



# Surya Lanka

AYURVEDA BEACH RESORT  
TALALLA, SRI LANKA



## THE JEWEL OF AYURVEDA

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Surya Lanka Ayurveda Beach Resort is acknowledged world-wide as a shining jewel amongst ayurveda centres, famed for its authentic, comprehensive panchakarma cure, legendary care and generous hospitality.

Established in 1995 by Mr Sunil Siyaguna, a pioneer tour operator / hotelier in Sri Lanka, it was one of the first ayurveda beach resorts to cater exclusively for panchakarma cure guests. It is situated on the extreme south coast of Sri Lanka, away from the traditional mass tourism areas, creating a unique ambience for the discerning guest

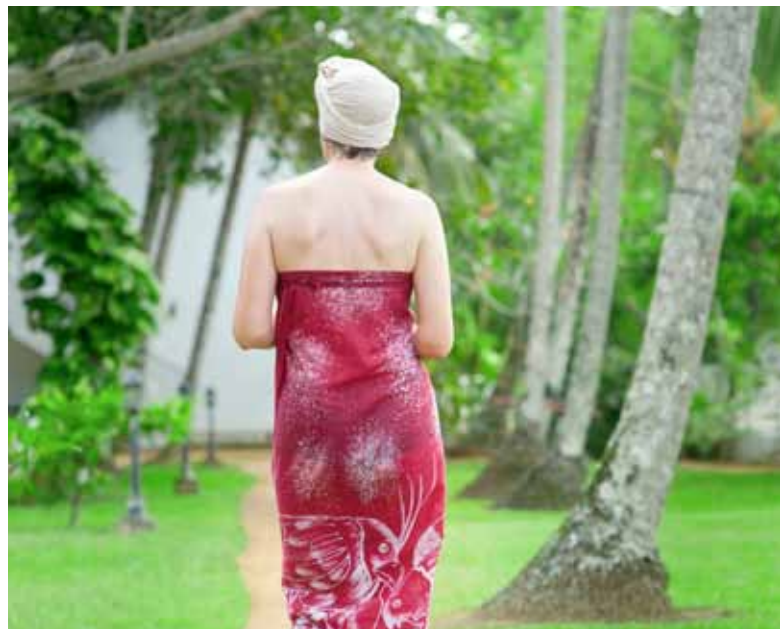


## FEATURES

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- Absolute beach frontage with direct access to a stunning bay whose clear blue waters are ideal for swimming during the European Winter. This is one of the last beach boy / seller free bays along this coast.
- Villa style, elegant architecture featuring 5 separate buildings to ensure maximum guest privacy.
- 35 tastefully furnished, spacious rooms with large balconies / terraces, all with sea and / or garden view.
- A large, lushly vegetated garden offering palm – shaded relaxation amidst a variety of wildlife including monkeys, iguanas and many types of birds & butterflies. Alternatively, you can bask in full sun on the deck of our newly renovated fresh water swimming pool.

With such relaxed, natural surroundings and a hand picked, highly trained staff renowned for their care, discipline and attention to detail, our guests are perfectly placed to enjoy and reap the full benefits of their cure. No wonder then that 75 – 80% of our guests at any time are either repeat guests or have been recommended by satisfied clients!



# AYURVEDA / PANCHAKARMA

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The objective of ayurveda [translated as “holistic knowledge of life”] is to establish prime health physically, mentally and spiritually through correct, thorough knowledge of healthy living. This philosophy includes a scientific system of medicine aimed at restoring well-being through cleaning and rejuvenation – panchakarma. As a result of this detoxification, the cause of an illness is removed and the balance of the bio-energies of vata, pitta and kapha is restored.

There are 5 procedures which constitute panchakarma. These 5 karmas :- vamana, virechena, nasya, vasthi (basti) and rakthamakshan (blood-letting; not practised at Surya Lanka) are administered in 3 stages



## PURVAKARMA (PRE-TREATMENT)

Transports toxic substances within the body to places from which they can be expelled via the natural body openings during the cleansing process. This includes internal oleation (snehenam), steam and massages with specific oils. It is important that this process is fully done otherwise the cleansing process will not be complete and the body will not be rid of its toxins.

## PRADHANAKARMA (PRIMARY-TREATMENT)

The actual elimination of the toxic substances via basti, virechena, nasya and vamana. Some of these treatments require dietary adjustments in order to work efficiently.

## PASHATAKARMA (POST TREATMENT)

Includes dietary adjustments, regeneration therapies and medicines.



# SURYA LANKA'S PANCHAKARMA SYSTEM



Our panchakarma has its roots in the ancient Sanskrit texts on Ayurveda via the knowledge and training given to our staff by 2 well respected Indian Ayurveda Doctors :- Dr Athul Thombare [(M.D (Ayur) M.I.I.M. B.A (Sanskrit)] a Bombay – based panchakarma specialist and later by Dr Prof P.K. Asok [M.D.Ay., D.M.H., D.AcT] Department of Panchakarma, University of Kerala, India. Building on this foundation, Surya Lanka introduced effective western management skills; modern diagnostic skills to supplement the pulse diagnosis and more comprehensive approaches to nasya, virechena etc to ensure these treatments are fully effective. With these innovations, panchakarma at Surya Lanka evolved into a highly effective, acceptable and respected medical system for European guests.

This evolution is a continuing process. Having already set a high standard amongst Ayurveda centres in Sri Lanka, we continue to look for more effective treatments and better presentation of existing ones. We are also aware of the changing expectations and medical conditions of guests e.g. the increasing numbers of burn-out syndrome cases; which require a “rebalancing” of our treatments. We fully understand that rest and strength for the body and mind; a calm, peaceful atmosphere; a skilled, caring staff; an opportunity to rejuvenate are important and incorporate these into Surya Lanka’s panchakarma experience.

## OUR CURE PROGRAMS

### INTENSIVE CURE

The level chosen by 85 – 90% of our guests. This cure provides a complete cleansing / detoxification of the body followed by rejuvenation therapies (medicines and dietary adjustments).

Please refer to the table on page 6 for a “typical” intensive level cure programme for a 2 and 3 week stay. This is an indication of types of treatment and intensity only and will vary from guest to guest depending on their individual medical condition.

### HEIL CURE

For guests with long-standing, chronic ailments e.g. asthma, migraine, psoriasis, rheumatism and burn out syndrome, the doctors devise a very specific treatment plan which targets the problems. Together with the panchakarma therapies, a personalized dietary plan, additional medicines and close monitoring by the doctors, guests enjoy great relief from their ailments. Treatments such as kati-basti\*, shiro basti\*, pichu\*, greeva-basti\* may be administered. As this treatment is strictly tailored to individual ailments / contra-indications etc, a “typical” schedule cannot be published.

### LIGHT CURE

For those guests who want a less intensive cure, with more time for holiday/leisure or for those who don’t have the recommended 13/14 days minimum to undertake a complete panchakarma cure. All treatments are given but some (e.g virechena, nasya) are given in a “mild” form and massages are fewer.

\* All 3 cure programmes are supplemented by the “Extra Services and Facilities” detailed on page 8.

# A TYPICAL TREATMENT SCHEDULE FOR A PANCHAKARMA INTENSIVE CURE

We publish this table:

Number of Weeks Stay	2	3
Number of Cure Days	13	20
Purvakarma (Pre-treatment)		
Head Massage	8	12
Face Massage	10	15
Complete Body Massage (Abhyanga)	9	14
Synchro-Massage*	2	3
Foot Massage	6	9
Thermo massage	3	4
Shirodhara*	4	6
Snehanam (Internal Oleation)*	2-3 days	2-3 days
Oil & Steam Bath	2	3
Herbal Steam Bath	8	12
Herbal Bath	2	3
Pradhanakarma (Primary-treatment)		
Nasya	1	1
Virechana*	1	1
Vasti (Oil or Herbal decoction)*	2	3
Vamana when necessary*		
Pashtatakarma (Post-treatment) Includes dietary adjustments and regeneration therapies/ medicines		
Special Treatments		
Eye Treatment (Akshitarpana)*	1	1
Herbal Inhalation	2	3
Special prescribed treatments e.g. uro-basti*, pichu*, greeva basti*, khati basti* (alternate to body massage) and shiro-basti* (alternate to head / face massage) according to Doctors' instructions		
Wellness Treatments		
Body Scrub <u>or</u> Herbal Facial	1	1
Doctors Consultations		
Initial Consultation	1	1
Constitutional check-up	1	1
Information – Oils / Medicines / Diet	1	1
Mid Consultation	1	1
Final Consultation	1	1
An individualized treatment plan	1	1
Personalized Diet Plan (if necessary)		
A copy of the Surya Lanka medical booklet	1	

•To ensure transparency in our medical treatments. Guests are able to see the treatments we offer; the approximate number of treatments for the duration of their stay. Thus, they know what they can expect from a Panchakarma cure at Surya Lanka.

•To give potential clients a base by which they can compare the cures offered by other Ayurveda centres.

•To clearly delineate the 3 stages by which our Panchakarma cure is administered – pre, primary and post treatments.

Note : We recommend a minimum of 13 cure days so that all treatments can be administered in their complete form. Treatments and number of treatments are a guide only and will vary with each individual guest.

# NUTRITION AND DIET

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Ayurveda views food not only as pleasure but also as medicine for both the body and the spirit. Thus it is an important tool in the process of re-aligning the disturbed bio-energies of Vata, Pitta, Kapha and thereby restoring well-being.

At Surya Lanka Ayurveda Beach Resort, our team of doctors and kitchen / restaurant staff closely monitor each guest's diet, using three broad guidelines:

1. Food and drink recommended / to be limited (or avoided) whilst undergoing a Panchakarma cure.
2. Restrictions on food / drink necessitated by a specific medical condition e.g. asthma; gastritis; psoriasis.
3. Dietary principles governing certain medical treatments such as nasya, virechena and vamana – these are detailed in the Surya Lanka medical booklet received by each guest [available in English and German].

Weather permitting, all meals are taken outside in the Surya Lanka palm garden with a weekly BBQ to add variety.



# YOGA AND MEDITATION

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An essential element of the Ayurveda way of life, promoting harmony of mind, body and soul. This combination of posture, inner concentration, controlled breathing and movement stimulates life energy and guides the mind to a state of calm awareness. At Surya Lanka guests are offered both morning and evening classes, 5 days per week. Classes are held either on the open-air swimming pool deck or in our purpose-built yoga hall. A simple meditation is a fitting end to your yoga lesson.



## EXTRA SERVICES AND FACILITIES

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These are included in the price and are available to all 3 levels of cure (Light, Intensive & Heil cure).

- 10 classes of yoga per week – 5 days morning and evening.
- Services of a German-speaking guest-relations officer / translator. Guests can also meet the owners whenever they visit Surya Lanka.
- A weekly ½ day [afternoon] excursion to places of interest, highlighting Sri Lanka's nature & culture.

- Two (02) batik sarongs / wrap-arounds to each guest for use during treatments.
- A weekly ayurveda cookery demonstration.
- Daily afternoon herbal tea.
- A weekly B.B.Q.
- A fortnightly talk on panchakarma.
- A fortnightly botanical tour of the Surya Lanka garden.
- A copy of the Surya Lanka medical booklet.
- A personalized medical treatment plan.





# EXCURSIONS

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These ½ day (afternoon) excursions are organized by Surya Lanka to enable our guests to experience a little of the Sri Lankan way of life and to showcase the country's culture and diversity of scenery.



**Mulkirigala Rock Temple:** approximately 40 kms from Surya Lanka where guests can admire the wonderful rock paintings and a spectacular view of the surrounding countryside. Also includes a stop over at Wewurukannala Temple to view the giant Buddha statue, one of the tallest in Sri Lanka.

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**Tea Plantation Tour** – a round trip of approximately 90 kms highlighting Sri Lanka's vegetation – rubber and tea estates, paddy fields, coconut plus a variety of spices such as cinnamon and pepper. Guests visit the Handunugoda Tea Estate to tour the factory and sample a wide variety of teas.



**Galle** – a World Heritage site. Guests can explore the historic Dutch Fort and ramparts; the Maritime Museum; the old Dutch Church as well as recent additions to the Fort such as handicraft shops and small boutique hotels.

## SUNIL & LORRAINE SIYAGUNA, THE OWNERS

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Surya Lanka was established in 1995 by Sunil Siyaguna, a pioneer travel operator and hotelier in Sri Lanka. With a mixed Buddhist / Catholic schooling and upbringing, he had his tertiary education (Management and Management Accountancy) in England before proceeding to Germany where he had his own business. He returned to Sri Lanka in 1975 to establish Globe Jeter Tours, Globe Jeter Bungalows in Colombo and later, hotels in Hikkaduwa and Nuwara Eliya.

A former All-Ceylon motor racing champion whilst still in his teens, he is married to Lorraine, an Australian with a University Degree in Education, who concentrates on guest relations and written information at Surya Lanka. They have 3 children, all of whom have undertaken tertiary education and have been actively involved in sports. These include representing Sri Lanka in the Junior Davis Cup (tennis); swimming for The King's College (London) team; and more recently motor racing.

They are very much “hands-on” owners, dedicated to successfully blending Western mentality and international management skills with Sri Lankan warmth and hospitality. Because of this commitment, your cure holiday is guaranteed to be pleasantly memorable.

## DERICK SETUNGA, MANAGER. SURYA LANKA, COLOMBO OFFICE & SURYA LANKA AYURVEDA HOLIDAYS

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His career in the travel business started in 1979, at Globe Jeter Tours. He then became Manager of Lank Air, the only domestic airline in Sri Lanka, before proceeding to the Sultanate of Oman for 10 years. Upon completion, he returned to Surya Lanka Ayurveda Holidays [then known as Globe Jeter Tours], as Manager and also assumed responsibility for the Surya Lanka Colombo office.

For all queries regarding bookings for Surya Lanka Ayurveda Beach Resort, information on airport transfers and round tours (set or personalized itineraries), please contact Mr Setunga at the Colombo office.

## THE SURYA LANKA MEDICAL TEAM

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Our medical team is headed by Dr Thakshila Dewpura, a university graduate in ayurveda medicine, who has been fully trained in the Surya Lanka system of panchakarma. During the last 5 years, Dr Thakshila has demonstrated a dedicated attention to detail and a thorough hands-on approach to each and every guest's medical needs.

Competent, professional support is provided by our team of ayurveda Doctors, all university graduates, and our therapists – highly skilled and disciplined – some of whom have been at Surya Lanka since its inception.

## GLOSSARY OF TREATMENTS

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**Abhyanga:** *Single masseur massage of the body whose therapeutic benefits include improved blood circulation and skin lustre; combats sleeplessness and fatigue.*

**Greeva-Basti / Vasti :** *This form of external basti particularly benefits muscle spasm, rigidity and tension of muscles. It also strengthens the bone tissue.*

**Khati-basti:** *Specially prepared warm medicated oil is kept over the lower back within a herbal paste boundary. Effective for back pain and spinal disorders.*

**Nasya:** *Nasal administration of medicines affecting head, neck and chest disorders such as certain types of headaches, paralysis, mental disorders, some types of skin disease. Dietary restrictions ensure this treatment is fully effective.*

**Pichu:** *Effective treatment for muscle spasm; muscle or joint pains / tension; rigidity of muscles or joints. It also improves the flexibility of stiff joints. Oil is retained over the affected site by an oil soaked cotton sheath. Usually this treatment is of 20 minutes duration.*

**Shiro-basti:** *Keeping medicated oil or paste on the head with the aid of a special cap. Particularly effective for headaches, migraine, mental stress and insomnia, dryness of nostrils, mouth & throat.*

**Shirodhara:** *Warm oil poured in a continuous flow to the forehead. Indicated for headaches, sleeping problems, depression, loss of memory, mental tension.*

**Snehanam (internal oleation):** *Preparation for virechena, whereby sesame oil / ghee (or other) is taken orally over a number of days to prepare for purgation. Without this preparation, virechena cannot be complete and might even result in complications for the patient.*

**Synchro Massage:** *Body massage by 02 people in simultaneous movement and pressure. Synchro-massage has similar therapeutic benefits as abhyanga.*

**Uro-Vasti :** *Specially prepared warm medicated oil is kept over the anterior chest area within a herbal paste boundary. Effective for bronchial asthma and other respiratory tract diseases.*

**Vamana:** *Therapeutic vomiting whereby toxic substances are removed from the stomach. Indicated for bronchial asthma, sinusitis and skin diseases.*

**Vasti / Basti:** *Medicated enema centred on the large intestine and vata disorders. At Surya Lanka, this treatment is administered by doctors only and is indicated for arthritis, gastric complaints, rheumatism and chronic constipation.*

**Virechana:** *Preceded by snehanam (internal oleation) plus oil and steam, this is medicine induced purgation, centred on the small intestines, affecting pitta disorders. This treatment is supported by a special diet.*

All these treatments are described in more detail in the Surya Lanka medical booklet, including dietary particulars and the guidelines governing each treatment.



SURYA LANKA AYURVEDA BEACH RESORT /  
SURYA LANKA AYURVEDA HOLIDAYS  
- Formerly Globe Jeter Tours -

We offer a comprehensive travel service for Sri Lanka through our sister company, Surya Lanka Ayurveda Holidays. This company was established by Sunil Siyaguna in 1979 [then known as Globe Jeter Tours], specializing in individual and small group tours. It was the first tour company to take foreign guests to visit the Veddah community [the indigenous people of Sri Lanka]. Today it undertakes airport transfers for Surya Lanka guests as well as round tours, both set and according to guests' individual itineraries and interests.

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