



Research Article

**ELABORATE MOST PREDOMINANT DISEASES AND COMPLAINS THAT PRESCRIBED
PANCHAKARMA IN MEDICAL TOURISM DOWN SOUTH OF SRILANKA**

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ABSTRACT

Medical Tourism refers to the rapidly growing practice of travelling across international borders to obtain healthcare. Quite apart from its tourism appeal Sri Lanka also boasts the highest literacy rate in the region and a strong heritage in Ayurveda medicinal treatments, adding to the country's appeal as a top Asian destination for medical tourism. Ayurveda is as much ancient as the human civilization. The concept has inherited many an ideology along the passage of time. In Ayurvedic therapy, the physician diagnoses the root of the cause and treats it accordingly. Various factors which cause the diseases can be reversed or minimized using Ayurvedic treatment. And for thousands of years, the most popular method used to restore and rejuvenate tired bodies and weary souls has been Ayurveda. The main objectives were investigating predominant native, Age, gender and diseases which were instigated in Ayurveda treatments. In this survey, chosen genuine *Panchakarma* treatment clinic in Suriyalanka Ayurveda beach hotel at Matara (down south of Sri Lanka). Selected Group included 216 guests. Clinical details were extracted from individual clinical case records this clinic.

Germans (93.98%), Russians (3.70%), British (0.92%), Americans (0.46%), Others (0.92%) are predominant natives. The leading gender was Female (72.68%) and top Age group was 50-60 years (32.40%). Details of analyzed shows Germans are the most predominant in *Pancha karma* curing. Females are most attracted gender to Ayurveda. Middle ages are most instigated age group to Ayurveda. Rejuvenation, Weight reduction, Burnout Syndrome (Excessive stress), Hyperlipidemia, Pre-menopausal syndrome, Skin diseases, Joint pains, the most predominant diseases and occasions prescribe Ayurveda *Panchakarma* in down south of Sri Lanka.

KEYWORDS: Medical tourism, *Panchakarma*, Ayurveda.

INTRODUCTION

Sri Lanka's health care sector has undergone an enormous boom in recent years and has become a global health destination offering some of the best medical treatments in the world, the country's growing reputation as a preferred health and medical estimation sees it welcoming visitors from around the world seeking remedies for a range of medical needs. Renowned for the hospitality of its people, this tear drop shaped island boasts amazing diversity for a location so compact. From white sandy beaches to verdant rainforests, undulating hillsides and a rich historical landscape whatever your preference is, Sri Lanka promises to be the ideal destination. Quite apart from its tourism appeal Sri Lanka also boasts the highest literacy rate in the region and a strong heritage in Ayurvedic medicinal treatments, Ayurveda has become a household name with all those interested in "alternative medicine". Yet Ayurveda is not an alternative medicine. It is one of the oldest forms of medical science known to man - originating 5000 years ago. It is a way to a healthy and long life. *Ayurveda Chikitsa* (Ayurvedic treatment) has eight main branches. The treatment is not aimed at simply relieving symptoms, but to bring back the balance of physical-mental and spiritual aspects of an individual.

If you have any specific medical condition, the physicians will explain to you how the condition is understood in Ayurveda as to the etiology, its signs and symptoms, the stage of the disease, relieving and aggravating factors, what is beneficial and what is not, and most importantly what would be the best line of management of the condition.

Here are some specific examples and explanations of illnesses that have been frequently treated. Ayurvedic therapy varies from simple oral treatment to more complex acupuncture, electro treatment and inoculation by injection. *Panchakarma* is also an effective form of Ayurvedic treatment. Various factors which cause the diseases can be reversed or minimized using Ayurvedic treatment.

Panchakarma is the ultimate mind-body healing experience for detoxifying the body, strengthening the immune system, and restoring balance and well-being. It is one the most effective healing modality in Ayurvedic Medicine. It promotes Detoxification and Rejuvenation. It is recommended on a seasonal basis, as well as when an individual feels out of balance or is experiencing illness

Panchakarma is a Sanskrit word that means “five actions” or “five treatments”. This is a process used to clean the body of toxic materials left by disease and poor nutrition¹. Normally the body has the innate ability to efficiently process and remove these waste materials, including the vitiated *Doshas*. However due to one’s repeated dietary indiscretions, poor exercise patterns, lifestyle, and genetic predisposition the digestive enzymes, metabolic co-factors, hormones, and against which regulate the body’s internal homeostasis become disorganized. This can lead to the accumulation and spread of toxins throughout the physiology resulting in disease. This waste matter is called *Ama* in Ayurveda. *Ama* is a foul-smelling, sticky, harmful substance that needs to be completely evacuated from the body. *Panchakarma* will remove the excess *Doshas* and correct imbalances in them as well as eliminate the harmful *Ama* out of your system through the body’s own organs and channels of elimination (colon, sweat glands, lungs, bladder, urinary tract, stomach, intestines, etc). *Panchakarma* purifies the tissues at a very deep level. It involves daily massages and oil baths, herbal enemas, nasal administrations. It is a very pleasurable experience. Ayurveda recommends *Panchakarma* as a seasonal treatment for maintaining mental and physical hygiene and balance.

Introduction about Suriyalankaayurveda clinic in Suriyalanka Ayurveda beach resort

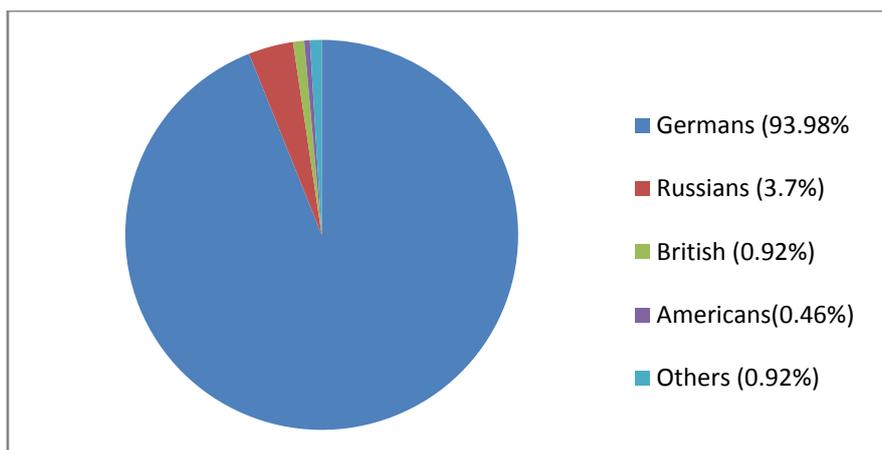
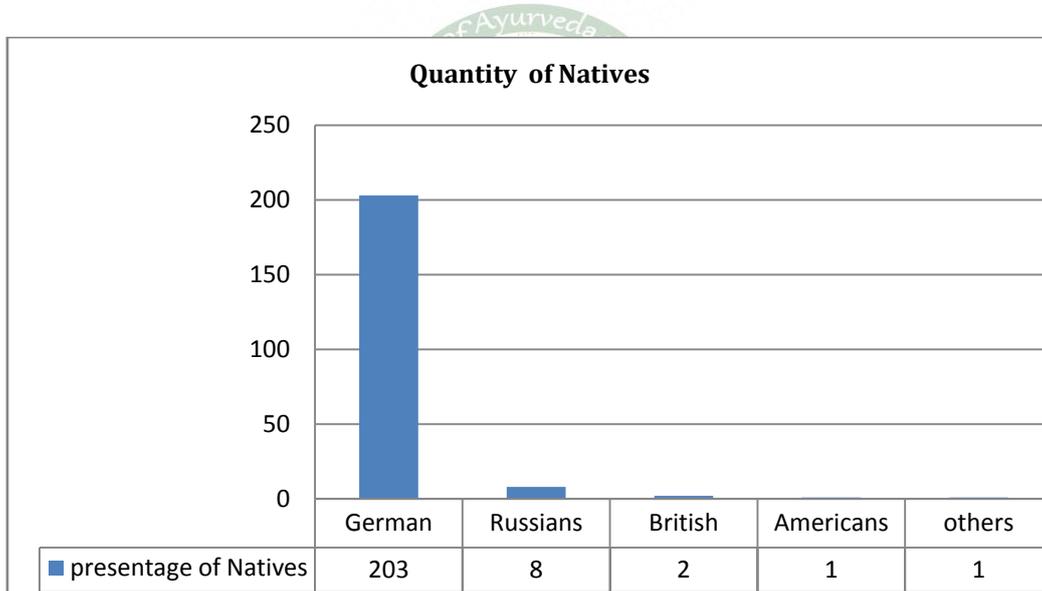
Surya Lanka Ayurveda Beach Resort was established in 1995, the first Ayurveda beach resort to cater exclusively for *Panchakarma* cure guests in Sri Lanka. It is known world-wide as a shining jewel amongst Ayurveda centers, famed for its comprehensive, classical *Panchakarma* cure and its legendary care and generous hospitality.

Situated on the extreme south coast of the island in the small village of Talalla, away from the traditional mass tourism areas, Surya Lanka is an oasis of relaxation overlooking one of the most stunning bay beaches along this picturesque coast. Thus the discerning guest has the perfect setting in which to attain physical and mental well-being under the supervision of our team of experienced, professional medical staff, supplemented by *Yoga*/meditation classes.

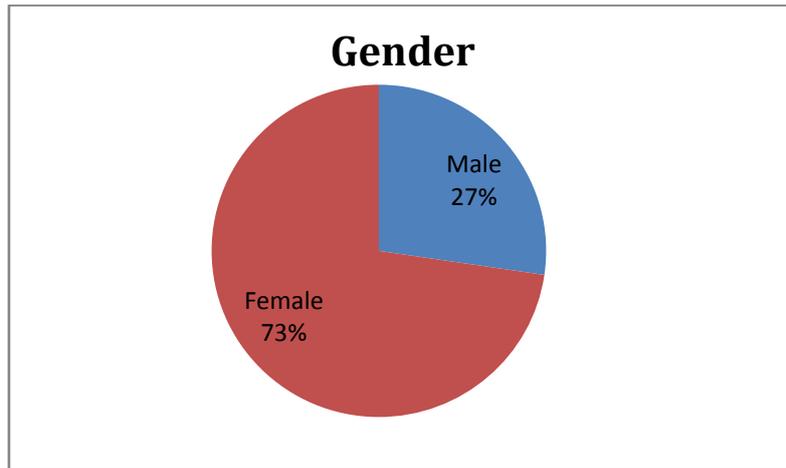
Method

216 group of guests were selected who were presented for treatment in four months. Clinical case records were observed in these guests. Details were extracted under including criteria’s in this survey (Native, Gender, Age, Cause for visit this clinic). The details were analyzed under above components.

Results

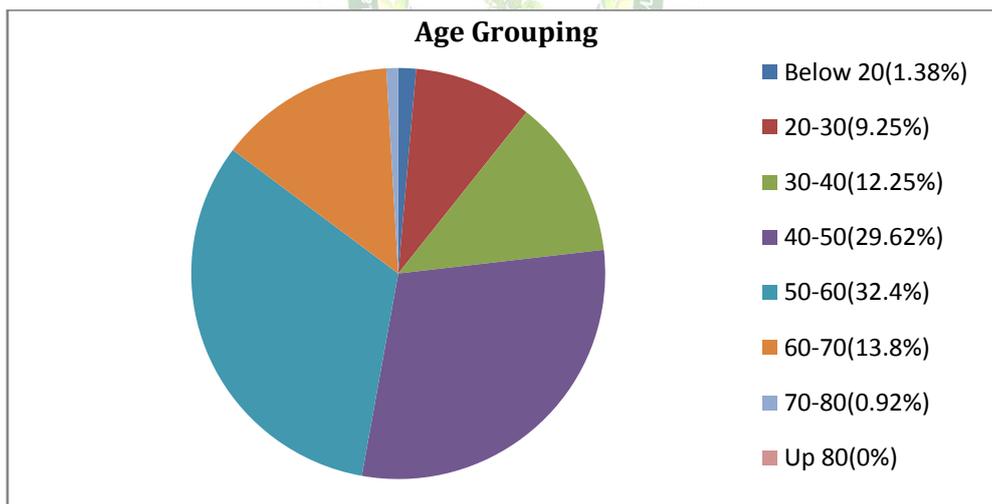


Quantity of Gender



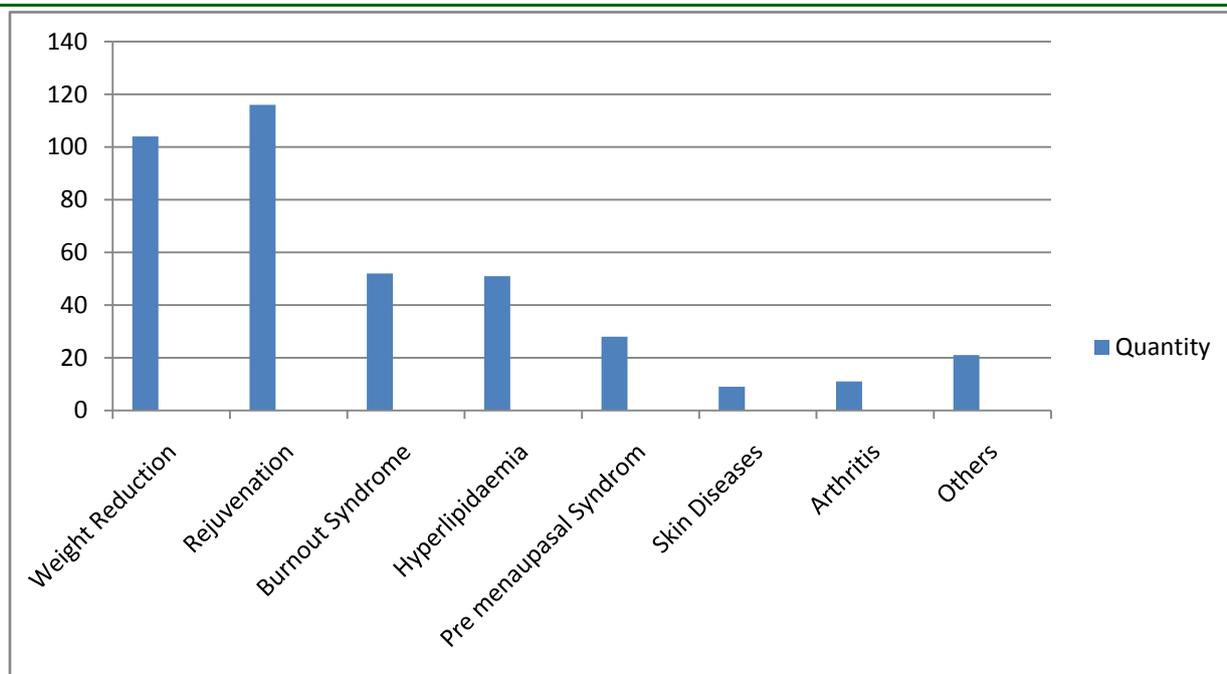
Quantity of Age Grouping

Age group (years)	Quantity
Below 20	3
20-30	20
30-40	27
40-50	64
50-60	70
60-70	30
70-80	2
Up 80	0



Quantity of Diseases and Complains

Disease/Complain	Quantity
Weight Reduction	104
Rejuvenation	116
Burnout Syndrome	52
Hyperlipidaemia	51
Pre menopausal syndrome	28
Skin disease	09
Arthritis	11
Other	21



DISCUSSION AND CONCLUSION

Details of analyzed shows Germans are the most predominant in *Panchakarma* curing. Females are most attracted gender to Ayurveda. Middle ages are most instigated age group to Ayurveda. Rejuvenation, Weight reduction, Burnout Syndrome (Excessive stress), Hyperlipidemia, Pre-menopausal syndrome, Skin diseases, Joint pains, the most predominant diseases and occasions prescribe Ayurveda *Panchakarma* in down south of Sri Lanka.

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