

Dear Friends,

I would like to begin with the news in Germany about negative publicity over Ayurveda medicine system. Before I start my explanation, I want to point out few things in this matter.

1. Quick silver and heavy metals are included only in limited products of Ayurveda medicine. Majority of Ayurveda products are herbal and no metals included. So, it is clearly a misinterpretation if you call Ayurveda medicine = Quicksilver.
2. Ayurveda medical products are completely safe and there is a scientific basis behind principles of Ayurveda. All you need is a good quality of products and a knowledgeable and skillful doctor to use it in correct way. It is medicine, not candy. So you must go to a qualified doctor and follow the instruction right way.
I would like to ask a question, is it safe to use allopathic medicine? What do you know about the side effects of allopathic medicine? What will happen if you take the wrong allopathic medicine? Even for the right person those are full of side effects. How many people die because of chemical medicine in Europe?
3. But I am very confident to say If you take Ayurveda medicine under a supervision of a qualified doctor, you will never harm your body. AND AYURVEDA MEDICINE ARE ABSOLUTELY FREE OF SIDE EFFECTS.
4. So this is not about Ayurveda. It is about following things.
 - a. Quality of medicine
 - b. Quality of the doctor.

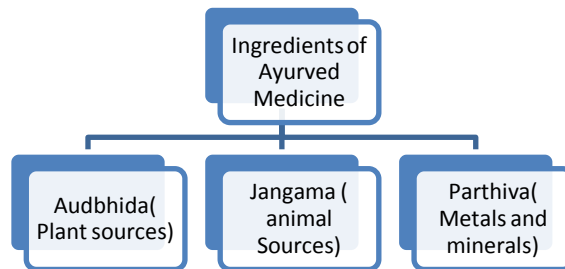
Ayurveda is an ancient medical system that is with a history over 6000 years. It is based on using natural sources to CURE ailments occur in humans, animals and for the plants as well. Yes, it is Ancient, but the science it based on is so far developed from modern science. But I will not take more time to talk about scientific value of Ayurveda.

Every medical system has some statements and values. The action and the result it does in the body depend on many facts.

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A SHARP SWORD CAN BE USED FOR YOUR PROTECTION, IF YOU KNOW HOW TO USE IT. IF YOU USE IT WRONG WAY, IT CAN HARM YOU. AND YOU plays an important part. Aim of using medicine is to cure a patient. And the doctor must be a talented one. With all the knowledge about medicine and Herbs, talented and with good clinical experience.

There are several types Ayurveda medicine. We can categorize Ayurveda medicine according to the source of ingredients.



But all our medicine does not contain all above ingredients. There is one group of medicine we call **"RASA medicine"** which includes heavy metals, minerals and other metals. But these Quicksilver and every other metal are very well detoxified so that it can be administrated in to the human body without any harm to the body(if you prepare it in the right way). There are well organized methods to purify each and every metal until it is well detoxified and it will not be toxic. These methods have been using in drug preparation since 6000 years and it has been proved to be very safe for the health. Those methods have been using in all our drug manufacturing company. SO there is no true risk of taking a RASA medicine, according to Ayurveda knowledge they are very effective in rejuvenation and many other critical conditions. So there is no harm, but good to your health.

Anyway Rasa medicines are not commonly used. Only this group of medicine includes metals (Parthiva) . **MAJORITY OF AYURVEDA MEDICINE ARE HERBAL. THEY DO NOT INCLUDE QUICKSILVER OR ANY OTHER METALS.** Many Ayurveda hospitals function without using any of this rasa medicine because of the short supply. Because the method of preparation is quite difficult. **And we can cure many ailments without using any of these rasa medicines.**

For your information, I will write down formulas of few medicines which we commonly use in our hotel. Then you can see what is really inside there.

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Gokshuradi guggulu (a pill)

Gokatu (Tribulus terrestris)	28 parts
Purified Guggul (Commiphora wightii)	7 parts
Inguru (Zingiber officinale)	1 part
Gammiris (Piper nigrum)	1 part
Thippili (Piper longum)	1 part
Aralu (terminalia chebula)	1 part
Bulu (Terminalia belerica)	1 part
Nelli (Phyllanthus emblica)	1 part
Water	168 parts

Vrihat Katphaladi choorna (a powder)

Katphala (Myrica nagi)

Suwanda kottan (Saussurea lappa)

Kukulusungh (Pistacia integerrima)

Kaladuru ala (Cyperus rotundus.)

Inguru (Zingiber officinale)

Gammiris (Piper nigrum)

Thippili (Piper longum)

Shati (Kaempferia galangal)

Used in equal amounts to form a powder.

Many Ayurveda medicine does not contain any heavy metal. Most of them are only herbal.

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AIDA And Ayurveda

We have been doing Ayurveda cure since many years. And there are many German people who took Ayurveda from Sri Lanka and they are absolutely healthy and free of complications.

We buy best quality medicine from Sri Lanka and India. We have attached all the certification with this article. So that you can verify if you want. And we have BAMS (Bachelor of Ayurveda medicine and Surgery) graduate doctors who graduated from University of Colombo. Importance of having a Graduate doctor is they study allopathic medicine as well in the university. They study 6 years in the university to graduate as BAMS doctor. They have theory knowledge and clinical practice. They are aware of allopathic medicine and they know how to use medicine in a patient who is using allopathic medicine as well. So **we have a qualified team and best quality medicine**. That is why never any guest from AIDA has ever been sick after treatments, but they improve their immune system, complete detoxification of body, cleans blood, Liver purification, kidney purification, and many other benefits to improve your health and wellbeing.

How can a medicine be harmful to your body.

Regardless of medical system, Any medicine can be harmful because of following reasons.

1. Low quality of production
2. Expired
3. Wrong application (Prescribing the wrong medicine)
4. Overdose
5. Not following medical advice.

In the other hand ,

- If you use good quality medicine
- Use it before expiry date
- If you have a good , knowledgeable and qualified doctor,
- If you have it in the right dose
- If you follow medical advice,

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There is no risk of taking Ayurveda medicine. No side-effects either.

I am practicing as a Government registered, Graduated Ayurveda Doctor for over 40 years. And more than 20 years I worked in Ayurveda Hotels treating foreign (European) people. According to my experience, no such cases have being reported of any damage of taking ayurveda medicine. **So I guarantee the safety of people who visit our resort a safe and successful cure.** And we can do it without using any medicine which contains metals. We can treat using only herbal medicine. Do not keep a doubt, it is safe.

There is another thing I want to note. Many European people buy Ayurveda medicine from the small shops outside. They go to a shop or herbal garden and they buy medicine. Mainly to lose weight, for diabetes, high blood pressure, high cholesterol. I would like to ask you to inform your clients, they must always follow a prescription of a doctor. And they must consult a qualified Ayurveda doctor before they go and take medicine from as shop. Those people who sell medicine are not doctors. But many people buy medicine from the shops. They do it at their own risk. If you consult a qualified doctor, you are safe. You don't have to worry.

If you have any question about safety of Ayurveda medicine, please do not hesitate to contact our hotel.

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