

Ayurveda Paragon »Up-to-date«

Paragon For The Better Lives Of The People

It is a well known fact that the Ayurveda Paragon helps its guests to achieve more health and well-being. What is not so widely known is the social commitment of the hotel's management. The organization "Sahana Seva" for example was found many years ago and assists poor families in funding the education of their children. Many of our guests have taken up sponsorship for these children.

After the 2004 Tsunami, the hotel supported and organized the construction of an entire new village for those affected by the tidal wave. Now, in October 2012, an Ayurvedic medical center will be established and financed by the hotel's management where the local population will be able to receive Ayurvedic treatments free of charge. For this purpose, the Ayurveda Paragon has employed a well trained Ayurvedic doctor who will look after the patients. This way, the Ayurveda Paragon creates more employment and helps the local population in achieving a better life.

Contents

| | |
|---|-----------|
| <i>Paragon Charity</i> | <i>01</i> |
| <i>Ayurveda und Yoga</i> | <i>02</i> |
| <i>Food Items And Their Ayurvedic Effects: Curry Leaves</i> | <i>03</i> |
| <i>Hypertension from the Ayurvedic Point of View</i> | <i>04</i> |
| <i>Meet Our Staff Members</i> | <i>06</i> |
| <i>Our Prices</i> | <i>07</i> |
| <i>Paragon Friends</i> | <i>08</i> |



Ayurveda and Yoga

Two Paths – One Common Goal

The word „Yoga“ literally means „unity, harmony“. Yoga and Ayurveda have common roots and are a perfect combination for physical and mental well-being. Both doctrines of Indian origin offer a holistic approach to regaining and maintaining vitality and health. Both disciplines developed together and were being applied side by side.

Like Ayurveda, Yoga considers the human being as a unity of body and mind in correlation with outside influences. With Yoga and Ayurveda, the human body can be harmonized, stress can be relieved and a long-term improvement of health can be achieved. The combination of Ayurveda and Yoga offers a perfect way to achieve well-being, awareness as well as mental and psychosomatic health.

Yoga and Ayurveda are both millenia old systems. The basic principle of Yoga is: If the body is flexible, a person will also gain mental flexibility, is mentally balanced, calm and relaxed. Especially during the time of Ayurvedic treatments while away from everyday's stress, Yoga offers a perfect chance to gain clarity and stability, while concentrating on breathing will achieve a higher level of relaxation. The main focus of Ayurveda lies on the physical balance of doshas, Yoga aims at balancing the mind and emotions. Yoga and its meditation methods, breathing techniques and its physical exercises serves to reduce „tamas“ (lethargy, darkness, chaos) and „rajas“ (restlessness) and to achieve a state of perfect balance.

Yoga can assist and compliment your Ayurvedic treatments in many ways. For example, Yoga-exercises exert a positive influence on the vegetative nervous system. A number of studies have revealed that Yoga is a highly effective method of overcoming and managing stress. From the Ayurvedic point of view, the mental calmness achieved by Yoga assists the body to regain the balance of its natural functions. The development of psychosomatic processes, which are the underlying cause for most illnesses, can be eradicated by regular Yoga-practice. Incorporating Yoga into the daily routine will lead to an improved perception of the body. Yoga and Ayurveda – the perfect combination to regain and maintain physical and mental health.



Curry Leaves (*Karapincha*)

The curry tree (*Murraya koenigii*) is a plant species belonging to the rue-family (Rutaceae). The aromatic leaves of this species, which is home in Asia, are mostly used as spice. Mainly in South-Indian and Sri Lankan cooking, they are used in vegetarian dishes. By the way: Curry powder is not made of curry leaves. A curry tree can reach up to 6 meter height. In Sri Lanka every family has a curry tree or –shrub near their house so that they always have fresh leaves readily available for their daily meals.

Food Items and their Ayurvedic Effects

Curry leaves contain volatile essential oils, fatty oils, proteins, sugar, starch, cellulose and the minerals potassium and phosphorus. The oil of the curry leaves contains alpha- and beta-pinene and well as caryophyllene, which are also found in cloves and cinnamon. The more mature the leaves are, the lower their oil content.

Ayurvedic teachings believe that curry leaves strengthen Agni and balance Pitta and Vata. Curry leaves' properties are: aromatic, cooling, astringent, digestive, gas-dissolving, blood-purifying and anti-inflammatory.

Internal Application

- Curry-leaves stimulate the blood circulation and metabolism.
- They strengthen the immune system, act soothing to the throat and improve the quality of the voice.
- Additionally curry leaves reduce blood sugar level and can therefore be used in the treatment of diabetes.
- They are also beneficial in treatment of underweight, heat-waves, itching and ulcers.
- Eaten raw, the soft green leaves are a good remedy against diarrhoea.





Each issue of our Newsletter is dedicated to one topic covering this broad spectrum of widespread diseases. Our topic of today:

Hypertension – Rakta Chapa Vriddhi

Yoga und Breathing Exercises (Pranayama):

In order to remove tension and achieve a deep inner peace, we recommend breathing exercises while lying on your back. Completely concentrate on breathing in and out. If you can concentrate on your breathing for 10 minutes, you will feel your tension relax and your blood pressure normalize.

Scientific research revealed that regular breathing exercises can regulate your blood pressure.

Only 25% of the population above 60 years has normal blood pressure! High blood pressure is considered to be one of the most common diseases in the western world. Despite the seriousness of the effects of hypertension, it usually starts unnoticed and without pain. Even when discomforts begin after several years, they are often uncharacteristic, such as headaches, dizziness, nasal bleeding, or tinnitus and as such, are not associated with hypertension. If not treated, however, physical damages on heart, arteries, brain and kidneys can arise. The consequences are arteriosclerosis, angina pectoris, heart attack, dementia and stroke.

Unfortunately, in most cases, conventional physicians don't know the actual cause of the high blood pressure. In 90 percent of all cases, only the symptoms are treated, while the cause continues to exist. Typical conventional treatments include the prescription of beta-blockers. These do permanently reduce the blood pressure, but also have to be taken for the rest of life. If discontinued, the problems return – after all their cause continues to exist.

Hypertension from the Ayurvedic Perspective



Causes from the Ayurvedic Point of View

Caraka, der „Forefather of Ayurveda“ lists the following causes for Kapha-related heart-diseases:

Too much food, too much fatty and heavy food, lack of physical and mental activity, too much sleep and a too lazy lifestyle. So this already existed 3500 years ago! The daily stress so many people are exposed to today can also contribute to high blood pressure, just as excessive consumption of cigarettes and alcohol.

From the Ayurvedic viewpoint, the following food items and eating habits are especially harmful:

- fatty and deep fried food
- obesity
- conventional salt
- too many saturated fats
- red meat
- Frozen, canned and re-heated food
- Excessive alcohol-, coffee- and tee-consumption

High blood pressure can also be caused by mental tension and exhaustion. Ayurveda considers these cases to be an imbalance of Vata/Pitta. The good news is that Ayurveda can not only prevent these cardiovascular diseases, but can also reverse already existing damages with purely natural remedies

The Ayurvedic Approach to Hypertension

According to Ayurveda, all three doshas as well as the heart and arteries are involved in high blood pressure. Generally, a disturbance of the Vata-Dosha is recognizable. The aim of the treatments is to re-establish the balance of Vata. In many cases, Pitta-Dosha is also involved and will also be integrated into the treatment plan. The treatments will include Panchakarma and its herbal remedies as well as suggestions for a change of diet, physical fitness, breathing-exercises (Pranayama), Yoga, meditation and encouragements for a change of life-style.

One of the Ayurvedic remedies given in case of hypertension is „Ravolfia“ as well as several different decoctions. If the high blood pressure is caused by stress, the Ayurveda Paragon will include the following treatments for relaxation into its treatment-plan:

- Chakra-Massage
- Chakra Vasti
- Shirodara
- Thakradhara
- Shirovasti

Ayurvedic Dietary Suggestions

- Avoid meat, eggs and salt
- Reduce the intake of proteins
- Reduce coffee-consumption.
The caffeine in the coffee increases the body's adrenaline production, which is responsible for high blood pressure.
- Reduce the use of sodium in your diet.
- Smokers have a tendency to high blood pressure. Nicotine increases your resting heart rate and the release of adrenaline.

If possible, change your eating habits and control your weight. If necessary, reduce overweight. A good reason to be slim is to keep your blood pressure on a normal level.

Ayurvedic Lifestyle with Hypertension

Regular exercise is one of the best ways to prevent high blood pressure. Exercises support your entire organism, burn fat and make you feel light. Avoid mental and physical stress. It is a proven fact that stress results in high blood pressure.

Cultivate a loving relationship to other human beings. It has been proven that love and affection are able to reduce your blood pressure, while anger, conflicts and stress are known to be the cause of increased blood pressure.

Laughing is the best medicine. Studies have revealed that laughing can reduce the adrenaline- and cortisone-production of the body. If you are frustrated, unhappy or angry, simply laugh and avoid increased blood-pressure.



Meet our *Staff Members*



*Dr. Yamunani
Kapuge*

In June this year, our team of doctors was enriched by a further specialist. **Please welcome our new colleague Dr. Yumanani Kapuge.**

A child of the city of Galle, Dr. Yamunani graduated from the acclaimed Southland Collage in the year 2000. Throughout her youth she knew she wanted to become an Ayurvedic doctor and so she began her studies in 2002 at the Colombo University of Indigenous Medicine, which she completed in 2009. In addition to that she completed training in acupuncture at the International Acupuncture Institute in Colombo. Her younger sister meanwhile studies western medicine in Moscow.

Dr. Yamunani gathered her first professional experience at a governmental Ayurveda hospital. Since then she has worked at several different Ayurveda Hotels and has come to appreciate working together with foreigners.

Dr. Yamunani is married and so far has no children. During her free time, she enjoys playing Sudoku and reading adventure-novels. In her garden, she cultivates all sorts of Ayurvedic healing plants, which she uses to treat her family when necessary.

When asked what she particularly appreciates at the Ayurveda Paragon, she is quick to respond that she enjoys the calm atmosphere at the hotel and the quality of our Ayurvedic treatments. We are delighted to have found such a competent and cordial colleague and we are certain that our guests will come to appreciate and like her just as well.



Our rates for *YOUR* rejuvenation at Ayurveda Paragon

Winter Offer (01 October 2012 – 31 March 2013)

| Duration of Stay | Basic price p.P. | Single Occupancy | Roof-Terrace Double Occupancy p.P. | Roof-Terrace Single Occupancy |
|------------------|------------------|------------------|------------------------------------|-------------------------------|
| 14 Nights | 1.974 EUR | 2.142 EUR | 2.198 EUR | 2.366 EUR |
| 21 Nights | 2.835 EUR | 3.087 EUR | 3.171 EUR | 3.423 EUR |
| 28 Nights | 3.640 EUR | 3.976 EUR | 4.088 EUR | 4.424 EUR |

Special Offer in the months of May to September: No Single Room Surcharge.
Save even more by booking a garden room on the ground floor during summer months.

Summer Offer (01 April 2013 – 30 September 2013)

| Duration of Stay | Ground Floor Double p.P. | Ground Floor Single | 1 st + 2 nd Floor Double p.P. | 1 st + 2 nd Floor Single | Roof Terrace Double p.P. | Roof Terrace Single |
|------------------|--------------------------|---------------------|---|--|--------------------------|---------------------|
| 14 Nights | 1.582 EUR | 1.750 EUR | 1.722 EUR | 1.890 EUR | 1.946 EUR | 2.114 EUR |
| 21 Nights | 2.268 EUR | 2.520 EUR | 2.478 EUR | 2.730 EUR | 2.814 EUR | 3.066 EUR |
| 28 Nights | 2.856 EUR | 3.192 EUR | 3.136 EUR | 3.472 EUR | 3.584 EUR | 3.920 EUR |

Repeater's 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.

| Discount is calculated from the basic room rate. | 2 nd – 5 th Visit | 6 th – 10 th Visit | from 11 th Visit |
|--|---|--|-----------------------------|
| | 5% | 10% | 15% |

Needless to say we will be happy to provide you with an offer for your individual duration of stay and your flights according to your desired departure airport just as well. You can also calculate the price of your individual stay on 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!

You can reach us Monday to Friday from 09.00 to 19.00 hrs. and Saturday from 09.00 to 13.00 hrs. CET. During other times, please leave a message for us on our answering machine and we will return your call shortly.

From Germany, Austria and Switzerland, our freecall No. is **00800 466 46678**.

If you are calling from the U.S., please use our toll-free No. **(888) 233 1156**.

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



Paragon Friends

If you have already been a guest at Ayurveda Paragon and enjoyed your stay, we would be delighted to find your comments in our guest-book at www.paragonsrilanka.com.

If you tell your friends about us, you will receive a coupon worth 50 Euros for each new booking based on your recommendation (booking should be a minimum of 14 nights), which will be reduced from the cost of your next cure at Ayurveda Paragon. Of course you can use this coupon as a gift to friends just the same.

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From the United States, please use our freecall-no. (888) 233 1156.



*»No matter how many holy words you read,
no matter how many you speak –
what good will they do,
if you do not act upon them?«*

Lord Buddha