

# Beauty in Variety

*By Nabeela Hussain*

Lady of spices, the only term that will completely describe this lady, who is not only a doctor of spices such as sweet smelling cinnamon and strong cardamom but also the lady of spices in her life.

Homeopathic Practitioner, Psychological Counsellor and Author, Dr. Jeevani Hasantha Wickramatunga is proud to say that she has lived every bit that life has to offer. "There is nothing that I haven't done, I have tried out everything from photography, modelling to cooking and writing," she said with a happy smile.

How do you live a life well? Physically, mentally and spiritually? These are the questions to which she strives to provide answers to her patients.



With a homeopathic background, Dr. Jeevani says that she was not interested in homeopathy as a child. "I wanted to become a western doctor and that is what I strove for," she said. Life however had other plans for her.

Studying at Sujatha Balika Vidyalaya during her younger days she later moved on to Visakha Vidyalaya in Colombo where she became the class monitor as she was first in class.

"I couldn't do one of my papers well because I fell ill. Though my family and friends urged me to re-sit my exams I didn't do so," she said with a sad note in her voice. This led her to be selected to the science faculty but not for medicine.

It was at University of Peradeniya that she started her career as an author. Talking about her love to write, Dr. Jeevani says that she loves the variety of subjects that she has written about. Cookery, makeup, homeopathy and biology are some of the vast subjects that she has written about. The proud author of over 60 books, Dr. Jeevani is the winner of SUNFO, Jeewani Suri for the variety of subjects that she has explored and has also been given recognition from the Sri Lanka Journalists Association MACO for writing to the papers for 20 years.

"I write in Sinhala and English and about everything that I have done," she said. Though she has taken a break from her writing as she spends all her time with her patients, Dr. Jeevani says that she might re-start her writing if time permits.

After Peradeniya she got a chance to pursue homeopathy at the British Institute of Homeopathy, where she spent 3 years. "I got the chance and took it; this was when I realized what I could do and how I could help people through homeopathy," she said.

Starting her career as a Homeopathy Practitioner, Dr. Jeevani says that her father was against her providing her services free of charge. "But I did and the experience that I gathered hence was immense," she explained.

For five years Dr. Jeevani spent whatever time that she had with her patients and did not charge for the knowledge that she imparted. "There were times that I would talk to a patient for almost an hour or more and when he/she was about to leave they would ask how much the fee was. When I told them it was free, most were surprised," she said happily.

It was after this that she became interested in psychology, Dr. Jeevani says that she found the functions of the human mind very fascinating. "So I studied psychology and now I am a counsellor," she said with a happy smile.

With a hint of mystery she says that she uses hypnosis on some of her patients. "I speak to some for more than one hour and then hypnotize them, it has been effective and many of my patients have been thankful," she said.

However, she says it is her experience in life that has helped her connect with her patients. "The fact that I have studied and have experience in many fields is something else that helps me," she said.

"People can come to me for anything and they do; be it beauty culture or homeopathy," she said. Dr. Jeevani says that she has ample support from her family and friends. "They help me with everything that I need but they also give me the space and independence that I need to work," she explained.

"I would like to thank my parents and all the institutions from which I gained the knowledge that I have today," she said.

With over 70 certificates for her achievements and tons of letters from her patients, this is one lady who is an achiever in every field that she has taken to.

***Pics by Pradeep Dilrukshana***