



The Journey to Your Inner Self

Ayurveda - Understanding the secrets of inner-balance is the key to a long and healthy life. This brochure will introduce you to the fascinating and diverse world of Ayurveda.

SpaDreams Ayurveda Guide



Over the last two decades the ancient healing system Ayurveda has branched out from its Indian origins into the Western world. Ayurveda is “in” and not without reason - this Indian healing system is incredibly versatile. Ayurveda is suitable for both healing and preventing diseases, for rejuvenation, revitalisation and for simply improving general wellbeing. Due to its holistic approach, which takes the different lifestyles of individuals into account, Ayurveda is becoming increasingly significant in Western society as a means to reduce various forms of stress and consequential illnesses.

However, the popularity of this Indian healing method has resulted in a flood of different Ayurveda offers, some of which have nothing to do with authentic Ayurveda. This is making it increasingly difficult for people with little experience with Ayurveda to find and select the correct offer for themselves. One of the reasons for this is the fact that, as a complex medical system, Ayurveda is not easy to grasp an overview of. It uses its own language and can be found in a number of forms and interpretations.

SpaDreams and our parent company FIT Reisen have offered authentic Ayurveda treatments for over 20 years, primarily in India, its country of origin, and in Sri Lanka. We would like to share with you the expert knowledge we have accumulated over the years, in order to give you a better overview of the most important aspects and elements of this Indian healing system.

Contents

AYURVEDA - WHAT IS IT ?	Pg. 1
THE PILLARS OF AYURVEDA	Pg. 3
Doshas - the fundamental principles of bioenergy	
Who Am I? - Ayurvedic Types of Constitution	
Health and Illness in Ayurveda	
AUTHENTIC AYURVEDA EXPERIENCE:	Pg. 5
Experience Authentic Ayurveda: Original Ayurveda Treatment “Panchakarma”	
Diagnosis	
Treatments	
Nutrition	
SPADREAMS QUALITY CRITERIA	Pg. 7
Original Ayurveda Treatment with SpaDreams	
Health, Vitality and High Spirits through Ayurveda	
GLOSSARY	Pg. 8
A Brief Glossary of Key Ayurveda Terminology	
Source	

Ayurveda - What Is It?



AYURVEDA - a name that evokes the charm of the strange and exotic. Everyone with an interest in health will have heard this word at least once, but what exactly lies behind it? A translation of the term provides us with an initial idea. The word "Ayurveda" comes from Sanskrit, the ancient language of India, and is comprised of the words "Ayus" meaning "life" and "Veda" which means "knowledge". Therefore, the closest possible translation of "Ayurveda" is "knowledge of life".

The foundations of this knowledge are built upon the recognition of the wholeness of life. According to Ayurveda, the body is not isolated from the soul and people are not separate from their surroundings. There are countless interactions and complex interdependencies. Ayurvedic diagnoses and therapies take all aspects of life into consideration, such as emotions, reason, body, behaviour, home environment, social life and the influence that the seasons and time of day has on human interactions.

Ayurveda has a diverse range of applications. It is based on a fundamental knowledge of nutrition adapted to each individual's constitution, herbal medicine which utilises over 3000 different plants and herbs, numerous cleansing techniques (e.g. Panchakarma), oil massages and many more purifying treatments - all combined with spiritual yoga and meditation practices. Creating a sense of wellbeing and to prevent illness is the main aim of Ayurveda, however authentic Ayurveda cures can also alleviate chronic illnesses, such as rheumatism as high blood pressure.

The roots of Ayurveda can be traced back over 5000 years to the Vedic high culture of ancient India. Historical texts about the Vedic period of far eastern healing are very scarce. However, the few texts from this period that we do have tell us that the original source of Ayurveda was the meditative exhibition of the Rishis, the sages who passed on their knowledge through the oral tradition. It wasn't until the centuries around the birth of Christ, in the Upanishadic period or the "Golden

Age" of Ayurveda, that these practices began to develop into what is now known as Ayurveda. The most famous classic texts, the Charaka-Samhita and Sushruta-Samhita, originate from this period and still form part of the basis of Ayurveda today.

With the spread of Buddhism (approximately 600 B.C.) Ayurveda experienced a huge boom and many ayurvedic colleges and hospitals were established. During the 200 year long colonial rule of England from the middle of the 18th Century, ayurvedic teachings were vilified as backward and regressive, and were completely suppressed. All ayurvedic colleges were closed. It wasn't until the 1920s, under the rule of Mahatma Gandhi, that new ayurvedic colleges were opened. After India became independent in 1947, Ayurveda finally gained status as an official system of medicine.



The Pillars of Ayurveda



Doshas - the fundamental principles of bioenergy

The key to understanding Ayurveda lies in the doctrine of the three doshas. According to these teachings, there are three fundamental energy forces at work in the human organism. They govern all physical and mental functions of the body and are called Vata, Pitta and Kapha.

Due to the different functions of the three Doshas, they all have their own individual characteristics derived from the five elements: ether, air, fire, water and earth. When paired, these elements form the three Doshas.

VATA is derived from the elements ether and air and is considered to be the absolute life energy.

Features: light, nimble, fast, subtle, cold, dry, rough.

Functions: Controls all voluntary and autonomic movement, influences the muscle skeleton, regulates the internal organs, circulation, respiratory system and all excretion processes. It also affects spiritual receptiveness, clarity and alertness.

PITTA is associated with the elements fire and water and is regarded as the metabolic principle.

Features: hot, light, flowing, liquid, sharp, piercing, slightly oily.

Functions: regulation of body temperature, digestion and metabolism, blood formation, skin and eyesight, intellect and emotional expression.

KAPHA is made up of the elements earth and water. The immune system is dependent on this Dosha.

Features: heavy, cold, soft, sweet, stable, slow, oily, smooth, sturdy, languid.

Functions: responsible for body structures and fluid balance, regulates mental stability and harmony as well as memory functions.

Who Am I? Ayurvedic constitution types

Everyone has all three Doshas, meaning that one, two or even all three can dominate your constitution. The features of the dominating Doshas permeate the physical and mental characteristics of a person. In Ayurveda there are 7 different types of constitutions in total:

Vata, Pitta, Kapha, Vata-Pitta, Pitta-Kapha, Vata-Kapha and Vata-Pitta-Kapha.

Your constitution dictates your strengths and weaknesses. It can inform you of your susceptibility to illnesses and explain different reactions to food, sensations and climate or living conditions. For these reasons, determining the constitution type plays an important role in ayurvedic therapy and illness prevention.



The Pillars of Ayurveda



Main characteristics of the Vata type

Light frame and minimal weight, tendency towards dry skin, intolerant of windy or cold weather, irregular eating patterns and digestion, tendency towards constipation, great capacity for enthusiasm, quick action, quick wit and good short-term memory, prone to worrying and to sleep disorders.

Main characteristics of the Pitta Type:

Medium-heavy build, normal skin, aversion to heat, extreme hunger and good digestion, prefers cold food and cold drinks, does not like to skip meals, often has red hair, freckles, and moles, works in a systematic and organised manner, average perception and memory, good speaker and sharp intellect, more adventurous and courageous character, prone to impatience, easily excited.

Main characteristics of the Kapha Type:

Sturdy and heavy build, tendency to smooth and oily skin, light feeling of hunger and slow digestion, strong rather dark hair, strength and endurance, approaches things slowly and methodically, calm and balanced personality, slow learner, good long-term memory, deep and long sleep, hard to get worked up.

Health and Illness in Ayurveda

According to ayurvedic teachings, the dynamic harmony of the Doshas is an essential requirement for good health. When Vatta, Pitta and Kapha are completely functioning and interacting correctly then the person is in balance and therefore healthy. If one or more Doshas become imbalanced this leads first to mood disorders, and illness in the long term if left to develop.

But how can Doshas become imbalanced? According to Ayurveda, as our body is closely connected to our surroundings, we are constantly coming into contact with influences

which alter the balance of our Doshas. Such environmental influences include time of day, seasons, food, weather, work, sleep, stress and our own actions. All of these things can bring Doshas out of balance.

The goal of every ayurvedic treatment is to re-establish balance of the Doshas and to detect and treat imbalance as early as possible in order to avoid an outbreak of disease. Initially, relatively small changes in the diet or single ayurvedic treatments such as an oil massage can be enough to bring the Doshas back to their original balance. If the condition has developed further, then an original Ayurveda cure with a focus on Panchakarma has been proven to be very effective.



Authentic Ayurveda Experience



Original Ayurveda Treatment “Panchakarma”

“Panchakarma” is the term for a special detoxifying Ayurveda cure (“five-fold purification”), which rids the body of harmful deposits and restores balance of the Doshas. An Original Ayurveda cure based on Panchakarma can be suitable for the following conditions: rheumatism, cardiovascular diseases, chronic headaches, anxiety and insomnia, stress, burnout, chronic infection of the bronchial tubes and sinuses, metabolic disorders, elevated blood lipids, adult-onset diabetes, allergies, post-treatment of severe operations and chemotherapy, tinnitus, and high blood pressure.

In order to achieve the ideal outcome from your treatments, we recommend taking at least two, preferably three weeks for Panchakarma therapy.



Diagnosis

After your arrival at the hotel or resort, an intensive examination from an ayurvedic doctor will take place using different procedures, for example pulse diagnosis. An ayurvedic doctor can use your pulse to determine exactly what state your Doshas are in and where there is an imbalance. Through a conversation with you and by assessing your physical characteristics such as skin, hair, nails and eyes, they will be able to inform you of your constitution type and create an entirely individual treatment plan for you. Their task is to select the correct treatments for you from the abundance of Panchakarma treatments available and to monitor and adapt your treatments throughout your cure.

Treatments

Panchakarma therapy is divided into three main phases:

- Purvakarma - Preparatory Measures
- Panchakarma - The Five Main Treatments
- Paschatkarma - Post-Treatment

Purvakarma - Preparatory Measures

In the first, preparatory phase the Doshas and their associated metabolic waste products (Ama) in the bodily tissues are activated. This is done with the help of ayurvedic herbs and spices (Agni Diepana-Pachana). Additionally, oily substances administered both internally and externally. For the internal applications, you will take a purified, medicinal butter called ghee every morning. The ghee penetrates into the cells where it liberates the imbalanced doshas. The external applications take place in the form of a therapeutic oil massage, which causes toxins stored in the tissue to be excreted.

Authentic Ayurveda Experience



Amongst the most important massages are the full body synchronous massage (Abhyanga), the full body peeling massage with a mixture of barley and chickpea flour (Ud-vartana) and the dry full body synchronous massage with raw silk gloves (Garshana). In addition to these forms of massage, other preparatory measures include a number of oil treatments such as the Shirodhara oil forehead treatment (Snehana). At the end of the first phase, the toxins dissolved by the oil treatments are flushed out of the bodily tissue and transported into the gastro-intestinal tract (Swedana) using procedures designed to make you sweat, such as herbal steam treatments.

Panchakarma - Five Time Cleansing

With the help of the highly effective purifying techniques of Panchakarma all excessive Doshas liberated from the tissue cells are released from the body as toxins. Five different methods are used in order to do this:

1. Vamana - therapeutically induced vomiting
2. Virechana - laxative therapy
3. Vasti - colon therapy
4. Nasya - nasal and sinuses treatment
5. Raktamokshana - blood purification therapy

Please note that elements such as therapeutically induced vomiting or blood purification therapy are no longer (or very rarely) used, particularly with western patients. In most cases the purification takes place through laxative therapy (Virechana) or colon therapy (Vasti).

Pashatkarma - Post Treatment

The effects of Panchakarma are mainly felt during the final, regenerative phase. After the intense treatment, the body and soul are strengthened through Paschatkarma methods using recipes based on certain plants, light oil massages and a structured diet tailored to suit the constitution type. Rasayana, a therapeutic treatment which is part of a rejuve-

nating ayurvedic cure, plays an important role in the after treatment, as do yoga and meditation.

Nutrition

Diet is an extremely important part of balancing the Doshas in Ayurveda therapy. Ayurveda attributes great therapeutic significance to the digestive tract (Agni), viewing it as the "Flame of Life" which transforms food into energy and structural components for the body. "Agni" means far more than just a means of digesting food. Above all, it should be balanced and correspond with the individual constitution type. Balanced in the ayurvedic sense means that all flavours (sweet, sour, salty, hot, bitter, tart/astringent) are included. In the context of an original Ayurvedic treatment, your therapist will create a food plan specially tailored to suit your body type.



SpaDreams Quality Criteria



Original Ayurveda Treatments with SpaDreams

SpaDreams has benefited from the wisdom of our German parent company FIT Reisen, gathered over 40 years of experience in the Health & Wellness travel industry. Since its foundation in 1975, FIT Reisen has established itself as the market leader in this industry with its high quality offers, individual service and excellent standard of advisory competence. We have been offering authentic Ayurveda cures for over 20 years. During this time, our Ayurveda programmes have been constantly expanded and comply with the highest quality standards.

- SpaDreams places great importance on the difference between Original Ayurveda and Ayurveda Wellness. "AyurvedaWellness" refers to gentle, individual treatments such as oil treatments or massages that are used without medical diagnosis for regeneration, rejuvenation or general wellbeing improvement. You can find out from our website which of our hotels and resorts offer Original Ayurveda and which offer Ayurveda Wellness.
- All our hotels and resorts that offer Original Ayurveda e.g. in Sri Lanka, India, Nepal, UAE, as well as Poland and Germany, specialise in Ayurveda.
- Ayurvedic treatments as part of an Original Ayurveda cure are always overseen by an experienced ayurvedic doctor.
- At the beginning of Ayurveda treatment, the doctor will create an individual treatment plan for you after a comprehensive initial examination.
- We have long established relationships with all of our Ayurveda hotels and resorts and regularly check the

quality standards directly on site. Through continual cooperation, we have built up a trusting relationship with our partner resorts so that you can benefit from the optimal service before and during your treatment.

- In order to take the pressure of you so that you can focus entirely on your Ayurveda cure, SpaDreams offers a transparent, all-inclusive package that includes all aspects of the holiday: transfer, Ayurvedic food, Ayurvedic treatments and remedies, as well as medical care and yoga.
- An original Ayurveda treatment should be carefully prepared. We are happy to help! Our team of experts will offer you individual advice and help you to select an appropriate treatment.

Health, Vitality and High Spirits through Ayurveda

Regardless of your reasons for undertaking an authentic Ayurveda cure - whether you're looking to relieve everyday stress and do something for your body and soul, searching for the cure for a particular illness, or simply fulfilling a desire to discover the relaxing world of far eastern traditions, an authentic Original Ayurveda cure is an unforgettable experience, which can have a huge positive impact on your life. With its millennia old knowledge of the connection between mind, body and nature, Ayurveda will give you a deep understanding of human existence and help you on the path towards health, vitality and high spirits.



Glossary



A Brief Glossary of Key Ayurveda Terms:

Abhyanga: full body massage with warm oil.

Agni: digestive fire; universal principle, which refers to both metabolic activity and human vitality.

Ama: metabolic waste products and toxins deposited in cells in the body.

Dhatu: body tissue; Ayurveda distinguishes between seven different types of tissue.

Dosha: bioenergetic regulation system that governs the functions of the human body and determines people's individual characteristics, both mental and physical. There are three doshas: Vata, Pitta and Kapha.

Garshan: full body dry massage with raw silk gloves.

Ghee: heated and melted butter fat; considered to be the elixir of life.

Kapha: the Dosha derived from the elements of water and earth; responsible for body structure and fluid balance.

Marma: connection point between matter and consciousness; on the skin there are 107 marma points that can be stimulated by touch.

Nasya: one of the treatments of Panchakarma. Consists of a series of oil massages, compresses and nasal irrigation, herbal steam bath for the head.

Ojas: fine material metabolic end product that is produced with proper digestion.

Panchakarma: Ayurvedic cleansing treatment that rids the body of harmful deposits and restores the balance of the doshas.

Pinda Sweda: Full body massage with a warm rice and cereal decoction.

Pitta: Dosha derived from the element of fire; responsible for digestive and metabolic processes and the heat balance.

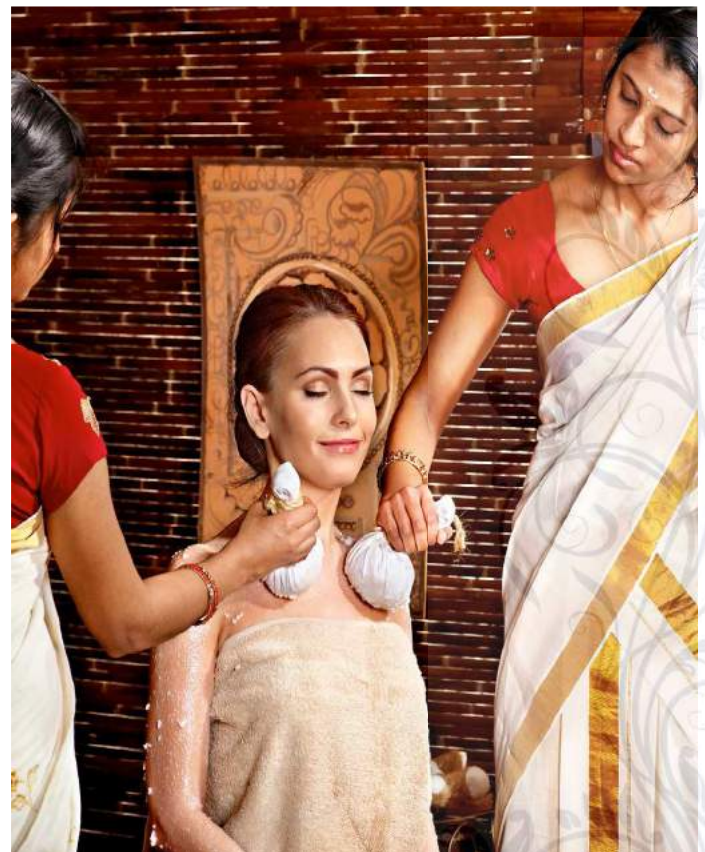
Prana: life-giving respiratory and nervous energy.

Shrotas: body channels that transport material.

Udvarthana: full body rub massage with a pulp made from oils and cereals, which is performed simultaneously by two therapists.

Vasti: cleansing enemas.

Vata: Dosha derived from the elements of air and space responsible for the motion sequences in the body. Regulates the activity of mind and body and controls the other two doshas.



SpaDreams Travel Themes



Spa & Wellness

Perfect moments of relaxation:
Indulge in luxurious treatments and
let yourself be pampered.



Ayurveda

The knowledge of life:
Renew your senses and bring your
mind, body and soul into balance.



Cures & Health

Proven and up to date:
Active care and effective treatments
for a variety of medical conditions.



Yoga

Harmony between body and mind:
Exercises, breathing techniques
concentration and meditation.



Detox & Fasting

Purify your body:
Rid your body of toxins to kick start
a health new lifestyle.



Weight Loss

Slim down in style:
Lose weight on holiday with the
help of fitness and nutrition
specialists

Yoga Relaxation
Holiday Traditional healing cures Nutrition Aromatherapy
Slimming Detox Buchinger Massage
Regeneration Fitness Ayurveda Shaitsu Holistic
Burnout cures Peeling Wellness Climate cures Wellbeing
Cleanse Pampering Fasting Mineral bath Thalasso
Vitality Weight loss Beauty Exercise Romantic weekends Anti-stress
Retreat Kneipp Fango Mental health Dead Sea Rejuvenation
Luxury spa Qi Gong Thermal cures Metabolic balance

Let us inspire you!

Visit www.spadreams.com