom they were referred. Ayurveda Paragon will then update their reservation system and **add a 50 Euro voucher to the account** of the person who made the recommendation. That way, when that guest returns in the future, they can apply the 50 Euro voucher to their stay.

Did you know? Paragon News

Bank and credit card charges

Important Information!

We want to thank our guests for the support and understanding during the change in how we receive payments and apologize for any inconvenience. This change was due to the recent change of government in Sri Lanka. Since January 2015, all Sri Lankan companies are required to maintain direct accounts within the country. As a result, we are unable to maintain an international bank account in order to receive payments. You are welcome to make your payment by credit card or bank transfer to Ayurveda Paragon's account in Sri Lanka or via PayPal, however, due to new tax regulations we will no longer be able to pay for any associated bank or credit card transaction fees. Accordingly, these fees will be reflected in the total charge for your visit.



Our prices for your rejuvenation

Winter Offer (16 October 2015 – 20 December 2015)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.170 EUR	2.380 EUR	2.422 EUR	2.632 EUR
21 Nights	3.129 EUR	3.444 EUR	3.507 EUR	3.822 EUR
28 Nights	4.032 EUR	4.452 EUR	4.536 EUR	4.956 EUR

Winter Peak Season (21 December 2015 – 15 March 2016)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.240 EUR	2.450 EUR	2.492 EUR	2.702 EUR
21 Nights	3.213 EUR	3.528 EUR	3.591 EUR	3.906 EUR
28 Nights	4.172 EUR	4.592 EUR	4.676 EUR	5.096 EUR

Seasonal Surcharge from 20 December 2014 – 03 January 2016: 105 Euros per week per person

Spring Offer (16 March 2016 – 30 April 2016)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.170 EUR	2.380 EUR	2.422 EUR	2.632 EUR
21 Nights	3.129 EUR	3.444 EUR	3.507 EUR	3.822 EUR
28 Nights	4.032 EUR	4.452 EUR	4.536 EUR	4.956 EUR

*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.

Summer Offer (01 May 2016 – 15 October 2016)

Duration of Stay	Garden Room p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	1.666 EUR	1.806 EUR	2.058 EUR
21 Nights	2.394 EUR	2.604 EUR	2.982 EUR
28 Nights	3.052 EUR	3.332 EUR	3.836 EUR

Summer Special:

01st May to 15th October **NO single use surcharge** and book our garden rooms for less!

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 nd – 5 th Visit	6 th – 10 th Visit	from 11 th Visit
	5%	10%	15%

Previous price lists and special offers are no longer valid.

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

Contact us

Call us any time. We'll be happy to be of service to you!

From October 1, 2015, 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 19.00 CET

Saturday–Sunday: 08.00 to 16.00 CET

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.

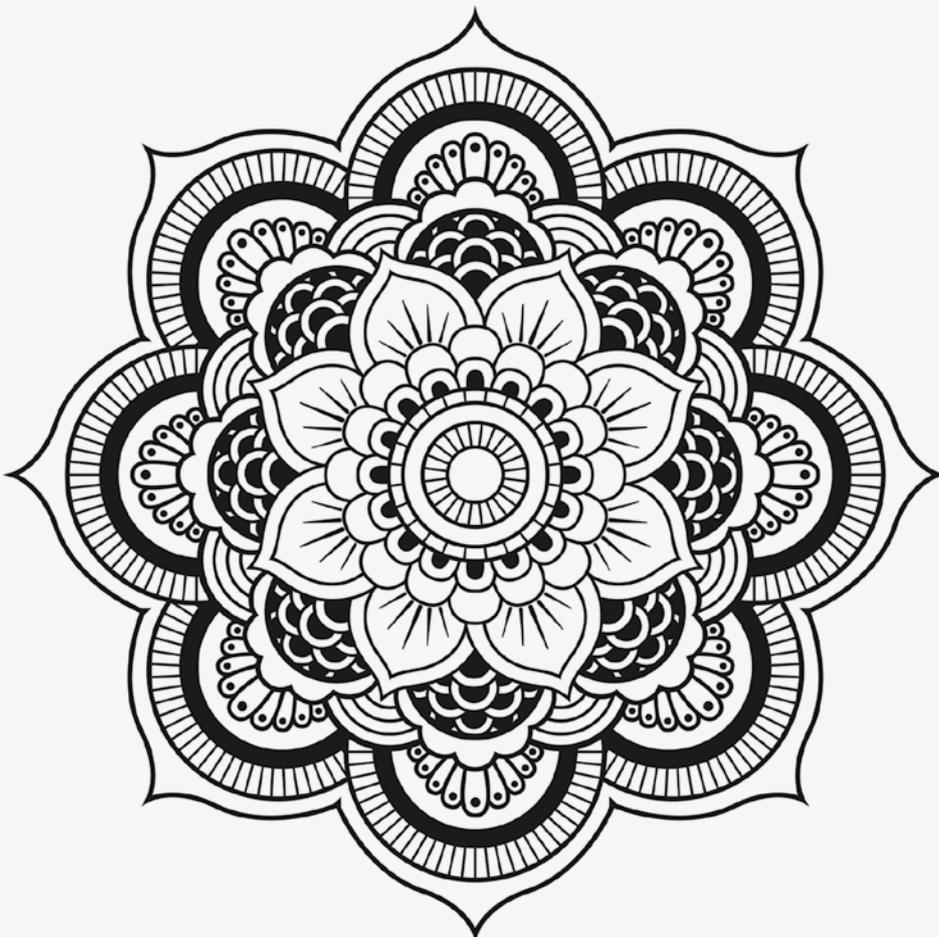
From all other countries:
you can reach us at +94 91 438 4886/-4887/-4888.

Paragon Friends

If you have already been a guest at Ayurveda Paragon and enjoyed your stay, we would be delighted if you would leave a comment on Ayurveda Paragon's page on www.tripadvisor.com. We also 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 for 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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Mandalas

Did you know: Mandalas are used for Meditative purposes in Buddhism and Hinduism. The colouring and designing of a Mandala shall lead the painter on the path to his/her inner-self. **Try it!**