

Ayurveda Paragon »Up-to-date«

Out of the Winter – fit into Spring

Winter is Kapha time. In spring when the first sunshine warms the days the accumulated Kapha liquifies and blocks digestion and metabolism. The consequences are classic spring fever, cold symptoms and headaches. Now it is time to get rid of the excess Kapha and bring body and mind out of hibernation.

Dr. Buddhike recommends Kapha-reducing measures:

The goal in spring is again to increase the digestive power by a light diet. A light breakfast consisting of fresh fruit, cereals or an ayurvedic breakfast soup slowly wakes up your metabolism system in the morning and prevents Ama (not digestible metabolic products). Do not forget the glass of warm water and leverage your metabolism system and digestion with a cup of Kapha - tea or hot ginger water with honey.

The main meal of the day should be your lunch according to the classical rules of Ayurveda. Chew some small pieces of ginger with lemon juice or salt in advance, it stimulates digestion. Eat at regular times and take your time and enjoy your meal – a freshly squeezed juice in between enlivens and satisfies the small appetite! Don't eat too late in the evening and stick to easily digestible and hot food. A tasty vegetable or rice soup is quick to prepare and easy to digest.

General tips for a good start into Spring:

- Hot & Spicy – Spices such as ginger, pepper and chili stimulate digestion.
- Sweet & Sour – these flavors increase Kapha and should not be in the menu too often during spring.
- Regular exercises are very important, especially in spring. Have fun at your sport or on an extensive walk and remember the ayurvedic rule – better often and in moderation than rare and immeasurably!

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Myoma and Ayurveda

Myomas are benign tumors which appear to nearly every fourth woman over 30 years. Depending on their location, size and structure they are coming along with complaints such as pain, anemia, and complications during pregnancy and increased menstrual bleeding.

In the ayurvedic science myoma belongs to the category of palpable tumors in the abdominal area and are called "Gulma".

Myomas occur under the influence of estrogen and are influenced by lifestyle and environment. Residues of hormone preparation in drinking water, years of taking estrogen-containing hormonal preparations or meat contaminated due to non animal welfare can be a reason of causing this benign tumors just like stress, anxiety and other mental stress.

As seen from the ayurvedic perspective, these facts induce a Vata disorder which influences the "Artavaha Srotas", physical channels which are responsible for the care of the female reproductive organs. This leads to the accumulation of Kapha and „Ama" (slags). Ama is a consequence of weakened „Agni" (digestion fire), often caused by wrong nutrition.

Due to the Vata disturbance Ama and Kapha are stored in the tissue of the womb where they form to a neoplasm under the participation of „Mamsa Dhatu" (muscle tissue), „Rassa Dhatu" (lymphatic system) and „Rakta Dhatu" (blood).

Important in treating myoma is to treat the cause of the disease since even after a surgical removal it often comes to a formation of new tumours. This is why Ayurveda offers an excellent additional holistic treatment method beside surgery.



In 2008 Prof. Dr. Sabine L. was diagnosed with two myoma with a size of 1 cm. During the following years she could record a growth of 1 cm per year until they reached a size of more than 5 cm and a surgery seemed to be inevitable.

In 2012 Prof. Dr. Sabine L. was our guest at the Ayurveda Paragon for the third time. After the doctor consultation one attention for the cure was of course treating the myoma as she also complained about pain.

Mrs Prof. Dr. Sabine L. is a Vata-Pita type with a Kapha disorder. She received „Kotepila paste“on her abdomen and special Oil-Pitchu for the following 14 days. In addition there is some supporting medicine like „Kotepila-tea“and decoctions that help against that kind of neoplasm. In case of Prof. Dr. Sabine L. she didn't receive any additional special medicine because she also had some other Dosha-disorders.

The SUCCESS story of Prof. Dr. Sabine L.

After being back home she visited her gynecologist for an ultrasound scan as recommended by our doctor. The result was that both myoma have decreased by 1 cm and still becoming smaller ever since.

In 2014 Prof. Dr. Sabine L. informed us that the neoplasm's now have a size of approx. 2 cm each and her gynecologist is really confident that the myomas stop growing more and continue to become smaller until they totally form back.

After a successful treatment as well as for prevention it is important to implement a good balance and stability into your daily routine. Take time for your meals and sufficient sleep. Stimulate your creativity, try to solve your problems instead of displacing them to the back of your mind and do regular exercises.

A healthy and vegetarian nutrition should dominate your daily menu. To keep Vata in balance take mostly warm food and drinks. Avoid meat, milk products, sugar and wheat flour and try to replace those items with soy products, mung beans and green leafy vegetables. For spices use turmeric, ginger and cumin.





Full Moon

*in Sri Lanka – an insight into the
Sri Lankan culture*



Anyone, who has already been a guest in Sri Lanka, may have had the chance to experience one of the special Full Moon celebrations. These repeating monthly holidays are evoking of the important points of the life of Buddha. Each full moon stands for a particular life event of Buddha and the Sri Lankan Buddhism.

Various rituals and ceremonies are committed to the full moon celebrations. The puja is a kind of devotion with certain rituals, meditations, prayers and offerings to Buddha and is celebrated at moon rise in the temples. At some full moon festivals big parades, called Perahera are held. Hundreds of traditionally dressed dancers, drummers, whip beaters, acrobats and caparisoned elephants dancing through the streets. The most famous Perahera in Sri Lanka is celebrated in July/August in Kandy.

The full moon celebrations are governed by the Lunisolar calendar which divides the year into 12 lunar months.





March – Madin or Medin Poya

On Medin Full Moon, Buddha made a pilgrimage, along with an entourage of about 20,000 followers from Veluwanaramaya Rajagriha in India to his father, King Suddodhana, in Kimbulwathpura to meet relatives and friends of his birth clan Sakhya. During this visit his son officially sworn in as a Buddhist monk. At Medin Poya Buddhists remind this journey of Buddha, as he visited his birthplace for the first time after he was enlightened in the seventh year of his enlightenment. The Sacred Tooth Relic of Kandy was brought to Sri Lanka on a Medin Poya to protect it against robbery.

April – Bak Fullmoon Poya

This holy day celebrates Buddha's second visit to Sri Lanka, in his fifth year of enlightenment. During his visit to Sri Lanka, he arbitrated a dispute between two princes, Mahodara and Chulodara, uncle and nephew, over a jeweled throne. The teaching of this day is the right understanding. The Samma Ditthi. In April the Sinhala and Tamil New Year is celebrated as well.

May – Vesak Poya

Vesak Poya is the most important holiday for the Buddhist community. On this auspicious full moon Buddha's birth, enlightenment and passing into nirvana is celebrated. It is also a celebration of light and color. Large, bright images called Pandals are set up in the streets and show events from the life of Buddha. Buddhist houses are decorated with oil lamps and homemade paper lanterns, "Vesak lanterns". At the roadsides, people prepare small and large stands where free drinks and food are offered, the so called Dansals or Alms Giving.

The Vesak full moon also reminds on Buddha's third and last visit to Sri Lanka. With an entourage of 500 monks, he visited various places in Sri Lanka which became important places of pilgrimage. Among others he visited the holy mountain "Sri Pada" also known as Adam's Peak, the holy Bo-tree of Anuradhapura and various temples on the island. In total there are 16 sacred places in Sri Lanka that were visited by the Buddha.

The Day of the Vesak full moon also has a national significance for Sri Lanka's Buddhists and is immensely important for the Sinhala identity. Also on a Vesak full moon day the progenitor of the Sinhalese, the North Indian Prince Vijaya landed with 700 followers on the island, exactly on the day that the Buddha died.

June – Poson Poya

After Vesak Poya, Poson is the second most important full moon festival for the Buddhists. It celebrates the introduction of Buddhism in Sri Lanka in the year 247 BC. Focus of the festivities is Anuradhapura, the ancient royal city, where King Devanampiyatissa converted to Buddhism in the 3rd century BC.

July – Esala Poya

The probably most famous full moon celebrations of Sri Lanka take place in the month of Esala. The spectacular Perahera in Kandy is the culmination of the festivities which continue for 10 days from late July to early August. The celebrations are held in honor of the sacred Tooth Relic of Buddha and are committed with thousands of domestic and foreign visitors. At Esala Buddhists remember Buddha's first sermon in which he explained the Four Noble Truths and the Eightfold Path. Esala is also the month when the VAS-season, the monsoon season starts in the Buddhist year.

In other famous temples special celebrations and Peraheras take place in the month of Esala. For example, in Dondra, near Matara a Perahera held in honor of the Hindu God Vishnu. In Unawatuna, a seven-day festival is celebrated with a final Perahera in the last week of July.

August – Nikini Poya

On the eighth full moon of the year, another month of the rainy season is celebrated. During the Monsoon time Buddhist monks live accordingly to established rules and retreat into their monasteries and temples. Rituals, meditations and fasting during this time are an integral part of their everyday lives, it is not allowed for them to stay outdoors, under trees or in cemeteries. From Esala Poya for next four months Buddhist monks spend their lives under one roof.



Meet our Staff Members



*Dr. Oshadhie
Sandya
Piyadasa
D.A.M.A.C.f.*

The Ayurveda Paragon is one of a very few Ayurvedic hotels which offers 24 hours medical service to its guests. Anyone who has ever had the need for a doctor during the night has certainly made acquaintance with her: Dr. Oshadhie.

Dr. Oshadhie is originally from Weligama, where she also completed her high school diploma. Although everybody else in her family is employed in the educational field, she chose to study Ayurvedic medicine in Kalutara. For that matter, she studied there at the same time as Dr. Buddhike. Besides her diploma in the traditional Ayurvedic medicine, she also holds a diploma in acupuncture.

After an internship at several governmental Ayurvedic hospitals, she learned how to prepare herbal medicine at an Ayurvedic pharmacy in Galle. Later, she worked at private practices in Weligama and Kalutara.

Dr. Oshadhie joined the Paragon team in 1999 and originally worked during the day. As a mother of two small children, she took over the night shift, in order to devote the day to her family. She describes herself as a passionate housewife and enjoys it to do her homework while listening to the radio. During her night shifts she expands her knowledge while reading medical literature.

As a long-standing member of the Paragon team, she enjoys the particularly good cooperation with their colleagues and management continuity.

Important Information

Sahana Seva – Our charity-project



sahanaseva@paragonsrilanka.com

Anyone who has been a guest of Ayurveda Paragon knows our charity-project Sahana Seva, which provides aid to families in need and to orphanages. In order to provide even more transparent information of donations and spendings, a separate bank account was set up solely for this project. If you wish to make donations to Sahana Seva, please use the following bank-details:

Account holder: Paragon Sahana Seva
Bank: Deutsche Bank AG München
Account No.: 609 186 201
Bank Code: 700 700 24
BIC: DEUTDE3333
IBAN: DE64 7007 0024 0609 1862 01



Our rates for *your* rejuvenation at Ayurveda Paragon

We extended our Summer Offer!

Your Advantage

Summer Offer (01 April – 15 October 2014)

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

Special Offer in the months of May to 15 October: No Single Room Surcharge. Save even more by booking a garden room on the ground floor during summer months.

Winter Offer (16 October – 20 December 2014) and (16 March – 15 April 2015)

Duration of Stay	Basic price p.P.	Single Occupancy	Roof-Terrace Double Occupancy p.P.	Roof-Terrace Single Occupancy
14 Nights	2.072 EUR	2.254 EUR	2.296 EUR	2.478 EUR
21 Nights	2.982 EUR	3.255 EUR	3.318 EUR	3.591 EUR
28 Nights	3.836 EUR	4.200 EUR	4.284 EUR	4.648 EUR

Winter Peak Season (21 December 2014 – 15 March 2015)

Duration of Stay	Basic price p.P.	Single Occupancy	Roof-Terrace Double Occupancy p.P.	Roof-Terrace Single Occupancy
14 Nights	2.128 EUR	2.310 EUR	2.352 EUR	2.534 EUR
21 Nights	3.066 EUR	3.339 EUR	3.402 EUR	3.675 EUR
28 Nights	3.976 EUR	4.340 EUR	4.424 EUR	4.788 EUR

Season Surcharge from 24 December 2014 – 02 January 2015: 84 Euro per week per person.

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%

Previous price lists and special offers are no longer valid.

Needless to say we will be happy to provide you with an offer for your individual duration of stay. 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 at your service! 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 guestbook 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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»Life is not a problem
to be solved, But a reality
to be experienced«

Siddhartha Gautama