

Ayurveda Course

at Plantation Villa

Sri Lanka
2020

May 14 - 27



1st module





This course is the first of three modules leading towards a therapist/counselor certificate in Ayurveda. Completion of the course will allow you to apply your Ayurveda knowledge for self and community care. Focus on preventative care for self, friends and family is given during the program through dietary, lifestyle and herbal remedies, following an understanding of ayurvedic principles. It aims at those that already work in therapeutic fields, like Yoga and medicine, or one that wants to enhance the knowledge and possess tools for a better lifestyle.

Course 1st Module Structure

Introduction to Ayurveda

Dr. Nishan Jayasundara

- Historical and Spiritual Background of Ayurveda
- Lineage of Ayurveda
- Eight branches of Ayurveda
 - o Kaya chikitsa (medicine)
 - o Shalya thanthra (surgery)
 - o Shalaky thantha (otorhinolaryngology)
 - o Kaumarabrthya (pediatrics)
 - o Agadha thantha (toxicology)
 - o Bhutha vidya (psychiatry and illnesses caused by spirits)
 - o Rasayana thanthra (rejuvenation)
 - o Vajikarana thanthra (aphrodisiac)
- Loka-purusha samya (seeing the universe through self)

Introduction to Sri Lankan Indigenous Medicine

Dr. Sarath Kottayawatta

- Historical background and origins of SLIM
- Principles of SLIM and Deviations from Ayurveda
- Healing practices of SLIM including special advanced medical treatments to treat mind and body
- Importance of doctor-patient relationship into healing
- Cultural elements incorporated in SLIM

Healthy person according to Ayurveda

Dr. Ruwanka Ahangamarachchi

- Ayurvedic definition of good health
- Dhathu sara lakshana (features of good health in relation to Dhathu)

Dinacharya & Rithucharya

Dr. Erandi Gunathilaka

- An Ayurveda daily routine
- Seasonal regimen in Ayurveda

Agni / Ama / Rasa - Guna - Veerya - Vipaka - Prabhawa

Dr. Ruwanka Ahangamarachchi

- 13 types of Agni
 - o Panchabhuthagni
 - o Sapthadhathwagni
 - o Jataragni (the Agni of digestion)
- Concept of Ama in Ayurveda
 - o Causes for Ama
 - o Symptoms of Ama
 - o How Ama leads to origin of many diseases
 - o Measures to remove Ama
- The six tastes and their effects on each dosha
- The 20 Gunas and their effects on dosha with examples of foods and herbs
- 2 potencies (Veerya)
- Vipaka (affected taste after digestion)
- Prabhawa (inherited properties of herbs with examples)

Imbalances that lead to diseases

Dr. Ruwanka Ahangamarachchi

- Vikurthi (deviation from the natural constitution)
- Etio-pathogenesis of diseases
- Vata upakrama (measures to pacify Vata)
- Pitta upakrama (measures to pacify Pitta)
- Kapha upakrama (measures to pacify Kapha)

Diagnostic methods in Ayurveda

Dr. Nishan Jayasundara

- Thrividha pariksha (three ways of examination)
 - o Darshana pareeksha
 - o Prashna pareeksha
 - o Sparsha pareeksha
- Ashta pariksha (the eight ways of examination)
 - o Nadi (pulse)
 - o Mutra (urine)
 - o Mala (stools)
 - o Jihva (tounge)
 - o Shabdha (auditory)
 - o Sparsha (palpation)
 - o Druk (vision)
 - o Akruthi (examining the physique and gait)
- Dashavidha pariksha (ten ways of examination)
 - o The holistic approach in Ayurveda of assessing both the illness and the person
 - o Choosing medicines according to the strength of the patinet
 - o Environmental factors to be considered while administering treatments

Dosha / Dhathu / Mala Vignana

Dr. Erandi Gunathilaka

- The five elements (pancha bhutha)
- Tridosha (three humours and Ayurveda physiology)
- Prakurthi (natural constitution of the body)
- Dhathu (the seven tissues)
 - o Rasa (the essence of digestion)
 - o Raktha (blood)
 - o Mamsa (muscle tissue)
 - o Medas (adipose tissue)
 - o Asthi (bone tissue)
 - o Majja (marrow)
 - o Shukra (sperm and ova)

- Trimala (the three waste products of the body)
 - o Sweda (sweat)
 - o Purisha (stools)
 - o Mutra (urine)

Ayurveda therapeutics

Dr. Nishan Jayasundara

- Two scopes of Ayurveda
 - o Prevention of diseases
 - o Curing diseases
- Principles of ayurvedic treatment in relation to the five elements
- Mode of treatment
 - o Shodhana (cleansing treatments to eliminate the root of diseases)
 - o Three stages of purification
 - Purva karma (preparatory measures for cleansing)
 - Pradhana karma (Pancha Karma)
 - Paschath karma (measures taken afterwards)
 - o Panchakarma (the five cleansing methods in Ayurveda)
 - o Shamana (pacifying the disease condition)
 - o Tharpana (nourishing the body and improving its immunity and strength)

Mind

Bernardo Staut

- Relation between Yoga and Ayurveda
- An overview of the Patanjali systems of practice
- The classic approach and the therapeutic possibility
- Understanding different aspects of the mind
- An introduction to Samkhya
- Understanding concepts such as Prana, Kleshas, Gunas, and their practical application
- Meditation theory and application
- Therapy according to Dosha and Guna constitution

The second and third modules are to be held in 2021 and 2022. We want to provide a course that is traditional and strong, as a sign of respect for this tradition that has been practiced for thousands of years. This structure allows time for the content of the course to be assimilated well. While the first module focuses on the theory and all general aspects of Ayurveda, the second will focus more on practice and therapies, and the third on general diagnosis, herbal medicines, treatment and real case studies and scenarios.

Each module can be done individually, but for participation on the 2nd and 3rd without having enrolled on the 1st an interview will be done to assure that the candidate has the necessary knowledge.





An unique chance to study with university qualified and indigenous lineage doctors, each with years of clinical practice and different specializations.

Our Teachers

Dr. Sarath Kottayawaththa is an indigenous medical practitioner in the lineage of Kottayawaththa veda tradition which has served the kings in Sri Lanka. He studied indigenous medicine for 18 years under Vaidyacharya Ranhami Ranbanda (1928-2015) one of the most renowned physician and guru that lived in Sri Lanka. Firmly rooted in the traditional values, his approach to preparing medicine and using them in healing is comprising of ancient rituals (methodologies) which uses the subtlest forces of nature. His and his guru's efforts and contribution in treating chronic kidney disease of unknown origin (prevalent in north middle parts of Sri Lanka) were much appreciated by the Sri Lankan government. He runs a herbal drug manufacturing plant where he innovates herbal products based on age-old palm leaf manuscripts. He practices in Colombo, Anuradhapura and Nikaweratiya. He lives with his wife and three children in the rural village of Hulugalla.

Dr. Nishan Jayasundara is a prominent member in the Cancer research team of the Institute of Indigenous Medicine, University of Colombo. Nishan graduated as a Bachelor of Ayurvedic Medicine & Surgery (BAMS) at University of Colombo and completed his internship at the National Ayurveda Teaching Hospital, Colombo. He also obtained special training in Sri Lankan Indigenous Medicine from one of the most renowned indigenous medical gurus in the country. He completed a course on Immunological Techniques at Institute of Biochemistry Molecular Biology and Biotechnology, Colombo. His passion towards researching on implementing ancient therapeutic methods to treat cancer grew when he was an undergraduate. Nishan represents Sri Lanka at international Cancer research conferences such as the WIN symposium [Worldwide Innovative Network in Developing Personalized Cancer Medicine] and World Cancer Congress. His presentation on an integrated approach for treating hepatocellular carcinoma at the World Cancer Congress in Paris, 2016, took much attention due to the prognosis being considerably higher. Nishan shared his knowledge on treating cancer patients at the panel discussions of the Symposium on Ayurveda Oncology in Kerala, India, 2017. Nishan also made several media appearances creating awareness in the public on preventing cancer through lifestyle/food habits. He practices in several clinics on Sri Lanka delivering his services in cities and rural villages.

Dr. Erandi Gunathilaka is the chief doctor at Plantation Villa. She holds a Bachelor of Ayurvedic Medicine & Surgery (BAMS) at University of Colombo, Institute of Indigenous Medicine. She also obtained special training in Gynaecology, Male

& Female Subfertility. She holds a Diploma in Psychological Counselling at National Institute of Social Development. Erandi is the wife of Dr. Nishan, working closely with him on his research work on treating cancer with Ayurveda and has presented their work in many forums. They both apply their knowledge to new drug developments. She also worked as a community medical officer serving the mission of Sri Lankan government on preventing non-communicable diseases, focusing on Ayurvedic Diet & Nutrition, Fertility Concerns, Stress and Anxiety.

Dr. Ruwanka Ahangama Arachchi obtained a first class pass in Ayurveda Medicine & Surgery from the University of Colombo, Sri Lanka. Due to his outstanding academic performance, he was hired by the university to work as a demonstrator at the department of Eye, ENT and Surgery of Institute of Indigenous Medicine, University of Colombo. Ruwanka has been working as a visiting doctor for three years at Plantation Villa. During his late university years, as a student, he developed an interest on a field where other Ayurveda practitioners rarely focuses on: surgery. He specialises in treating ano-rectal diseases such as fistula-in-ano, haemorrhoids, anal fissures, etc, and also fluent in Leech Therapy to treat several conditions, like varicose veins, glaucoma, chronic non-healing wounds, etc. He runs a small-scale drug manufacturing plant with his wife, Dr. Bimba, and they are the suppliers of "kshara-sutra" (a medicinal string used to treat fistula-in-ano) and few other quality ayurvedic medicines to the National Ayurveda (Teaching) Hospital of Sri Lanka.

Bernardo Staut has been teaching and studying Yoga for a decade. During this period, he has been in contact with different teachers and schools, from western science to indian traditional approaches, learning about the body, breath and mind. For the last years, his studies were more in line with the Krishnamacharya tradition, with a focus on the usage of yogic techniques as a therapeutical tool to restore the wellbeing of our system. For 5 years he owned a studio is homeland in Brazil, but since 2017 he works exclusively with Plantation Villa, guiding classes, meditations and talks at the centre and on our international retreats. He is a certified Hatha Yoga teacher, Vedic Healing Chants teacher from the Krishnamacharya Yoga Mandiram - India, was trained by the A. G. Mohan and Indra Mohan family, and is currently studying Yoga therapy with Dr. N. Chandrasekaran, from Yoga Vaidya Sala - India, one of the main references in the field.

Our Place

We are a holistic Ayurveda, Yoga/Meditation Retreat Centre. We are located away from the congested tourist areas, offering a wellbeing experience. Whilst Plantation Villa offers a warm, friendly and homely atmosphere for guests to relax, enjoy and mingle with a small rural village community, we also specialise in the art of healing. Our ayurvedic treatments range from preventative care, detox, weight loss and general rejuvenation/wellbeing, to intensive treatments/management for more serious illnesses such as high blood pressure, skin diseases, cholesterol, diabetes, joint problems, back aches, digestive issues and cancer, to name a few.

We are a community centre established and run by the village community of Nehinna. The retreat funds and maintains the Metta Trust charity to do community development, wildlife conservation and forest preservation activities. We maintain the local temples, village schools and fund majority of the community activities in our village and surrounding villages. Around 90% of our staff team are local villagers from underprivileged backgrounds whom we have trained and offered employment along with mentoring to improve their lives and the lives of their children.

www.sriminalplantation.com



Plantation Villa has been on the Ayurveda and Yoga market for seven years. During this period it was fortunate to expand and grow, now offering 18 rooms, the service of 4 doctors and a growing team. Even before opening its doors, the project was for it to be a community and social project, using the profits to develop the quality of the service and do charity work. Apart from helping schools, temples and underprivileged sick people, our main service is for our staff, as majority of them comes from the village where we are set and relate to us as a place that offers a type of work and benefits that would not be available otherwise. For our guests we do our best to offer a warm hearted place, either for treatment or for holiday and relaxation.





Learn while staying at a comfortable place in lush green nature. Enjoy the ayurvedic meals at our restaurant. Be part of our daily Yoga, talks and meditations.

Course Hours -100

[11days x 8hrs: 88hrs lectures, 2hrs assessment, 10hrs self-study, attending talks, observation]

Daily Lectures - 8hrs

[8.30 - 12.30am and 2.00 - 6.00pm]

Free Days

[May 18 & 22]

Daily Yoga and Meditation practice included

[6.30 - 7.30am]

Prices and Conditions

2499 GBP

* Price include sharing accomodation for 13 nights with arrival on the 14th May (two person with private toilet and bath), all ayurvedic meals (breakfast, lunch, snack and juice, dinner), usage of hotel facilities (pool, yoga hall, garden, etc), daily Yoga class and other special activities like talks and meditations.

* It is possible to arrive earlier and departure later, if you want to do treatments or enjoy the place for a little longer. Please email in advance as it depends on availability.

You can apply by sending an email to **reservations@srimal.com**

As part of the application process and before participating in this program you'll need to agree to the Terms and Conditions of attendance.

Terms & Conditions

1. During the training you'll receive notes and lectures. Any notes distributed or taken by hand during the training are for your personal use and to inform your own thinking and teaching. They are not to be published or distributed without acknowledgment of the author.
2. All participants are expected to conduct themselves respectfully and appropriately, and to honour and respect the space, times, other participants and most importantly the facilitators. Anyone disruptive may be asked to leave the course.
3. At Plantation Villa there is a strict no meat, smoking, alcohol or drugs policy. Please do not bring these items onto the property or consume them anywhere on the property.
4. To receive your certification (1st module) you're required to attend the full program (1st mod).