

# Ayurveda Paragon Newsletter

## Doshas – Our bodies' energies

According to Ayurveda, everything is composed of five elements: air, water, fire, earth, and space. These elements combine to form the three Doshas called Vata, Pitta and Kapha. These three Doshas combine in various proportions to constitute the mind, body and soul of a human being. In Ayurveda terms healthy means that these bio-energies (Doshas) are in balance.

- Air and space form Vata. Vata describes all movements.
- Fire and water are represented in Pitta. Pitta is transformation.
- Kapha is a combination of earth and water. It appears as matter.

The Doshas govern all physical and mental processes and provide every living being with an individual blueprint for health and fulfillment. A person with a predominantly Vata constitution will have physical and mental qualities that reflect the elemental qualities of space and air. That is why Vata types are commonly quick thinking, thin, and fast moving. A Pitta type, on the other hand, will have qualities reflective of Fire and Water, such as a fiery personality and oily skin. A Kapha type will typically have a solid bodily frame and calm temperament, reflecting the underlying elements of earth and water. While one Dosha predominates in most individuals, a second Dosha typically has a strong influence. This is referred to as a dual-doshic constitution.

The physical manifestation of a disease is due to the imbalance of these three basic physiological principles. The main one is Vata. The Vata Dosha represents the kinetic energy of the body. Vata makes the heart beat, causes our blood to flow and stimulates the brain and nerve function.

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# Vata, Pitta, Kapha



vata



pitta



kapha



## Vata

### Key words to remember for Vata:

grounding, warming, and routine

### Ways to balance Vata:

- Eat a Vata-balancing diet.
- Eat in a peaceful environment.
- Engage in wholesome and contemplative activities – like spending time in nature.
- Follow a regular daily routine.
- Go to bed early.
- Meditate daily.
- Do gentle physical exercise like yoga, swimming, tai chi, or walking.

## Balanced Vata

Vata is the energy of movement and the force governing all biological activity. Vata is often called the “King of the Doshas,” since it governs the body’s greater life force and gives motion to Pitta and Kapha. Just as the wind in balance provides movement and expression to the natural world, the balanced Vata individual is active, creative, and gifted with a natural ability to express and communicate.

### Dosha disturbance

When the wind in a Vata type rages like a hurricane, negative qualities quickly overshadow these positive attributes. Common signs of Vata imbalance include anxiety and bodily disorders related to dryness, such as dry skin and constipation. The qualities of Vata are dry, rough, light, cold, subtle, and mobile. A Vata individual will display physical and mental characteristics that reflect these qualities in both a balanced and an imbalanced state.

### Physical and psychological features

The main locations of Vata in the body are the colon, thighs, bones, joints, ears, skin, brain, and nerve tissues. Physiologically, Vata governs anything related to movement, such as breathing, talking, nerve impulses, movements in the muscles and tissues, circulation, assimilation of food, elimination, urination, and menstruation. Psychologically, Vata governs communication, creativity, flexibility, and quickness of thought.

The Vata Dosha is the leading Dosha. Usually it is the Dosha that gets imbalanced first if there is a Dosha disturbance and it causes the first stadium of a disease.



## Balanced Pitta

Pitta derives from the elements of fire and water and translates as “that which cooks.” It is the energy of digestion and metabolism in the body that functions through carrier substances such as organic acids, hormones, enzymes, and bile. While Pitta is most closely related to the element of fire, it is the liquid nature of these substances that accounts for the element of water in Pitta’s make-up. The balanced Pitta individual is blessed with a joyful disposition, a sharp intellect, and tremendous courage and drive.

### Dosha disturbances:

As the fire of the mind and body becomes unruly, however, the laughing Pitta quickly becomes the yelling Pitta. Anger, rage, and ego replace Pitta’s positive attributes, leaving an individual who is bitter with life and overbearing towards others. There is a saying that imbalanced Pitta individuals don’t go to hell; they simply create it wherever they go! Pitta imbalances commonly manifest in the body as infection, inflammation, rashes, ulcers, heartburn, and fever.

### Physical and psychological features

The main locations of Pitta in the body are the small intestine, stomach, liver, spleen, pancreas, blood, eyes, and sweat. Physiologically, Pitta provides the body with heat and energy through the breakdown of complex food molecules. It governs all processes related to conversion and transformation throughout the mind and body. Psychologically, Pitta governs joy, courage, willpower, anger, jealousy, and mental perception. It also provides the radiant light of the intellect.

## Balanced Kapha

Kapha derives from the elements of earth and water and translates as “that which sticks.” It is the energy of building and lubrication that provides the body with physical form, structure, and the smooth functioning of all its parts. Kapha can be thought of as the essential cement, glue, and lubrication of the body in one.

### Dosha disturbances:

Just as a nourishing rainstorm may turn into a rampant flood, the fluids of the body may flood the bodily tissues, contributing to a heavy dampness that weighs down the body and clouds the mind. This dense, cold, and swampy environment becomes the breeding ground for a number of bodily disorders such as obesity, sinus congestion, and anything related to mucous. Mentally, the loving and calm disposition of the Kapha individual may transform into lethargy, attachment, and depression.

### Physical and psychological features

The main locations of Kapha in the body are the chest, throat, lungs, head, lymph, fatty tissue, connective tissue, ligaments, and tendons. Physiologically, Kapha moistens food, gives bulk to our tissues, lubricates joints, stores energy, and relates to cool bodily fluids such as water, mucous, and lymph. Psychologically, Kapha governs love, patience, forgiveness, greed, attachment, and mental inertia. With its earthly makeup, Kapha grounds Vata and Pitta and helps offset imbalances related to these Doshas.



## Pitta

### Key words to remember for Pitta:

cooling, calming, and moderation

### Ways to balance Pitta:

- Eat a Pitta-balancing diet.
- Eat in a peaceful environment.
- Avoid artificial stimulants.
- Engage in calming activities, like spending time in nature.
- Meditate daily.
- Do calming physical exercise, such as yoga, swimming, tai chi, or walking.



## Kapha

### Key words to remember for Kapha:

drying, stimulating, and expression

### Ways to balance Kapha:

- Eat a Kapha-balancing diet.
- Eat in a loving environment.
- Avoid a luxurious, leisurely lifestyle.
- Focus on non-attachment in daily life.
- Do emotional housekeeping regularly.
- Make time for introspective activities, like meditation and writing.
- Make a distinction between being nice and being taken advantage of.
- Go to bed early and rise early, with no daytime naps.



# *Marma therapy – Start the flow of life*

## *Benefits:*

- Balances doshas
- Keeps the inner organs balanced
- Increases digestive fire and improves digestion
- Promotes energy
- Rejuvenates
- Relieves nerve pain
- Promotes deep mental and physical relaxation
- Improves blood circulation

Marma therapy is an ancient Ayurveda practice whose focus is the manipulation of subtle energy (prana) in the body for the purposes of supporting the healing process. Marma therapy is based on the utilization of 107 points in the body, which are considered to be access points to body, mind, and consciousness. An important principle of Marma therapy is quite simple. Where a strong blow can cause injury, a mild touch can cause healing. This is the most important principle of Marma massage.

Marma therapy is a balancing treatment used to release energy blocks in our mind and body. If the energy is not able to run smoothly due to physical or mental blocks, it is redirected or discharged in an undesired way. The reason for blocked Marma points is very often – besides several physical factors – emotional stress. A blockade is realized by limited ability to move, pain, functional disorders or discomfort.

During the treatment, the therapist uses his perception and his empathy to feel the Marmas, to open and harmonize them as well as to release blockades on different levels. By this stimulation of the vital points the energy flows and the body releases. This treatment is especially effective, when implemented together with other Ayurvedic healing methods, like for example the cleansing and purging of the body within the Panchakarma treatment.



# Gotu Kola

## *For a healthy mind*

The medicinal plant Gotu Kola (*Centella asiatica*) originates from the family of umbelifers. Also named "Tiger grass" or "Indian water mist" it finds its home worldwide, in the tropical and subtropical regions. In Ayurvedic medicine the medicinal plant is very meaningful, because of its active ingredients that stimulate the overall body. **Gotu Kola is especially known as a "medicinal plant for the brain".**

The components of the plant have a great effect on nerves and brain cells and in addition to that help stimulate blood flow. The mental power is actively supported and the nervous system strengthened. Gotu Kola also has a positive effect when suffering from stress and depression. Furthermore, the immune system is stimulated and ingredients of the plant are used to treat inflammation of the nasal mucous membrane, skin diseases, to prevent cellulite and vein problems as well as varicose.

In Europe, Gotu Kola is gaining importance and can also be grown there. The plant loves to be outside during warmer months and prefers to stay inside the house during winter, because frost can be harmful. It is important to cherish it with sufficient water.

Among others, Gotu Kola can be prepared as tea. To do so, you only need some dry, hackled leaves, which should be put into hot water. If you prefer, the Gotu Kola tea can be sweetened with some honey. Fresh leaves can also be added into a salad.

*»Gotu Kola adjusts the Vata and the Pitta Dosha.«*





# We introduce our employees



## Dr. Saman Wijayarathne

*D.S.A.M.S. Kalaniya,  
M.Ac.F./E.C.G.Dip.  
Sri Lanka, Hospital  
Management Dip. Kalaniya*

Dr. Wijayarathne was born and raised in the city of Galle, where he attended the St. Aloysius College and completed his A-level exams in the field of biology. He then attended the renowned Medical University of Kelaniya where he graduated as an Ayurvedic general practitioner.

In addition, he studied acupuncture and pharmacy and earned a diploma in the field of electrocardiogram (ECG) and hospital management. He deepened his knowledge of Ayurveda in a special study, which exclusively addressed the issue of Panchakarma.

After his studies, Dr. Wijayarathne worked in a government Ayurvedic hospital until he joined the team of Paragon-doctors in 1998. What impresses him most in Ayurveda is the fact that Ayurveda considers the whole person with its holistic approach and that illness can be treated or cured with the forces of nature without side effects. He appreciates his work at the Ayurveda Paragon because it enables him to introduce Ayurveda to people from all parts of the world and to help them improve their health and wellbeing. Dr. Wijayarathne's grandfather was also a respected and very popular Ayurvedic doctor in the Southern part of the island.

Dr. Wijayarathne's home today is Meepe, a small village near the hotel, where he lives with his wife and two daughters. In his spare time he is a passionate gardener and he cultivates his garden every day. Furthermore he is the chairman of a nonprofit organization that gives lectures and workshops to help the local community to eat healthy and informs how ecological cultivation of food can be realized. In addition, he teaches children about the basics of hygiene and medicine as a social service. Furthermore, if and when time permits, the local court makes use of his special skills as a forensic doctor.

## Free Wifi

Did you know?



Now you can get in touch with your loved ones right upon your arrival, on your way from the airport to the Paragon. Our vehicles are equipped with complementary wifi, which can be accessed during your transfer from the Colombo International Airport to Ayurveda Paragon. **This service is free of charge for our guests.**



**10% discount** between 1<sup>st</sup> and 31<sup>st</sup> October 2016



# Our price overview

## Summer Offer (01.05.2016 – 15.10.2016)

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>, 2016 **NO single use surcharge** and book our garden rooms for less!

## Winter Offer (16.10.2016 – 20.12.2016)

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 (21.12.2016 – 15.03.2017)

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>, 2016 – January 03<sup>rd</sup>, 2017: EUR 105 per week per person

## 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>, 2016 **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 <sup>nd</sup> – 5 <sup>th</sup> Visit	6 <sup>th</sup> – 10 <sup>th</sup> Visit	from 11 <sup>th</sup> Visit
	5%	10%	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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»Smile – and the  
world changes.«

Buddha