



## **THE NATIONAL TRUST – SRI LANKA LECTURE ON THURSDAY 27<sup>TH</sup> SEPTEMBER 2018**

### **“THE SIMPLICITY & THE PROFUNDITY OF OUR SIDDHA – AYURVEDA HERITAGE”**

**By Dr. S. Sritharan**

The 110<sup>th</sup> Session of the Monthly Lecture Series of the **National Trust - Sri Lanka** will be held at the HNB Auditorium, 22<sup>nd</sup> Floor, HNB Towers, 479 T.B. Jayah Mawatha, Colombo 10 at 6.30p.m. on Thursday 27<sup>th</sup> September 2018.

Despite the great advances in modern allopathic medicine, there has been a significant shift in the number of people seeking treatment, towards Ayurveda and Traditional Chinese Medicine. This is because of the effectiveness, lesser side effects and lower cost. The lifestyle modification for disease prevention taught in these systems too is not available in Allopathy.

Here in Sri Lanka we have an unmatched legacy of Ayurveda and Siddha traditions. They flourished and cared for our people until Allopathy came to dominate in the late 19th century, mainly because of state patronage. We are now sitting beside the river and buying our water.

The Ayurveda, Unani, Siddha Homeopathic ( AYUSH ) and the TCM systems are very profound, ancient and scientific in every sense. If we could understand the mechanism, we would realize it's profundity. Scientific means “Reproducible under identical conditions “and does not necessarily need to have an explanation or mechanism that we could understand.

The so called science is the shackle because of its limited understanding of the Universe built on Newtonian physics. We need to go beyond it into the Quantum Mechanics to understand the body's mechanism.

In this presentation I hope to do so with examples from my experience. I am also of the opinion that a judicious combination of all the systems would be the ideal approach to the patient.



**LORD DHANVANTRI GOD FOR AYURVEDA**

Dr. Sritharan is a senior consultant Orthopaedic surgeon, attached to The Lanka and Nawaloka hospitals for the past thirty two years.

He graduated with honors from the Faculty of Medicine Colombo and had his Post graduate training in Orthopaedics , in the senior registrar rotation at The University of London . He is an FRCS (Eng ) , MCh Orth (Liverpool) and FRCS Orth. Edin. degree holder.

He was the Senior Lecturer in Orthopaedics at the North Colombo Medical School and has been the pioneer in bringing Knee Replacement, Arthroscopic Surgery, Modern Power tools and AO Instrumentation in Orthopaedics to Sri Lanka in 1986.

He comes from a lineage of Siddha doctors from Kayts, Jaffna & has an interest in elucidating the scientific basis of Siddha Ayurveda treatments. He has delivered invited lectures on Siddha Ayurveda in the International Orthopaedic Conference in Colombo and at the BMRI Annual Conference.

**The National Trust – Sri Lanka conducts monthly lectures on the last Thursday of each month. The lectures are open to the members and the public at a nominal fee. The HNB Sustainability Foundation is the principal sponsor of the events of the National Trust – Sri Lanka.**

**Further information can be obtained from the Trust Office Tel 2682730 / 0778081214 at the Post Graduate Institute of Archaeology, 407, Baudhaloka Mawatha, Colombo 7.**