



RESIDENT AYURVEDIC SPECIALIST - DR. PREETHIKA GAMAGE

Hailing from 6 generations of traditional Ayurveda healers, Dr. Preethika personalises mind-body wellness experiences with a focus on compassion, competence and care.



Desheeya Chikitsa and Ayurveda are Sri Lanka's answer to a natural, holistic medical system which has adapted and been perfected for thousands of years. Indigenous to the island, it has had welcome additions from the Ayurveda and Siddha systems of India and Unani medicine of Greece through the influence of its Arabic communities.

Medical knowledge was prevalent in the island with evidence of ancient hospitals established in the ancient capital of Anuradhapura from the 4th century BC.

Ayurveda translates to "medicine for longevity" and focuses on the main cause of an ailment rather than treating its symptoms. The treatments require patience - from the making of slow-simmered herbal oils and concoctions, to reaching the final cure of an ailment.

"Ayurveda is all-natural", elaborates Anantara Peace Haven Tangalle Resort's Resident Ayurvedic doctor, Preethika Gamage, who hails from a family of 6th generation practitioners. "The natural matter used in the medication and wellness treatments are full of antioxidants and is valuable for body, mind and soul - as long as it's used with the proper knowledge and practice."

Sri Lankans are used to home-spun Ayurvedic remedies that make use of tried and tested herbs, leaves, bark, roots, flowers and fruits. Ayurveda believes that the harmony of mind, body and spirit can cure diseases and recommends patients to follow a lifestyle that emphasises right nutrition and living. Preethika fondly remembers her father picking what's needed for his patients right from the garden, or venturing out to the forest to collect the more elusive medicinal plants.

She is a proud practitioner of an ancient art of medicine that is now worldrenowned for its benefits and is a topic that can be spoken of in depth. She adds that we are indeed part of a new fast-paced world, but it is duly important to never to forget what has been passed down from the ancestors, who would have looked to the natural world for answers.

Please call +94 47 767 0700 or email spa.atan@anantara.com for a free consultation and to partake in a variety of short or long-term natural wellness programmes that include bespoke Ayurvedic treatments, mindfulness, local experiences and nutritional counselling.

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