

RESIDENT AYURVEDIC SPECIALIST - DR. SHANIKA DE SILVA

Hailing from years of education and experience, Dr. Shanika 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 that 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 on 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.

Dr. Shanika De Silva, the resort's in-house Ayurveda doctor holds a Bachelor of Ayurvedic Medicine and Surgery (BAMS) undergraduate degree in Sri Lanka, which is a six-year course with a one-year rigorous training internship in state hospitals. Her approach is to dive deep into the lifestyles of the clients and assisting by blending panchakarma, yoga and acupuncture to sustain greater mental, spiritual and physical well-being for years.

"Ayurveda is all-natural", Dr. Shanika, "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. Shanika harmonizes the ancient Ayurveda healing system with the latest innovations in health science to bring the rich heritage of Ayurveda as the most effective treatments to our guests.

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.

Anantara Peace Haven Tangalle Resort
Goyambokka Estate, Tangalle, Sri Lanka
T +94 47 767 0700 F +94 47 224 4488
E tangalle@anantara.com