



Ayurveda Treatment Programme

Heritage Ayurveda Maha Gedara is a 64 room Ayurveda Health resort dedicated to practice Authentic Ayurveda. The Resort is homely and friendly, and is exclusive for Ayurveda guests. The total atmosphere at the resort is created to be conducive for Ayurveda way of living. Yoga and Meditation classes are conducted frequently to augment the Ayurveda way of living of complete body & mind.

The main focus of Heritage Ayurveda Maha Gedara is to provide total relaxation to its clients, starting with the surrounding itself and attention to total Body & Mind.

Ayurveda is for everybody. It has two main objectives.

- 1. Curative** - To cure illnesses.
- 2. Preventive** - To protect the general health of person and prevent him from illnesses.

This means any person whether sick or healthy can benefit from Ayurveda to cure illnesses or promote his health.

Basic principles of Ayurveda Treatments

Increasing Appetite & Digestive Energy in the body	-	Deepana, Paachana
Detoxification and Neutralization of Toxins	-	Shodana, Shamana
Body Rejuvenation	-	Rasaayana
Relaxation and Psychological Rejuvenation	-	Mano Santharpana

Our Treatment packages

1. ‘Ayubowan’ Slimming Program (Weight management Program) (2 weeks Minimum stay)

This is a Panchakarma based treatment program which helps to reduce excess body weight. It includes special treatments such as Udwarthana - Herbal Powder massage, Langana - Ayurvedic diet program, Acupuncture and Slimming Tea.

2. ‘Ayubowan’ Stress Relief Program/Stress Management Program (2 weeks Minimum stay)

A Panchakarma based treatment program with various relaxation treatments. Shirodhara is the main treatment of this package. It also includes Shirolepa - Herbal Head pack, Shirovasti, and Sarvangadhara – Full body oil pouring treatment which helps to overcome stress, anxiety and burnout.

Integration of Psychological support, practicing Yoga and Meditation will enhance the establishment of peace in the mind.

3. ‘Ayubowan’ Rejuvenation program /Rejuvenation package (1 week upwards)

A Panchakarma based program with detoxification and regeneration of the body. It includes Herbal medicines to increase body energy and Immunity while Pinda Sweda (Milk Rice and Herbs Pack) to improve flexibility and stamina.

The Treatments

1. Pre Actions - Poorva Karma

This is the preparatory phase of a person for cleansing treatments “Panchakarma” to come at later stage. It is important to prepare a person in his Body and Mind with various treatments for several days before cleansing starts. This improves comfortable detoxification process within the body.

There are three main techniques for preparation.

- a. Deepana & Pachana - Improving Appetite & Digestive Energy in the body
- b. Snehana - Application of Oil internally and externally
 - b1. Grutha pana - Ghee Therapy
 - b2. Abhyanga & dhara - Body Therapies with Oil

c. Swedana - Sweating Treatments

2. Main Actions – Pradhaana Karma

There are the five cleansing treatment methods used for detoxification of body. 'Pancha' means five and 'Karma' means actions.

Vamana Karma - Emesis Therapy or Therapeutic Vomiting
Virechana Karma - Purgation Treatment
Nasya Karma - Nasal Cleaning
Vasti Karma - Enema Therapy
Raktha Mokshana - Blood Letting

3. Post actions – Paschaath Karma

There are various Treatments and Therapies that are administered after the completion of Cleansing treatments, to enhance the benefits of Panchakarma Treatment.

Sansarjana Karma - Intensifying Treatments
Rasayana, Vajeekarana - Rejuvenation and Aphrodisiac Treatments
Shamana - Process of Palliation

The Programme

On Arrival - Doctors consultation

A resident Ayurveda Doctor will examine the guest on arrival and a welcome treatment in the form of an Ayurveda Therapy to relax the feet will be given. This is called "Pada Avagahanaya" or Foot in Oil Bath and "Pada Abyanga" or Foot Massage.

After a comprehensive medical examination, the Chief Doctor/Senior Doctor will determine the body type and the Doshas and will prescribe an individual Ayurveda medical treatment plan to suit the needs of the guest.

The selection and the frequency of treatment will be as prescribed by the Chief Doctor. This treatment plan will be administered daily by an experienced team of well trained, friendly Therapists under the direct supervision of qualified resident Ayurveda doctors.

The General Daily Programme

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|--------------------|---|--|
| 6.50 am – 07.50 am | - | Yoga (6 days a week except Friday)
Meditation (Once a week on Friday) |
| 7.30 am – 9.00 am | - | Breakfast
Dispensing of Morning Medicine |
| 8 am – 12.30 pm | - | Administration of treatments/therapies as per individual treatment plans. An average of 4 treatments are administered daily. |
| 12.30 pm – 2 pm | - | Lunch |
| 2 pm – 5.00 pm | - | Administration of treatments/therapies as per individual treatment plans.
Administration of special treatments as recommended by the Chief Doctor |
| 5 pm - 6.00 pm | - | Yoga (5 times weekly)
Cookery demonstration(once a week on Sunday)
Meditation (Once a week on Tuesday) |
| 6.30 pm – 8.30 pm | - | Dinner
Dispensing of Evening Medicine |
| 8.30 pm - 9.30 pm | - | Introduction to Ayurveda – A lecture by a doctor
Herbs & Spices - A lecture by a doctor
(Once a week) |
- Evening Entertainment (4 times a week)

Cultural Show (Monday)
Oriental music (Tuesday)
Violin Music (Thursday)
Solo Guitarist (Saturday)

Departure -

Prior to departure the Chief Doctor will examine the guest and determine Doshas and advice the guests the ways and means of leading a healthy life.

General

- * Free herbal Tea service from 10.00 am - 05.00 pm.
- * Evening snack from 03.00pm -05.00pm
- * All meals served are Ayurveda food prepared under the supervision of the doctors to suit the western palate.
- * A minimum of 4 doctors are always available at the resort.
- * Treatment plans with times are given to all guests the day before.
- * All treatments are administered with the consent of the guest.
- * All oils and medicines used in the Resort are free from heavy metals and are 100% herbal. All of them are manufactured in reputed herbal companies in Sri Lanka under the supervision & control of experts in the field.

List of Treatments

Sneha / Thaila Abhyanga
Sheersha Abhyanga
Vakthra Abhyanga
Pada Abhyanga
Mrudu Shareera Abhyanga
Anga Mardana / Druda Shareera Abhyanga

Dhara Karma

Shirodhara
Sarvangadhara
Ksheeradhara
Thakradhara

Sweda Karma

Avagaha Sweda
Vashpa Sweda
Sankara Sweda
Pinda Sweda
Parisheka

Special Ttreatments

Udwarthana	Shirolepa
Akshi tharpana	Shiro vasti
Kati vasti	Annalepa

Uro vasti

Herbal Beauty Treatments

Gandusha & Kavala Graha

Pichu Dharana

“Sukhee Deegaayu ko Bhawa”

May have a healthy long life..
