

# Longevity

The Art and Science of Staying Young

## Karmic paradise

A health hotspot with a difference, Barberyn Beach resort in Sri Lanka is home to the ancient practice of Ayurveda, advocating harmonious balance.

Lying on a comfortable wooden bench under the trees covered in warm herbal oils, leafy pastes and strange colored poultices, I felt a bit like basted turkey waiting in the oven. The spicy aroma of incense wedged in the bench near my head wafted through the trees where birds and small squirrels scuffed about the branches. It was tropically hot, the humidity and heat this as well. Even though I was deeply relaxed, the whole experience was surreal.

Just the day before, my sister and I were trundling through the airports and traffics of three countries to get to Barberyn reef resort in Beruwala and its newer sister resort., Barberyn beach, are highly respected Ayurveda health resorts.



Ayurveda is the traditional system of medicine of India and Sri Lanka. It both countries the holistic approach and the use of indigenous plants are still a way of life. In Sanskrit, Ayurveda means “the science of life” and its history dates back 500 years. To this day, many Sri Lankans still self-medicate with plants from their gardens and, where possible, from their surroundings. In more serious cases, they consult one of the islands, Ayurvedic physicians, numbering approximately 10,000.

Back in 1968, long before Ayurveda started becoming popular in the west, Mr. Sudano Rodrigo used his foresight and founded Barberyn reef resort, it was the first resort in Sri Lanka to provide authentic Ayurvedic healing holidays and treatment to foreign guests. The Rodrigo family still runs the resort and recently opened the magnificent Barberyn beach resorts at Weligama, further south from the capital Colombo along the coastal Galle Road.

Places such as Barberyn have become increasingly popular just as Ayurveda and more holistic forms of medicine and health have gained credibility in the west. Ayurveda philosophy respects human individuality and believes that each person's health is made up of the harmonious interactions of the body, the mind and the living environment.

At a quantum level, Ayurveda says that everyone person is made up of energy vibration at various levels .each is born with his or her own personal “blueprint” of energy which, if understood and kept in balance, allows the body to operate at its own optimal level, spiritually, mentally and physically.

The blueprint indicates each person’s unique body type or what some scientists are calling “biochemical individuality.” In Ayurveda one’s constitution or capacity for health is based on a particular relationship of three fundamental and vital energies or “doshas” Known by their Sanskrit names of Vata, Pitta and Kapha. These doshas shape the unique physical and mental character of each person.