

# The Healing Link

An Ayurvedic Treatment Journey for Kurunegala



## Project : Ayurva | The Healing Link - An Ayurvedic Treatment Journey for Kurunegala

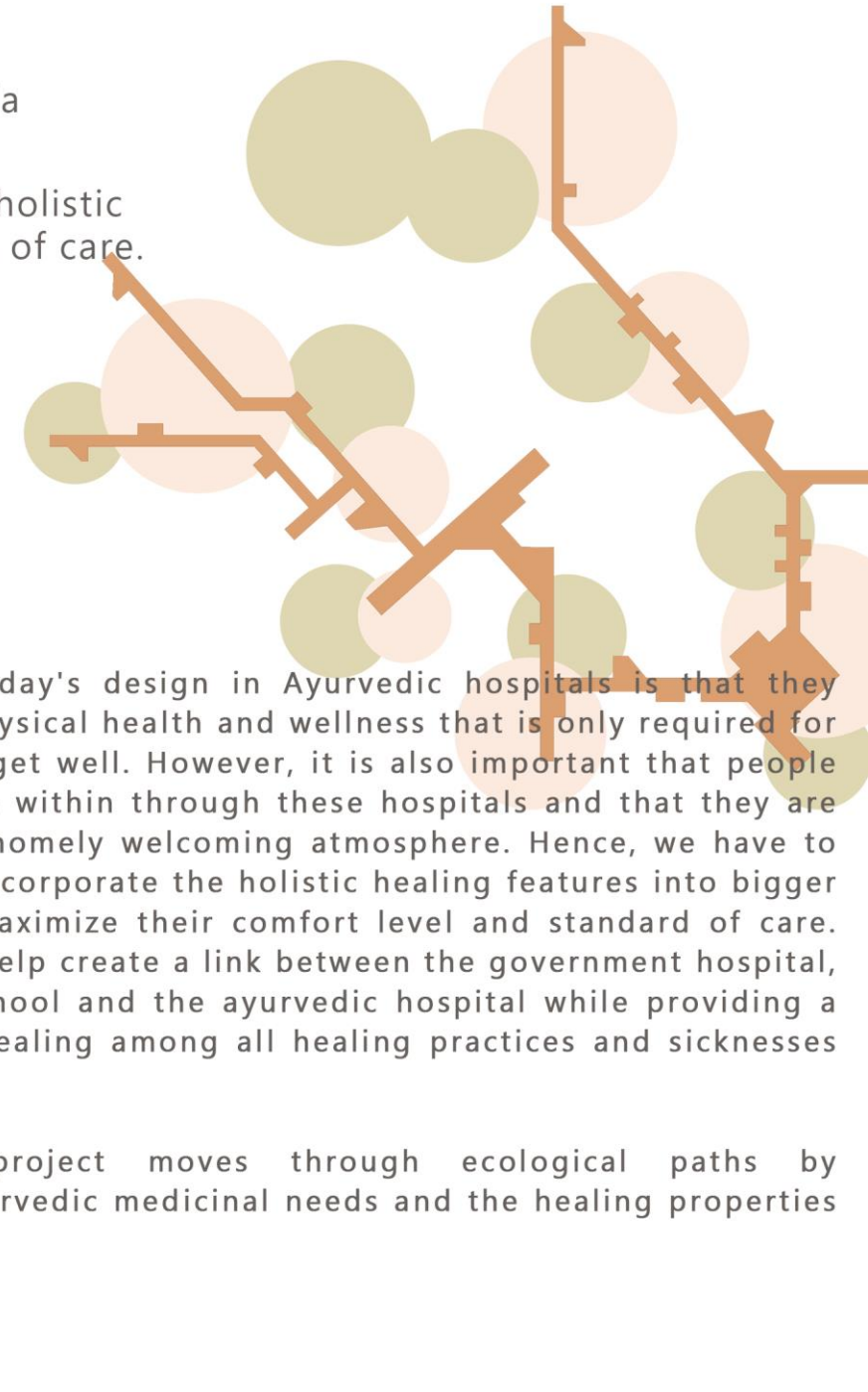
**Project Position :** The position of this project is to figure out a way to incorporate the holistic healing features into bigger healing entities to maximize their comfort level and standard of care.

### Abstract

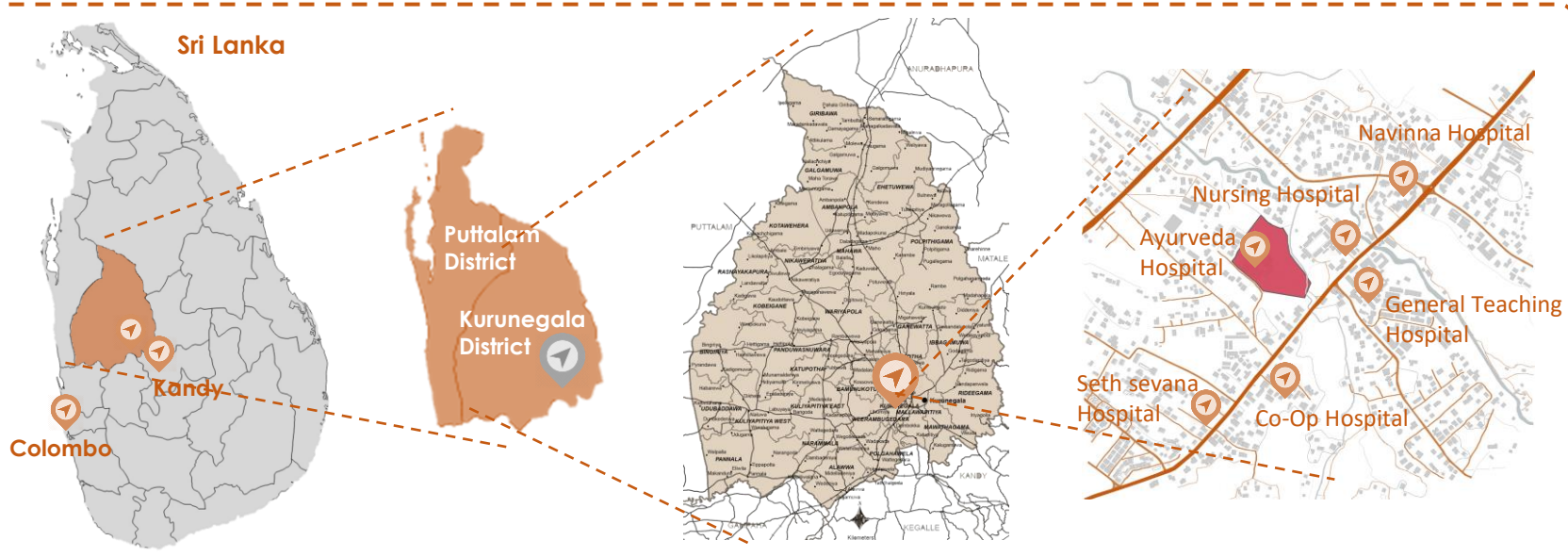
Ayurveda is one of the best rooted healing practices in the world with many practices to restore physiological mental and social status of a person by balancing the "Seven Chakras" as mentioned in literature. In Ayurveda, it is not necessarily the medicine that is given is healing nor brings comfort to people and their mind, but also the process, the care, the touch, the words, the communal feeling that used to re-establish a person's good health so quickly through the old procedures and skills of Wedamahathya's (Doctor's). However, today when a person is suffering from any illnesses or sickness, they are often provided with physiological care in most ayurvedic hospitals in Sri Lanka, intending to efficiently eradicate the discomfort. But what we often forget in the practices of Ayurveda is that health is a combination of physical, mental, and social wellbeing. Hence once a person falls ill in any of these categories, the balance of his or her health collapses. Therefore, in ayurvedic medicine and hospitals, a healing environment should be a helpful entity to restore this balance, rather than treating an individual's symptom or cause.

The problem with today's design in Ayurvedic hospitals is that they inspire the kind of physical health and wellness that is only required for people to physically get well. However, it is also important that people are able to heal from within through these hospitals and that they are able to engage in a homely welcoming atmosphere. Hence, we have to figure out a way to incorporate the holistic healing features into bigger healing entities to maximize their comfort level and standard of care. This project tries to help create a link between the government hospital, nursing teaching shchool and the ayurvedic hospital while providing a common ground of healing among all healing practices and sicknesses eradication.

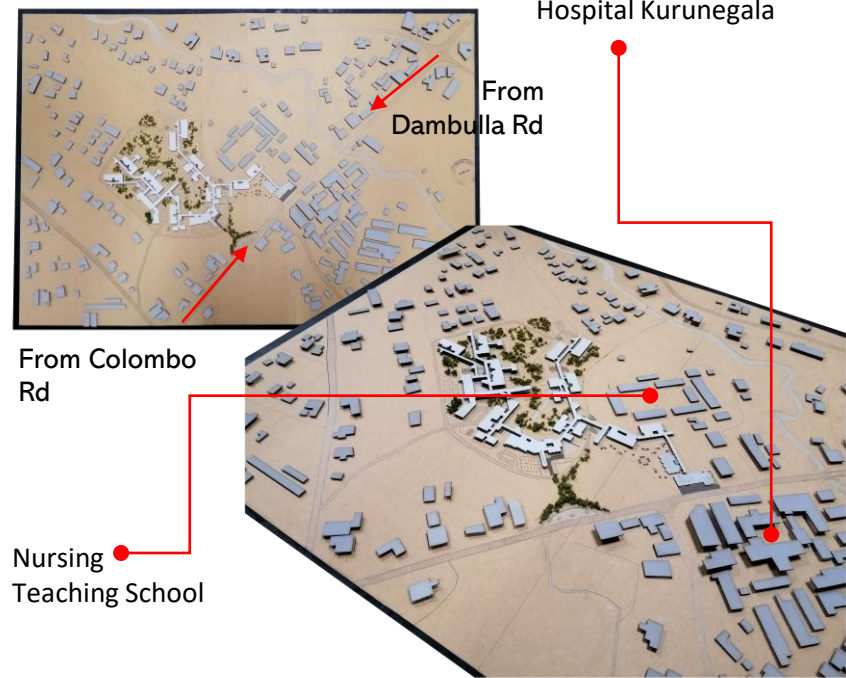
The experimental project moves through ecological paths by incorporating the ayurvedic medicinal needs and the healing properties of natural world.



# Site Analysis



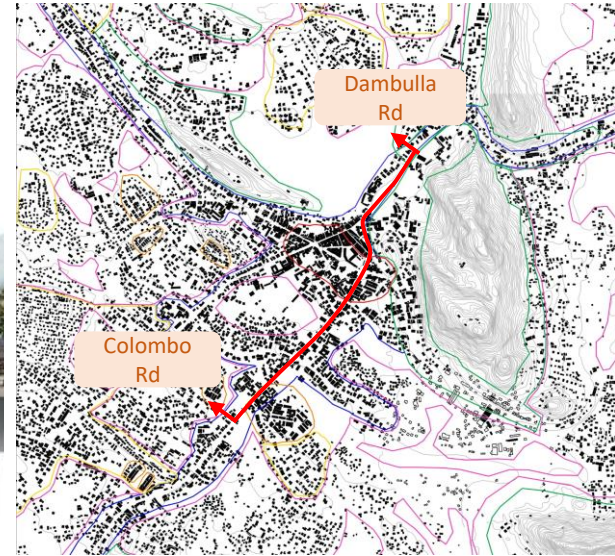
## Physical Model



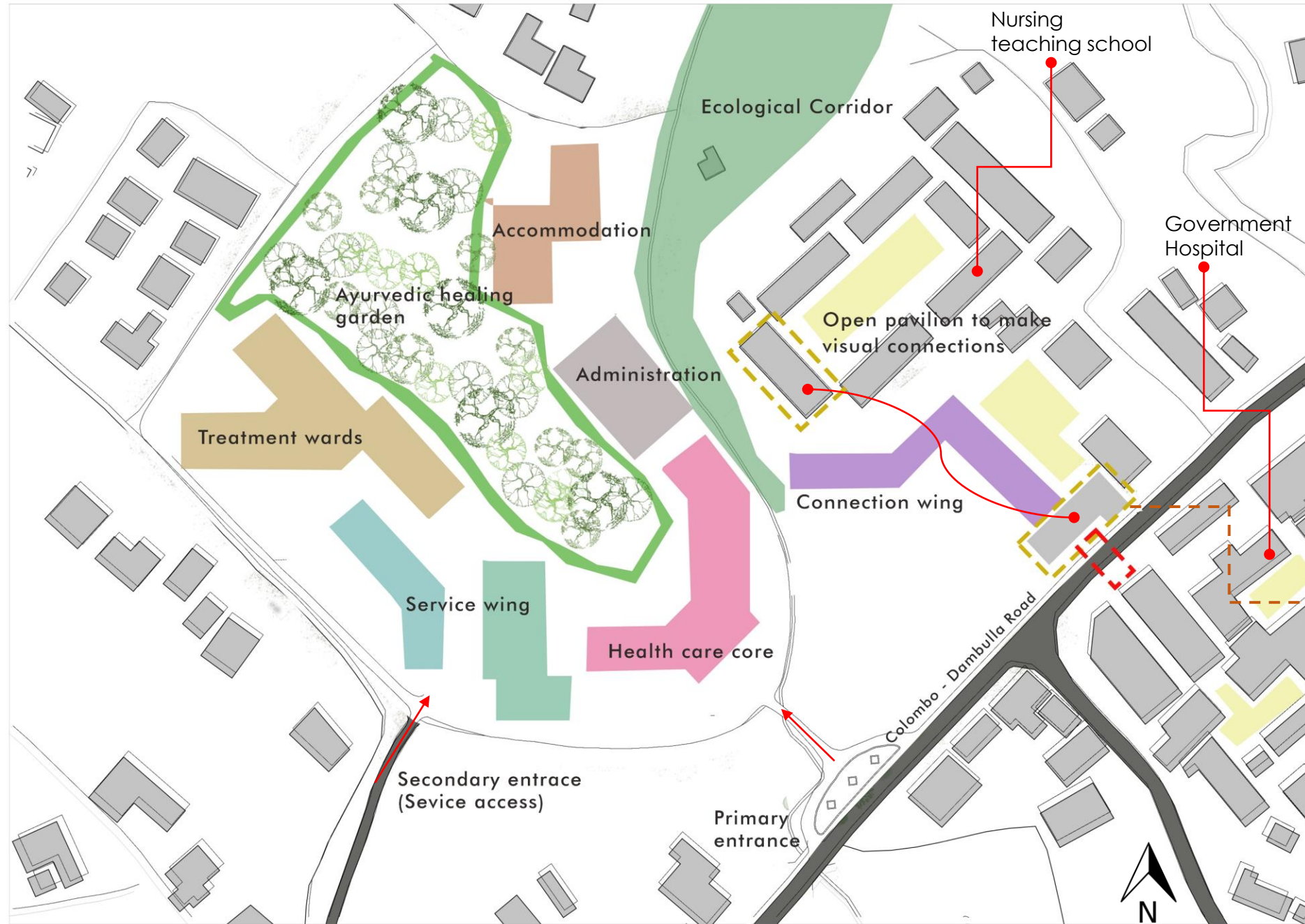
## Colombo Road to Dambulla Road (Photo montage)



## Nolli Map



# Forming Linkages through Zoning



- Common Spaces**  
(Inspired from neighborhood context + Responding to the neighborhood context)
- Exiting Subway crossing**
- Building renovation to the existing**

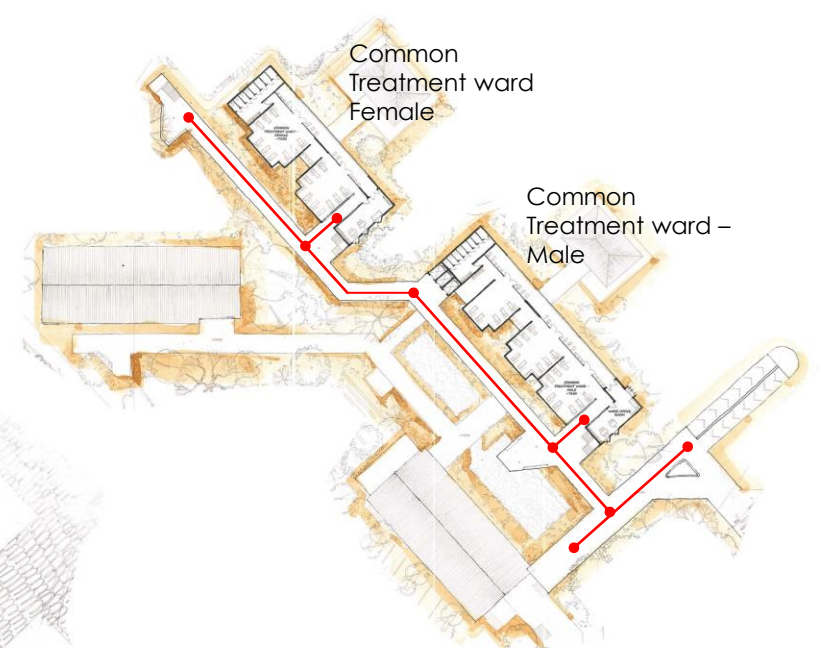
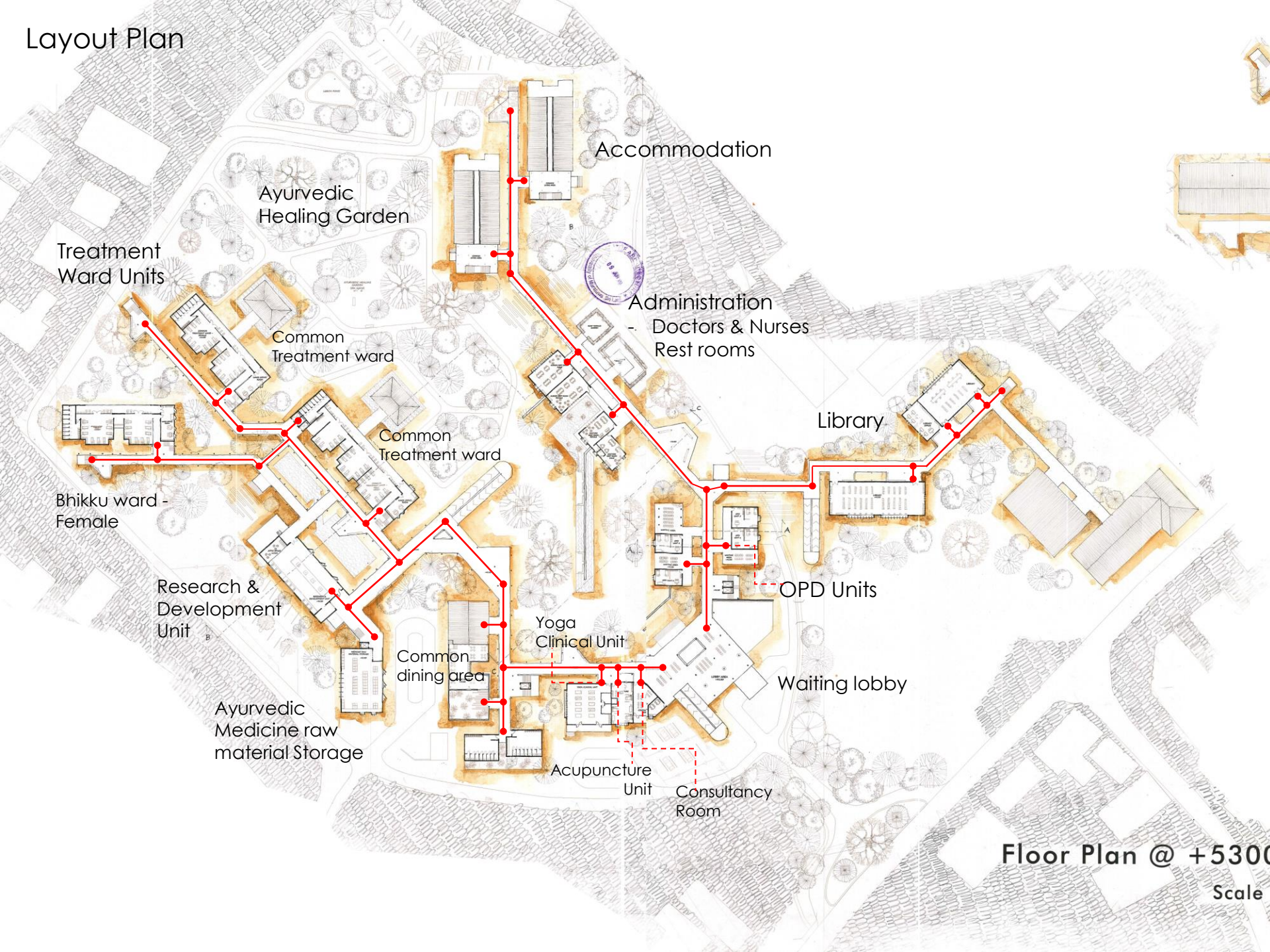


# Layout Plan



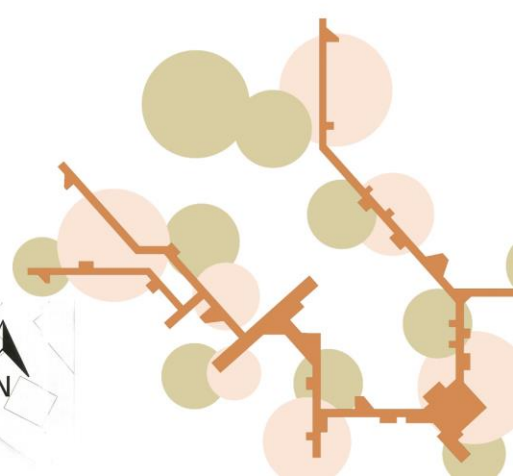
**Floor Plan @ +2300mm**  
Scale 1:400 N

# Layout Plan



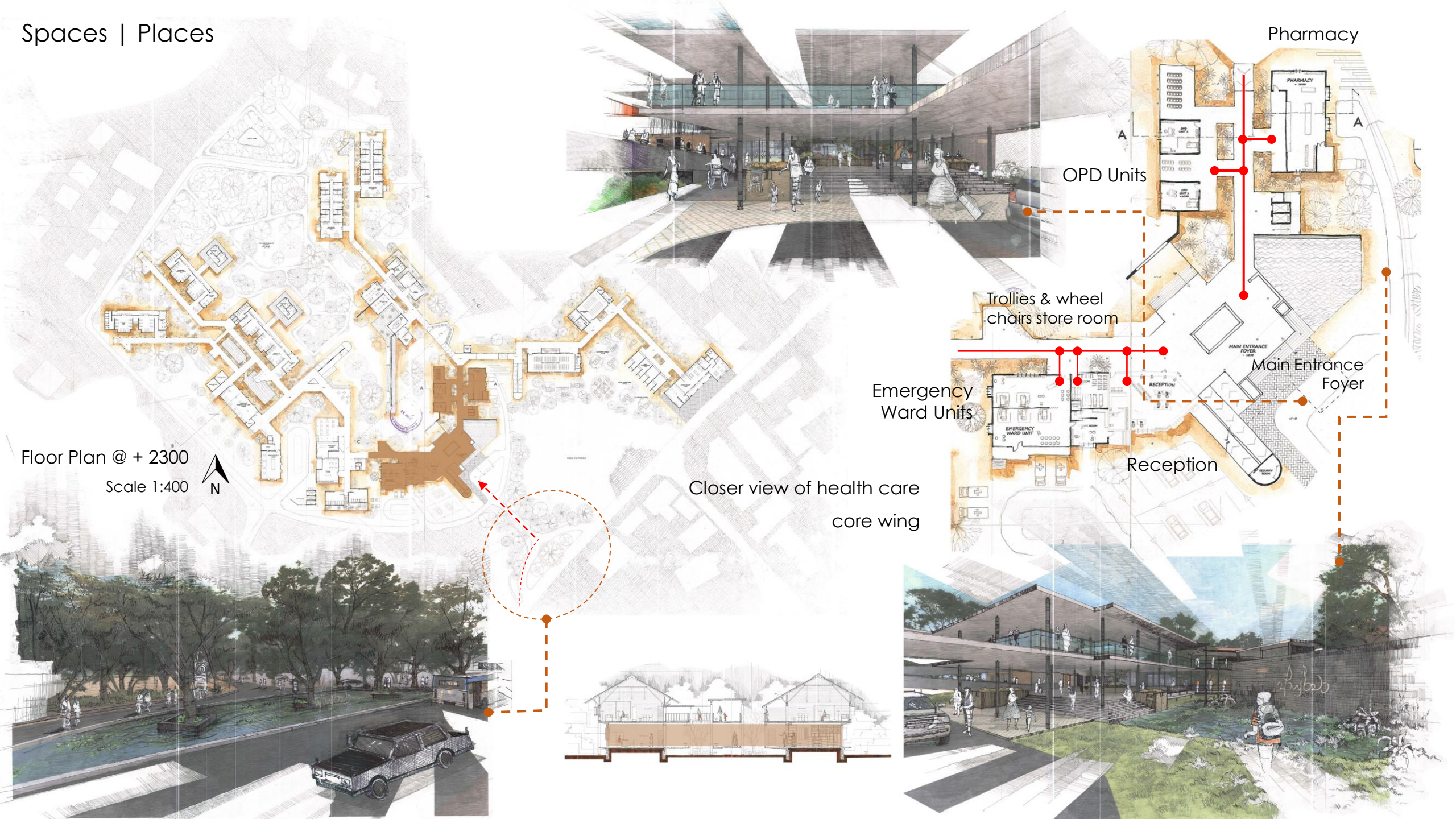
Floor Plan @ +7300mm  
Scale 1:400 N

Floor Plan @ +5300mm  
Scale 1:400 N



# Spaces | Places

Floor Plan @ + 2300  
Scale 1:400



Closer view of health care core wing

OPD Units

Pharmacy

Trolleys & wheel chairs store room

Emergency Ward Units

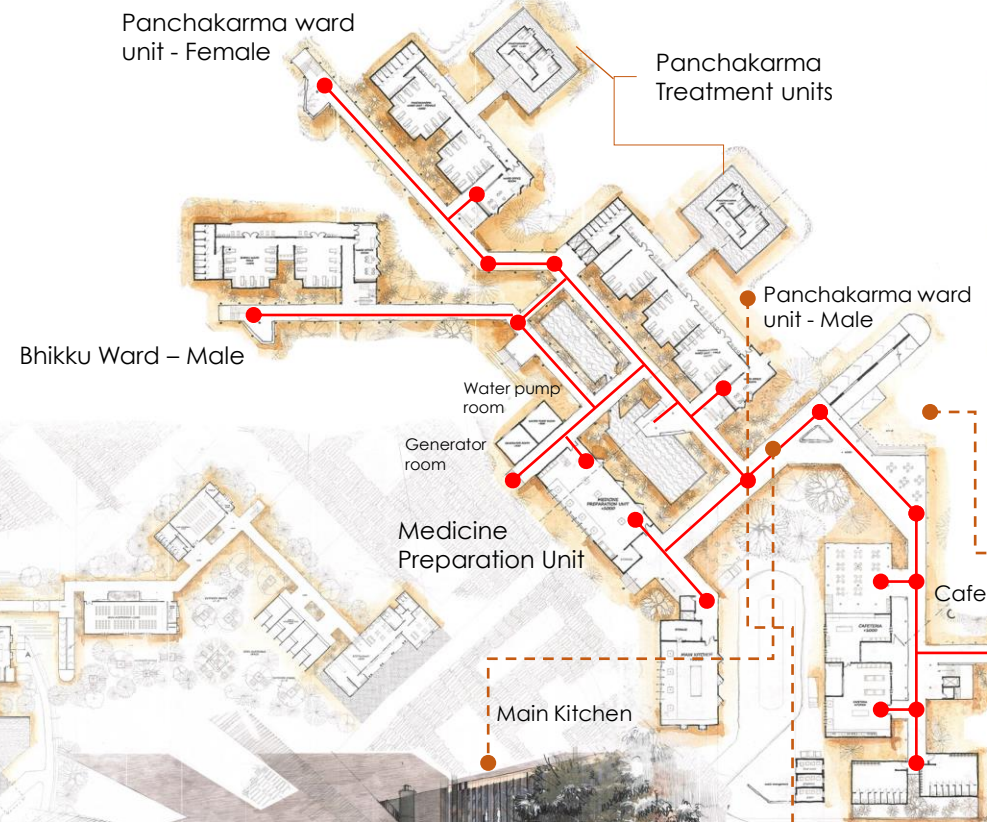
Reception

Main Entrance Foyer

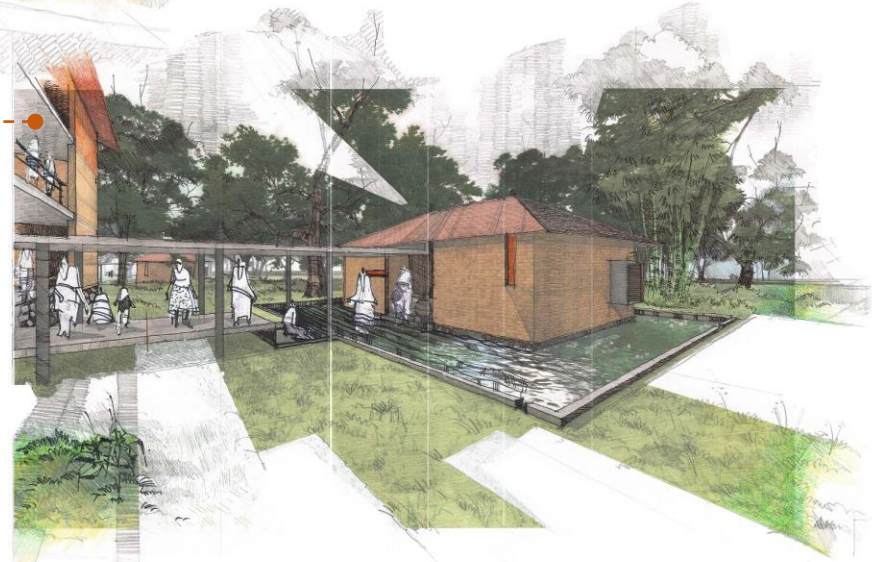
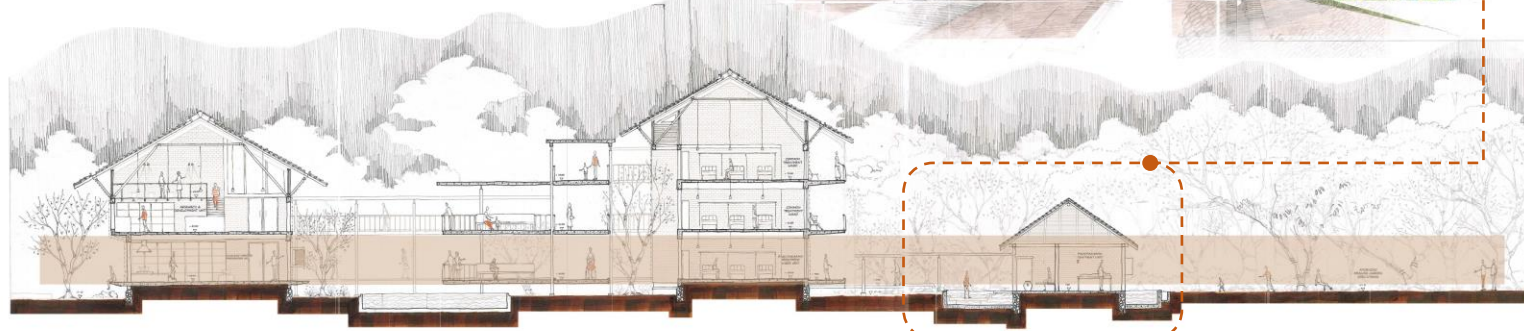


# Spaces | Places

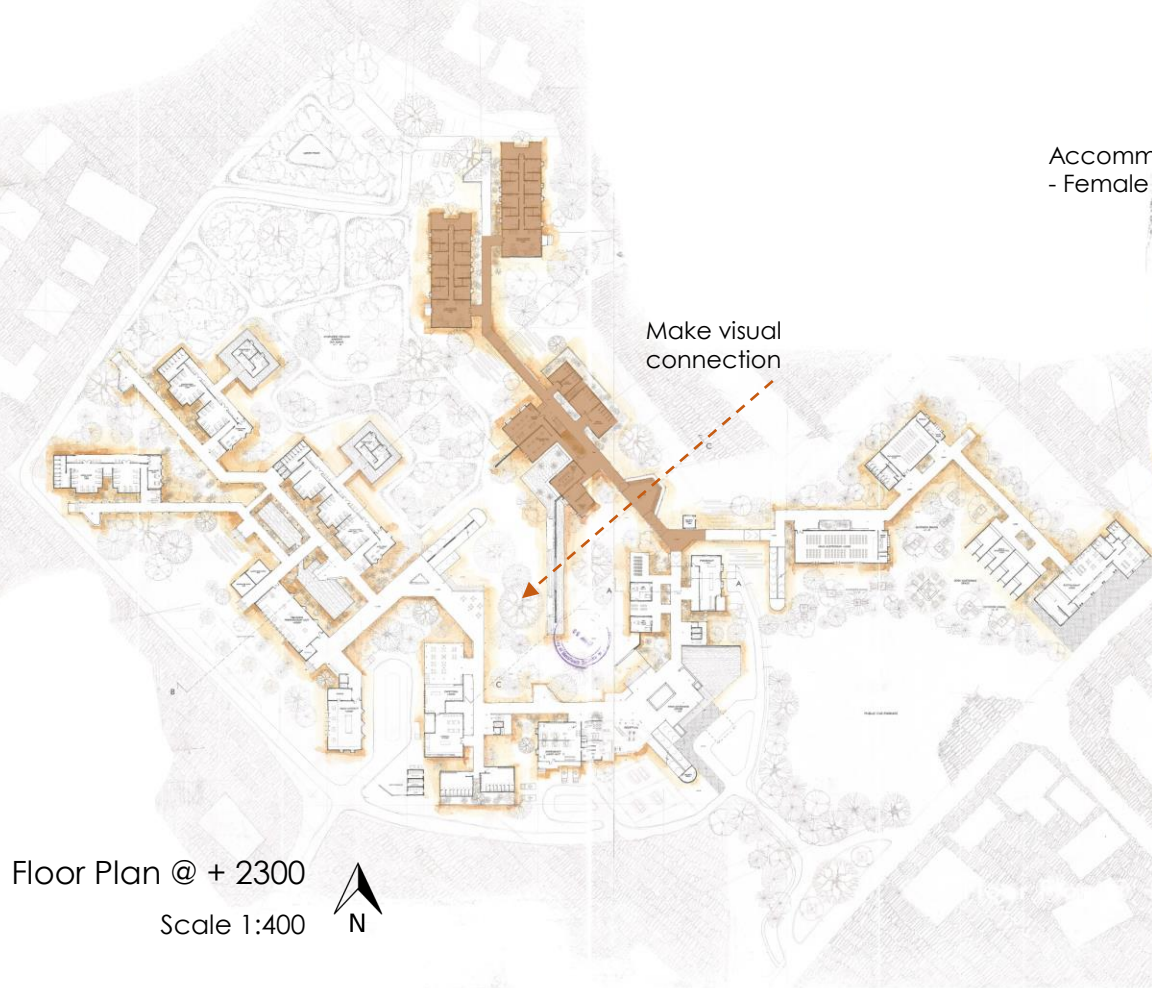
Floor Plan @ + 2300  
Scale 1:400



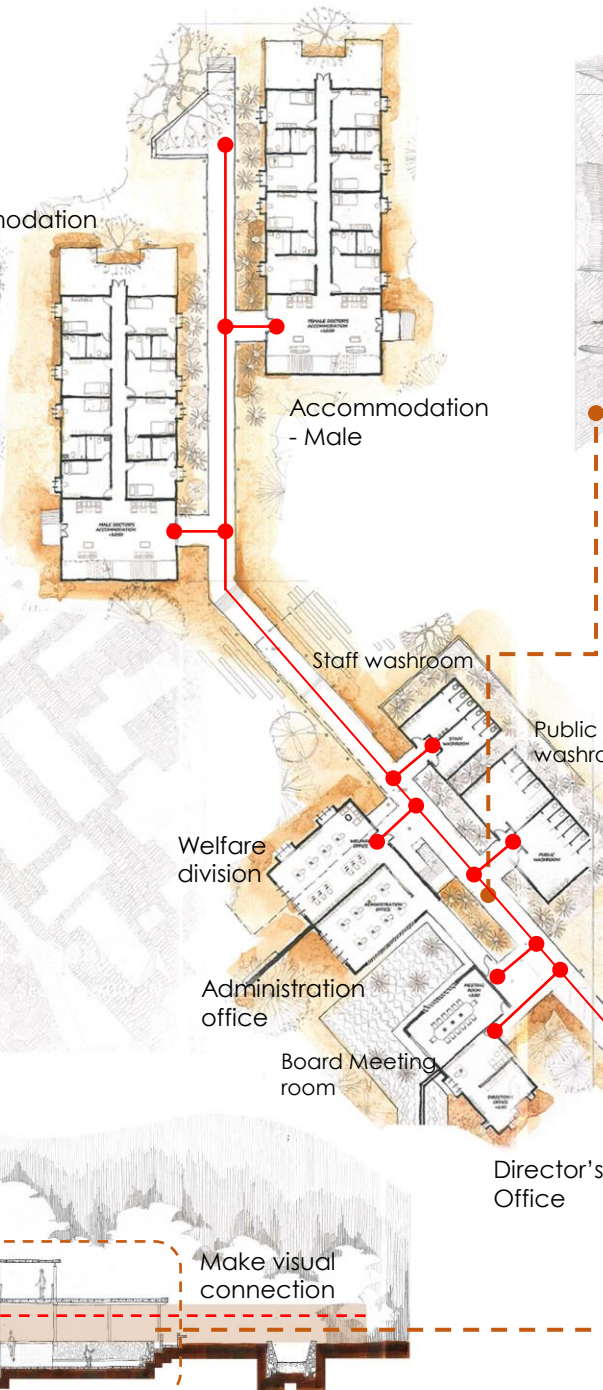
Closer view of service wing and treatment ward unit wing



# Spaces | Places



Floor Plan @ + 2300  
Scale 1:400  
N

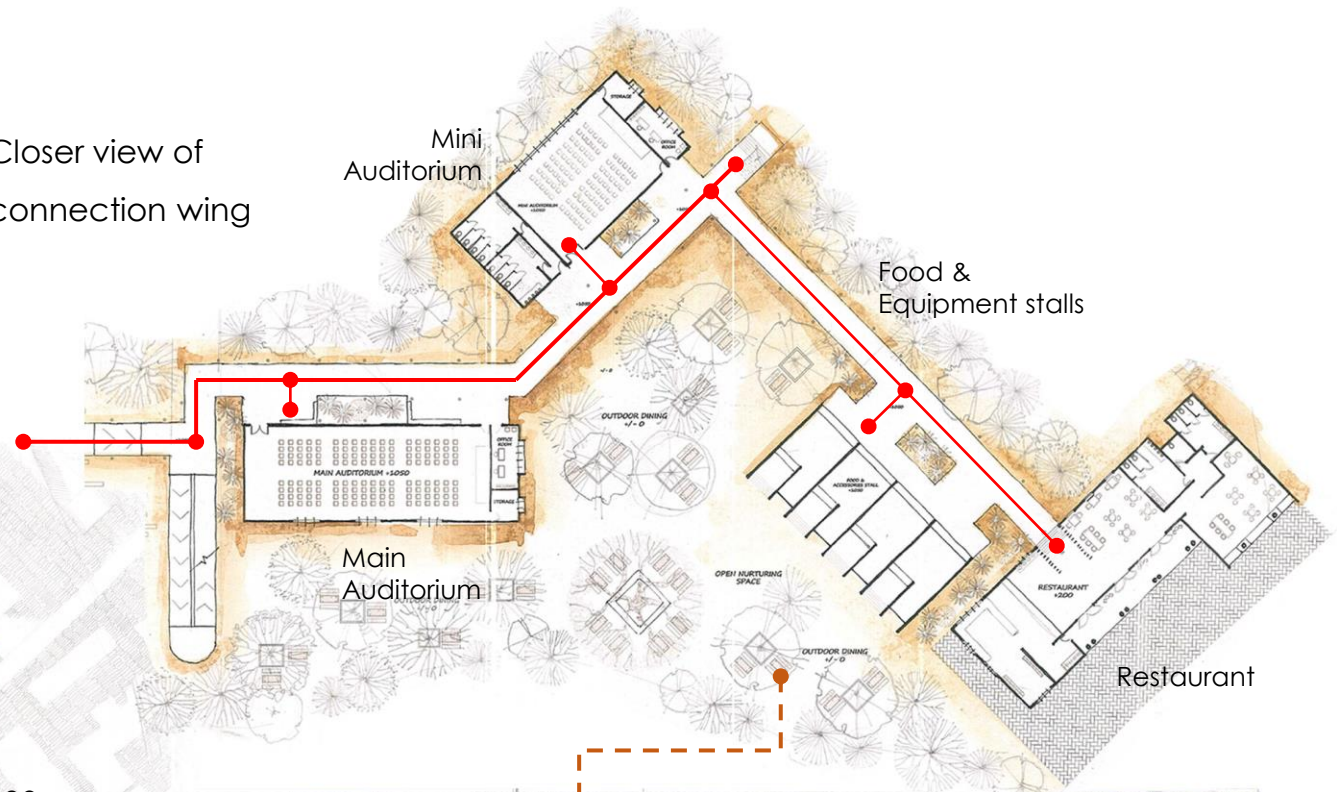


Closer view of administration wing & accommodation wing

# Spaces | Places



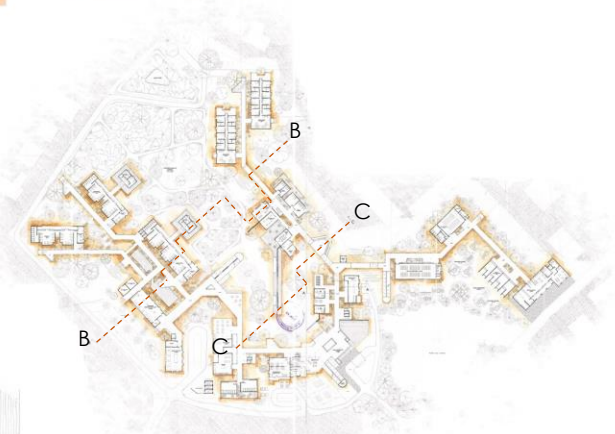
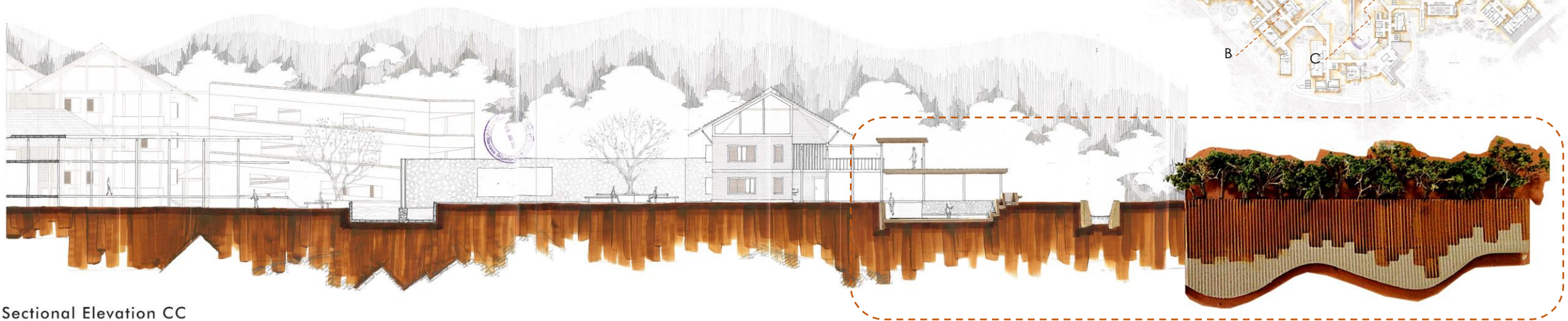
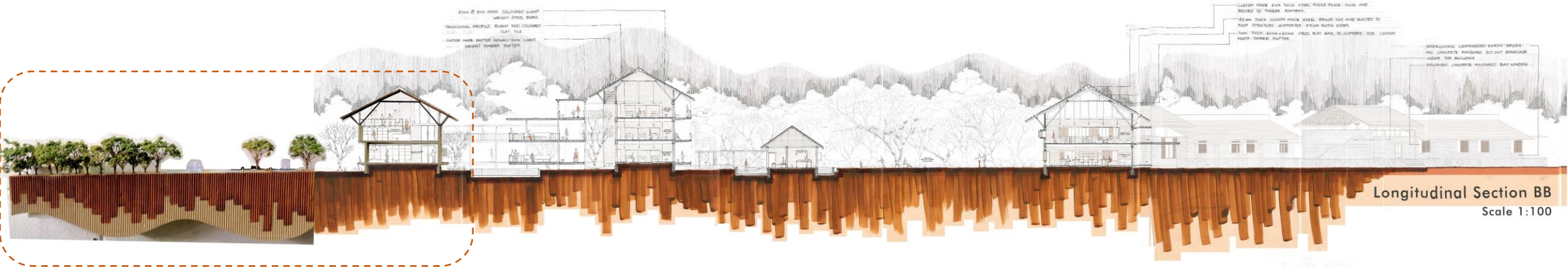
Closer view of connection wing



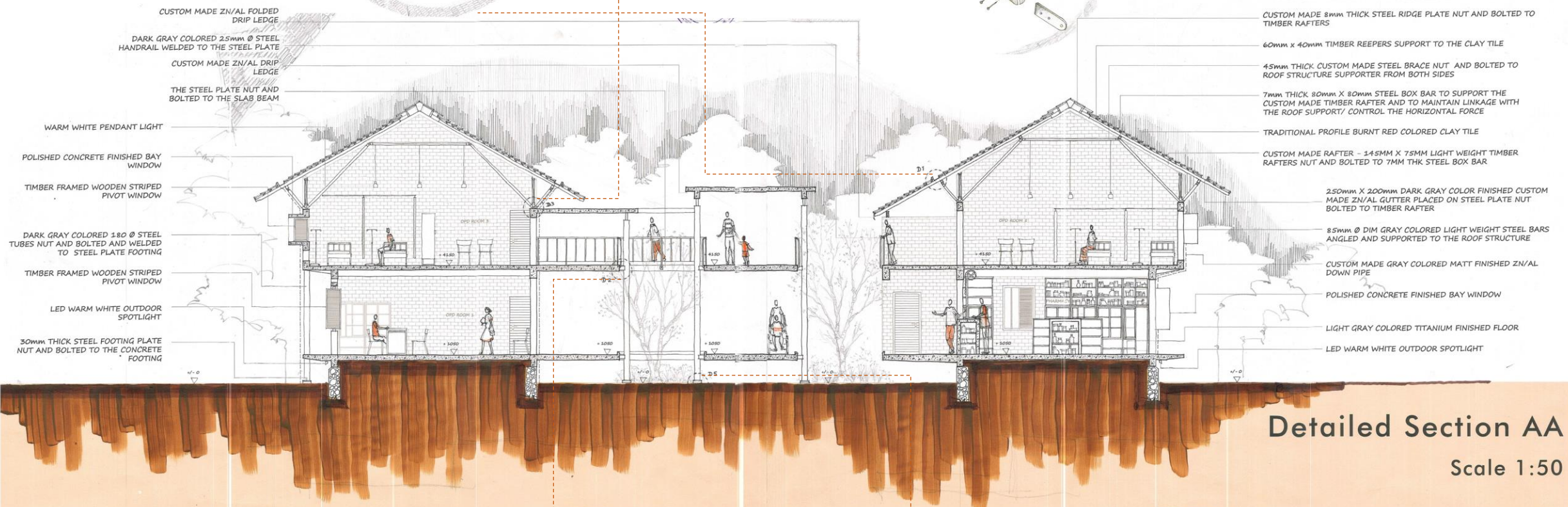
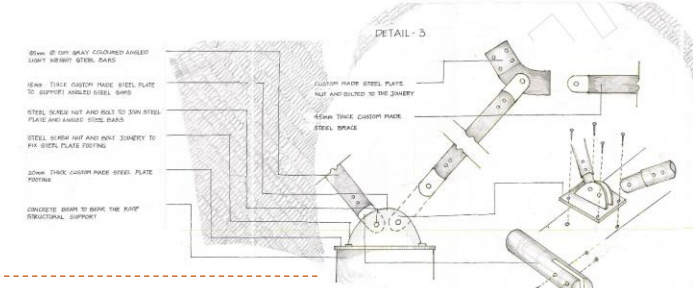
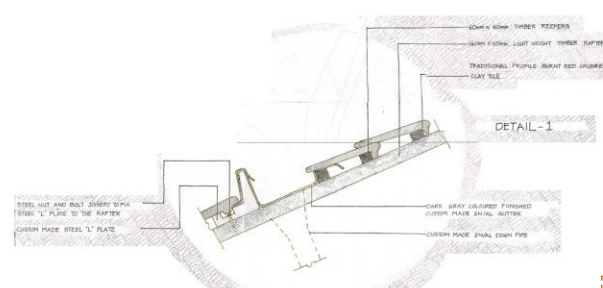
Floor Plan @ + 2300  
Scale 1:400



# Sections

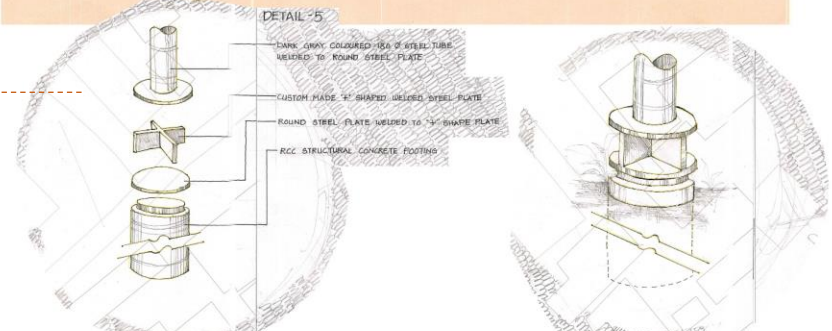
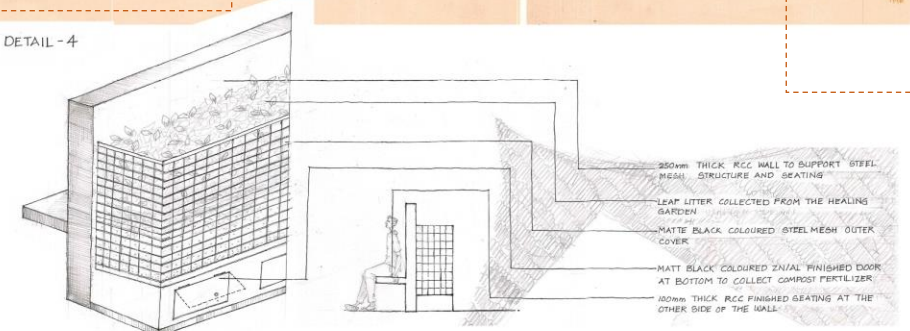
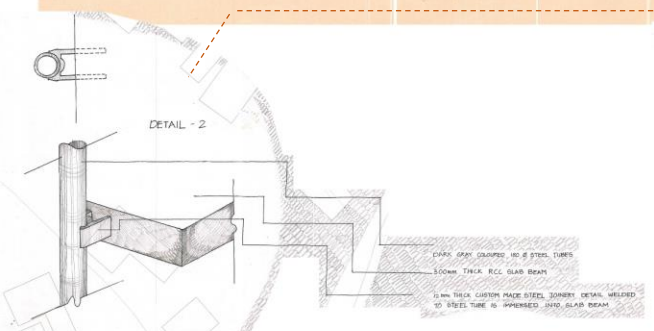


# Detailed section & Details

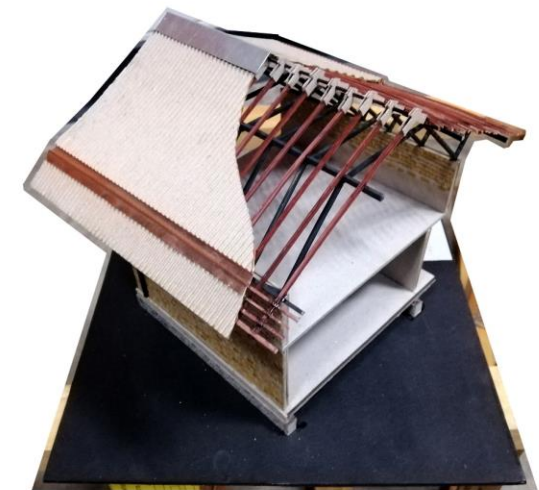
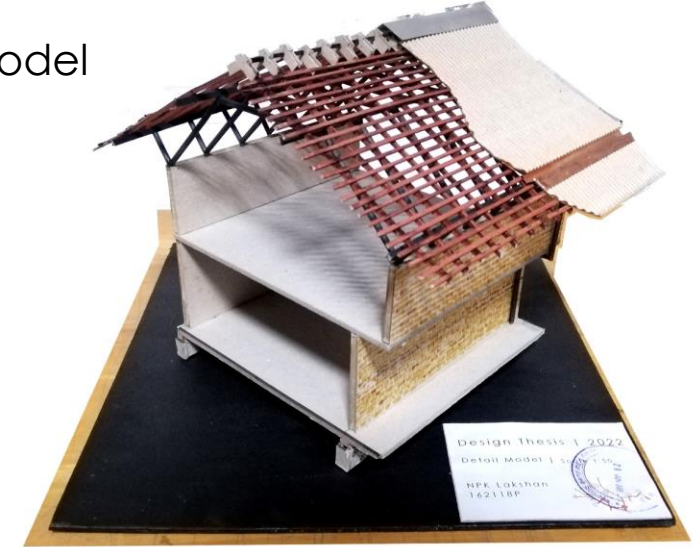
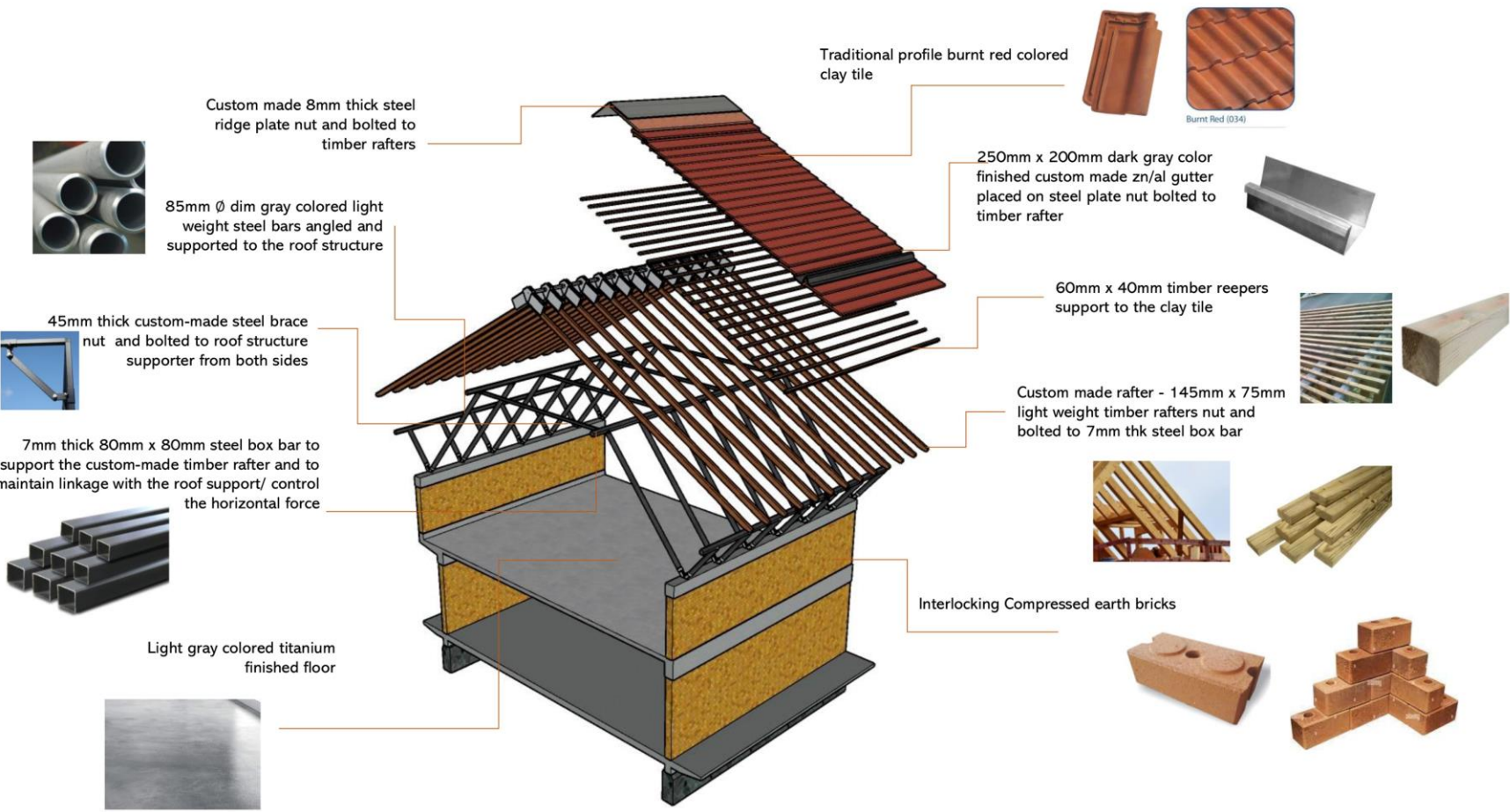


- CUSTOM MADE ZN/AL FOLDED DRIP LEDGE
- DARK GRAY COLORED 2.5mm Ø STEEL HANDRAIL WELDED TO THE STEEL PLATE
- CUSTOM MADE ZN/AL DRIP LEDGE
- THE STEEL PLATE NUT AND BOLTED TO THE SLAB BEAM
- WARM WHITE PENDANT LIGHT
- POLISHED CONCRETE FINISHED BAY WINDOW
- TIMBER FRAMED WOODEN STRIPED PIVOT WINDOW
- DARK GRAY COLORED 180 Ø STEEL TUBES NUT AND BOLTED TO STEEL PLATE FOOTING
- TIMBER FRAMED WOODEN STRIPED PIVOT WINDOW
- LED WARM WHITE OUTDOOR SPOTLIGHT
- 30mm THICK STEEL FOOTING PLATE NUT AND BOLTED TO THE CONCRETE FOOTING

- CUSTOM MADE 8mm THICK STEEL RIDGE PLATE NUT AND BOLTED TO TIMBER RAFTERS
- 60mm x 40mm TIMBER REEPIERS SUPPORT TO THE CLAY TILE
- 45mm THICK CUSTOM MADE STEEL BRACE NUT AND BOLTED TO ROOF STRUCTURE SUPPORTER FROM BOTH SIDES
- 7mm THICK 80mm X 80mm STEEL BOX BAR TO SUPPORT THE CUSTOM MADE TIMBER RAFTER AND TO MAINTAIN LINKAGE WITH THE ROOF SUPPORT/ CONTROL THE HORIZONTAL FORCE
- TRADITIONAL PROFILE BURNT RED COLORED CLAY TILE
- CUSTOM MADE RAFTER - 145mm X 75mm LIGHT WEIGHT TIMBER RAFTERS NUT AND BOLTED TO 7mm THK STEEL BOX BAR
- 250mm X 200mm DARK GRAY COLOR FINISHED CUSTOM MADE ZN/AL GUTTER PLACED ON STEEL PLATE NUT BOLTED TO TIMBER RAFTER
- 85mm Ø DIM GRAY COLORED LIGHT WEIGHT STEEL BARS ANGLED AND SUPPORTED TO THE ROOF STRUCTURE
- CUSTOM MADE GRAY COLORED MATT FINISHED ZN/AL DOWN PIPE
- POLISHED CONCRETE FINISHED BAY WINDOW
- LIGHT GRAY COLORED TITANIUM FINISHED FLOOR
- LED WARM WHITE OUTDOOR SPOTLIGHT



**Detailed Section AA**  
Scale 1:50



## Colour Pallet - Earthy Colours



# The influence of trees and aesthetic landscaping

## Objectives







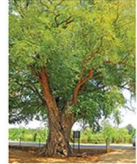



















Shade ●

Beauty ●

Herbal ●

Privacy ●

Habitat ●

Mature Height zone	Medium Height zone	Small zone (shrubs, bushes)	Mature Height zone	Medium Height zone	Small zone (shrubs, bushes)
Objectives	Objectives	Objectives	Objectives	Objectives	Objectives
 <p><b>Common Name:</b> Bulu <b>Scientific Name:</b> <i>Terminalia bellirica</i> <b>Type:</b> Deciduous Herbal Tree</p>	 <p><b>Common Name:</b> Beheth edaru (Castor bean) <b>Scientific Name:</b> <i>Ricinus communis L.</i> <b>Type:</b> Evergreen medicinal</p>	 <p><b>Common Name:</b> Heliconia Yellow <b>Scientific Name:</b> <i>Heliconia psittacorum</i> <b>Type:</b> Perennial Herb</p>	 <p><b>Common Name:</b> Nelli <b>Scientific Name:</b> <i>Phyllanthus emblica</i> <b>Type:</b> Tropical tree</p>	 <p><b>Common Name:</b> Walha banga (birdlime tree) <b>Scientific Name:</b> <i>Pisonia alba</i> <b>Type:</b> native flowering plant</p>	 <p><b>Common Name:</b> Pawatta <b>Scientific Name:</b> <i>Justicia adhatoda</i> <b>Type:</b> Herbal plant</p>
 <p><b>Common Name:</b> Siyabala (Tamarind) <b>Scientific Name:</b> <i>Tamarindus indica</i> <b>Type:</b> Tropical tree</p>	 <p><b>Common Name:</b> murutha (Queen of flower) <b>Scientific Name:</b> <i>Lagerstroemia speciosa</i> <b>Type:</b> Native ornamental</p>	 <p><b>Common Name:</b> Nika <b>Scientific Name:</b> <i>Vitex negundo</i> <b>Type:</b> Herbal tree</p>	 <p><b>Common Name:</b> Divul (wood apple) <b>Scientific Name:</b> <i>Limonia acidissima</i> <b>Type:</b> Native tree</p>	 <p><b>Common Name:</b> Magul karanda (Indian Beach) <b>Scientific Name:</b> <i>Pongamia pinnata</i> <b>Type:</b> native tropical</p>	 <p><b>Common Name:</b> Sword Fern <b>Scientific Name:</b> <i>Nephrolepis exaltata</i> <b>Type:</b> Tropical Fern Species</p>
 <p><b>Common Name:</b> Aralu <b>Scientific Name:</b> <i>Terminalia chebula</i> <b>Type:</b> Tropical herbal tree</p>	 <p><b>Common Name:</b> Mee <b>Scientific Name:</b> <i>Madhuca longifolia</i> <b>Type:</b> Tropical tree</p>	 <p><b>Common Name:</b> Spider Lily <b>Scientific Name:</b> <i>Hymenocallis speciosa</i> <b>Type:</b> Herbaceous perennial</p>	 <p><b>Common Name:</b> Malla <b>Scientific Name:</b> <i>Bauhinia racemosa</i> <b>Type:</b> native</p>	 <p><b>Common Name:</b> Kukul kakul (Queen of flowering) <b>Scientific Name:</b> <i>Amherstia nobilis</i> <b>Type:</b> Fine front garden tree</p>	 <p><b>Common Name:</b> Bim Pol <b>Scientific Name:</b> <i>Molineria latifolia</i> <b>Type:</b> Evergreen perennial</p>
 <p><b>Common Name:</b> Kohomba (Margosa) <b>Scientific Name:</b> <i>Azadirachta indica</i> <b>Type:</b> Tropical tree</p>	 <p><b>Common Name:</b> Robarasia (Cherry blossom tree) <b>Scientific Name:</b> <i>Tabebuia rosea</i> <b>Type:</b> Flowering tree</p>	 <p><b>Common Name:</b> Dan <b>Scientific Name:</b> <i>Syzygium cumini</i> <b>Type:</b> Evergreen Tropical Tree</p>	 <p><b>Common Name:</b> Nuga (Banyan) <b>Scientific Name:</b> <i>Ficus benghalensis L</i> <b>Type:</b> Bark-medicinal tree</p>	 <p><b>Common Name:</b> Domba (Alexandrian loural) <b>Scientific Name:</b> <i>Calophyllum inophyllum</i> <b>Type:</b> native tree</p>	 <p><b>Common Name:</b> Giant philodendron <b>Scientific Name:</b> <i>Philodendron giganteum</i> <b>Type:</b> Perennial</p>
 <p><b>Common Name:</b> Ehela (Andaman redwood) <b>Scientific Name:</b> <i>Pterocarpus indica</i> <b>Type:</b> evergreen deciduous</p>					 <p><b>Common Name:</b> Lady Finger Palm <b>Scientific Name:</b> <i>Rhapis Excelsa</i> <b>Type:</b> Dioecious palm</p>

Source: Dilmah urban arboretum / Piumika, 2021

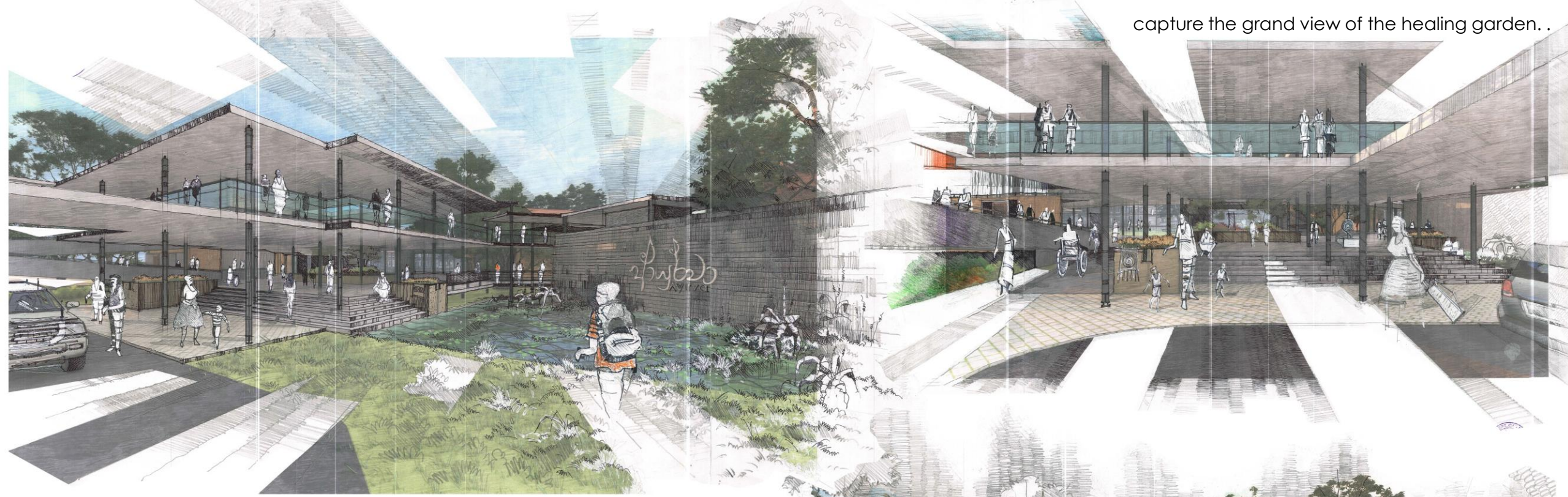
Physical Model



# Physical Panel



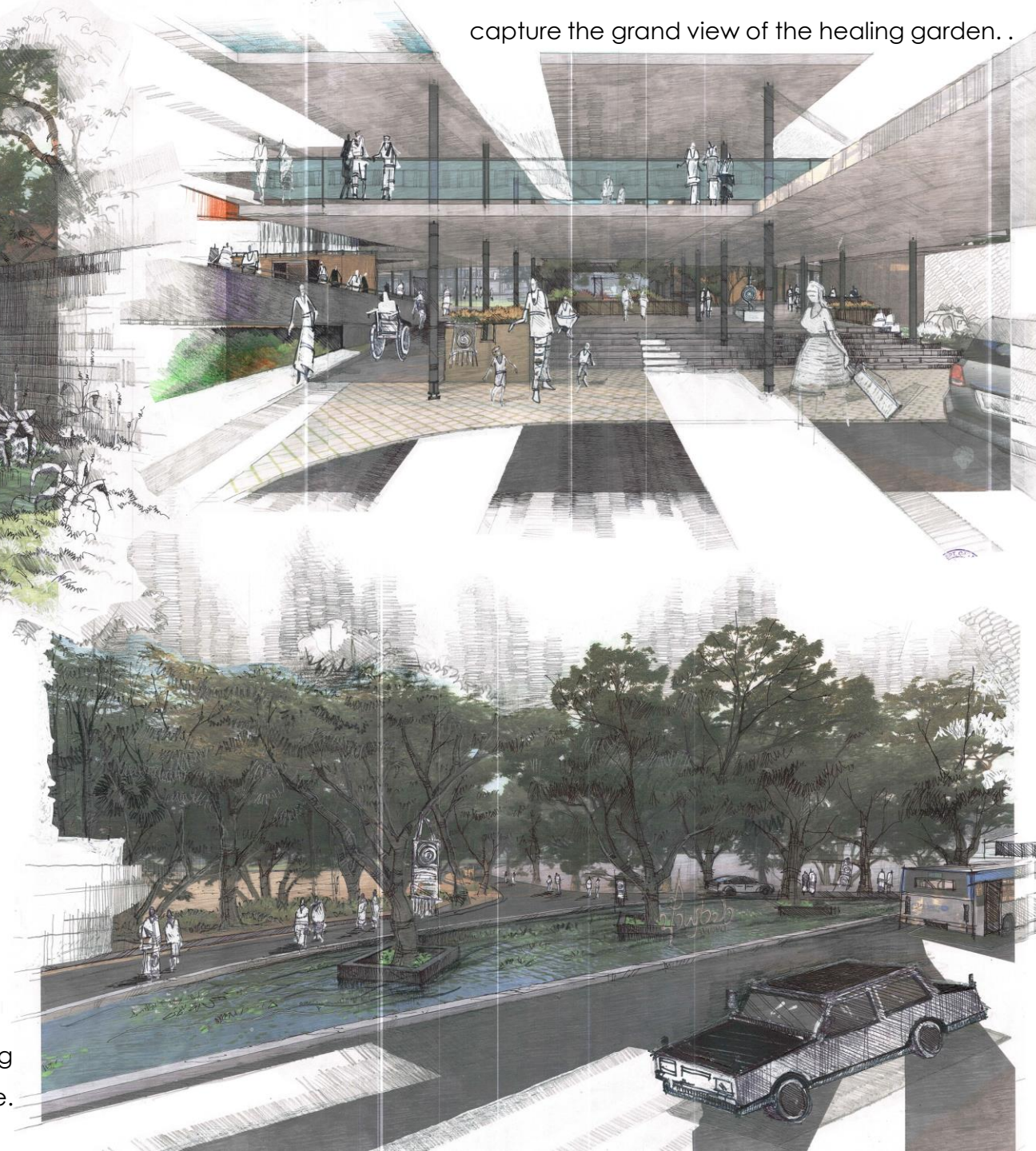
capture the grand view of the healing garden.

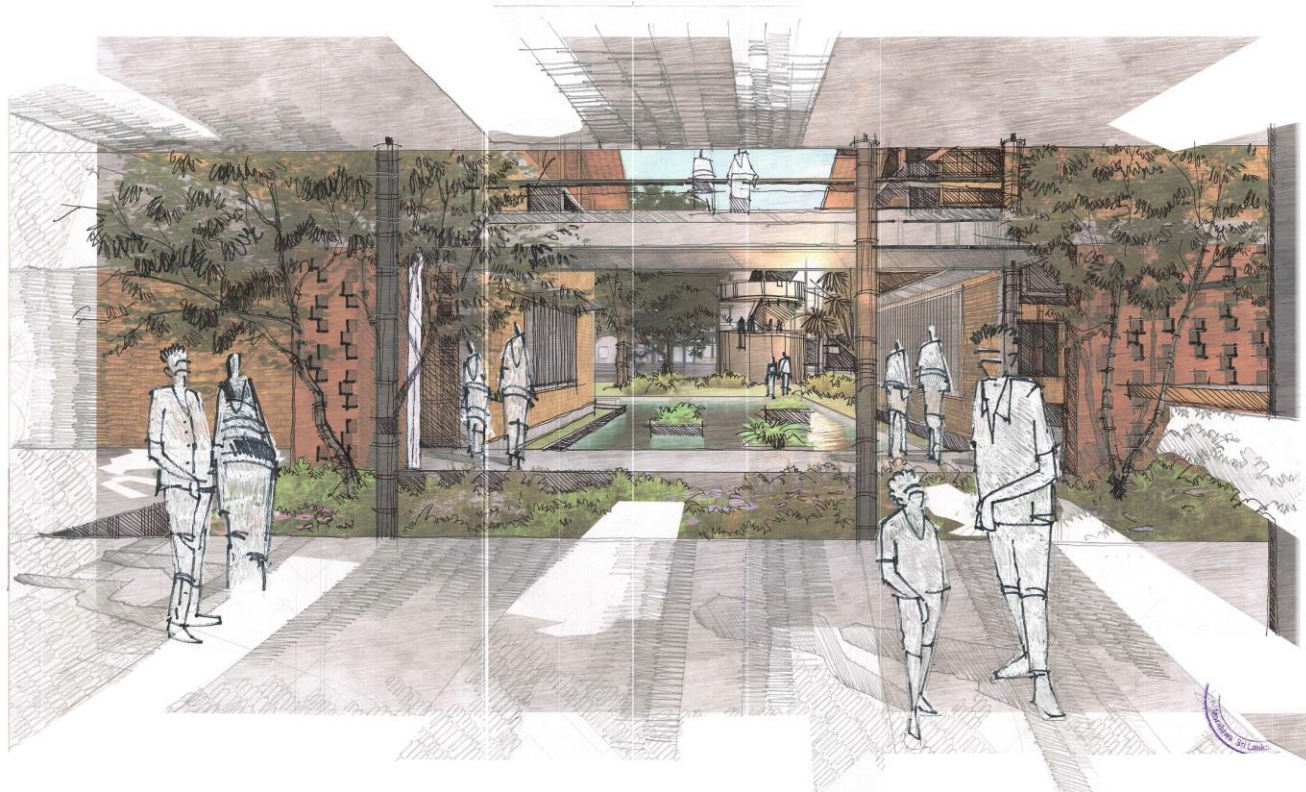


The main entrance foyer area with grand water pond with falling water feature with a mass wall.

## Perspectives

people will come through a narrow boulevard while experiencing connection to the nature.



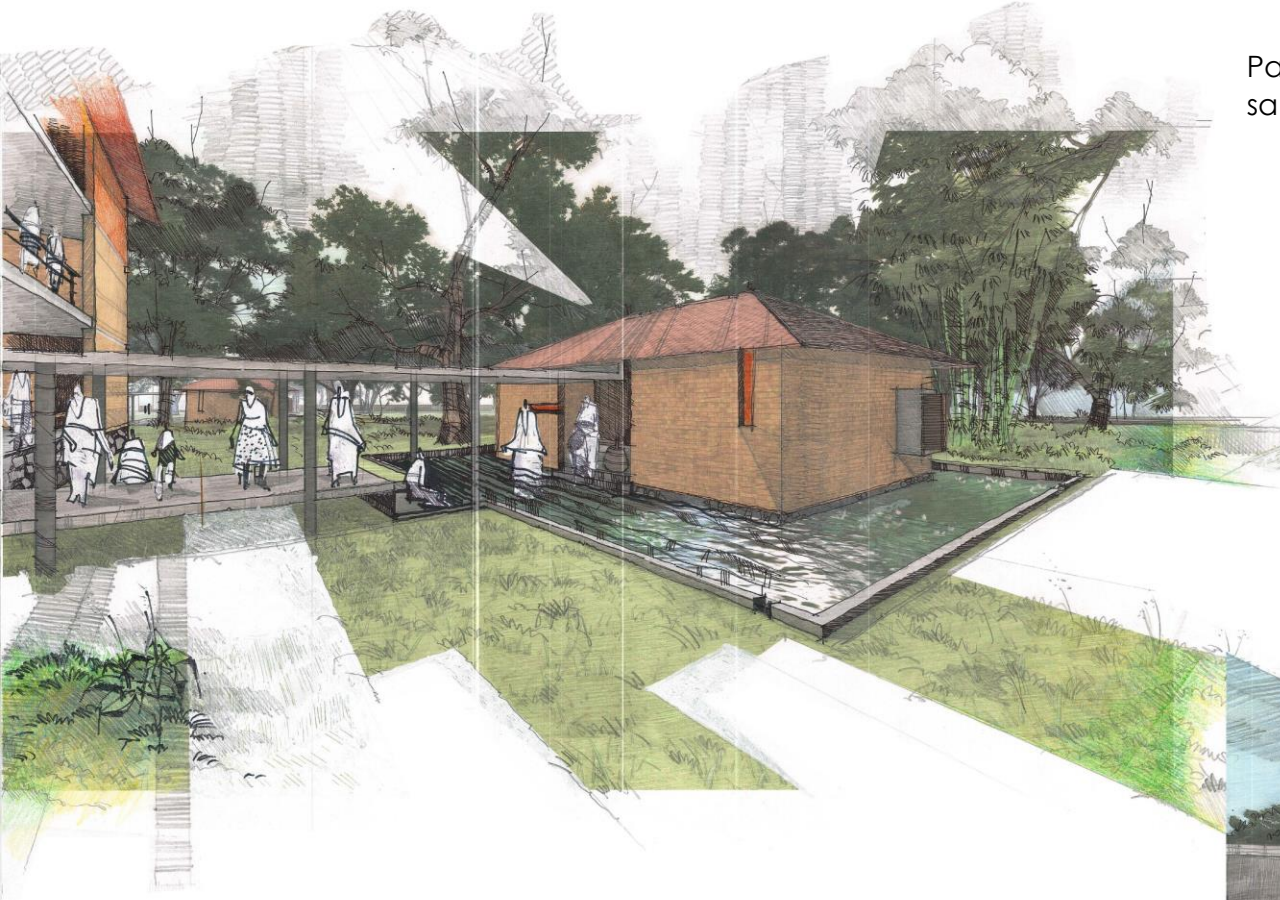


capture the view of the healing garden and the movement of the people going on the ramp from administration division area.

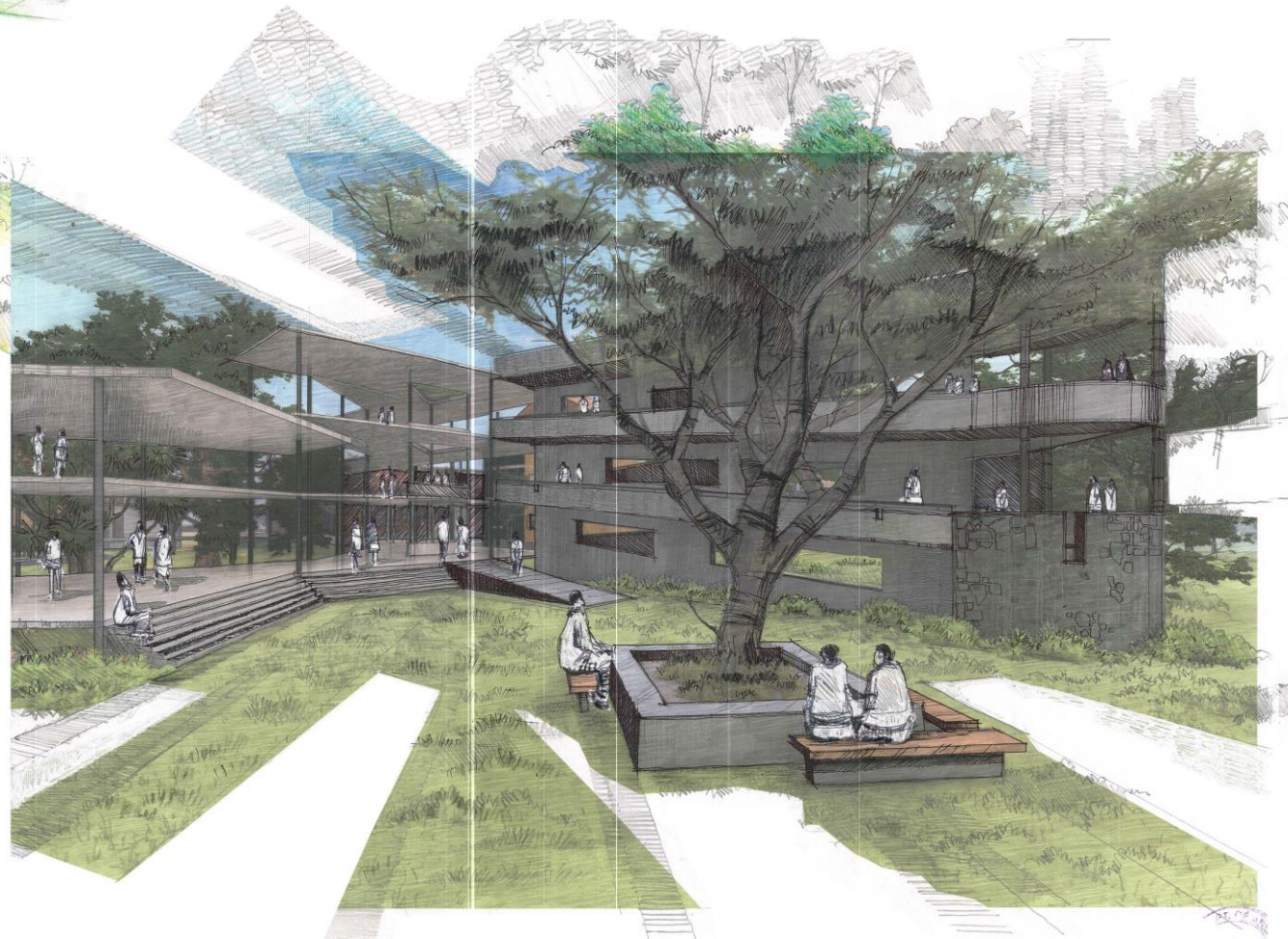


The patients', health care workers', visitors movements' on the treatment ward unit wing

Patients entering the panchakarma unit through the naturally sanitized water pond around it.



Open nurturing space area for visitors, care givers and other users of the hospital.





Regular OPD patients and visitors waiting area next to the health care core wing

Open waiting and relaxing area for the users in the middle of the healing garden (including fish therapy, walking pathways through herbal garden)



Open public nurturing space at the connection wing

