



Resident Ayurvedic Doctor Dr. Kaushal Eranga

With a combined history in the practice of traditional medicine and Ayurveda as well as healing through yoga and meditation, Dr. Sampath is passionate about wellness and health.



Offering a holistic approach to health is vital to Dr. Kaushal, he says "My ambition is to instill knowledge of Ayurveda in people to help them balance their body and mind and embrace a natural lifestyle. By listening to each client and carefully tailoring specific therapies for their own wellbeing, we can achieve a healthy balance that makes them comfortable.

Dr. Kaushal Eranga is a graduate of The Institute of Indigenous Medicine which is an affiliated institute of the University of Colombo. He has always wanted to become a doctor following his fathers' footsteps as a nurse. He has started his career at Ceylon Holistic Center. His latest assignment was at Jetwing Lighthouse in Galle. He believes that Ayurveda medicine and Sri Lankan Indigenous medicine needs a lot of preparations but, it truly heals you in the long run. Most treatments must require you to have a curated diet according to each person. Dr. Kaushal will help you to diagnose your dietary requirements and to curate the needed, providing a personalized wellness journey.

Please reserve your session in advance with Anantara Spa. Call +94 34 222 0222 or email spa.akal@anantara.com

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