



**YEAR OF ESTABLISHMENT**

**2017**

**Our Distinctiveness**

**We Care, We Nurture, Fostering Excellence Together.**



# Ananya College of Ayurved

Attached With Adarsh Ayurved Hospital

MANAGED BY : *Umey Mata Kanya Vidyalaya Education And Samaj Seva Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## NAAC Criteria 8 Index

### Ayurved College 8.1.13

Activities undertaken by the Institution towards practice of various procedures related to Prasuti and streeroga (uttarabasti, garbha samskara )

Sr. No.	Particular
1.	Details of availability of emergency kits and mock drill carried out to manage complications etc.
2.	SOPs of development, implementation, monitoring and revision of SOPs
3.	Activities towards improvement of clinical documentation
4.	Details of new initiations in administering Uttarabasti and following the practice of Garbhasanskara etc.
5.	Details of activities towards maintenance of quality, details of training content, frequency of training, skill development programs of therapists

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# Ananya College of Ayurved

Attached With Adarsh Ayurved Hospital

MANAGED BY: *Uttara Mitta Kalita Poddar Education and Service Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## CRITERIA 8-Part B: Ayurveda

### 8.1.13

. Describe the activities undertaken by the Institution towards practice of various procedures related to Prasuti and streeroga (uttarabasti, garbhasanskara etc.)

8.1.13.c. Details of availability of Emergency Kit and Mockdrill of Prasuti and Streeroga pdf

Sr.no.	particulars
1	Emergency Kit and Mockdrill of Prasuti and Streeroga .pdf in Year 2022-23
2	Emergency Kit and Mockdrill of Prasuti and Streeroga pdf in Year 2021-22
3	Emergency Kit and Mockdrill of Prasuti and Streeroga pdf in Year 2020-21
4	Emergency Kit and Mockdrill of Prasuti and Streeroga.pdf in Year 2019-20
5	Emergency Kit and Mockdrill of Prasuti and Streeroga .pdf in Year 2018-19

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# Ananya College of Ayurved

Attached With Adarsh Ayurved Hospital

MANAGED BY: *Ananya Maha Kalola Patidar Education and Samaj Seva Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## Details of availability of emergency kits and mock drill carried out to manage complication

YEAR-2022-2023

Uttarbasti- Possible complications - Patient may lead into anaphylactic shock. Cervical injury, vaginal injury or uterine wall injury. In case of neurogenic shock patient either goes in cardiac arrest or dies or he may fully recover.

### Emergency drugs available –

Inj. Atropine

Inj. Dopamine

Inj. Dobutamine

Inj. Phenylephrine

Inj. Hydrocortisone

Iv fluids like RL, NS, etc.

### Mock Drill- Anaphylactic shock –

Patient in anaphylactic shock due to vasovagal syncope



Patient informed to medical officer and concern authority immediately



Head low given

All vitals checked

Use of Atropine in case of severe bradycardia.

Emergency life saving drugs administration.



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# Ananya College of Ayurved

Attached With Adarsh Ayurved Hospital

MANAGED BY : *Laxmi Mata Kalyan Parashar Education And Samaj Seva Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

**Resuscitation if needed done. Extravascular fluid replacement done with RL, NS, etc.**

## Details of availability of emergency kits and mock drill carried out to manage complication YEAR-2021-2022

**Uttarbasti –**

**Possible complications-**

Patient may lead into anaphylactic shock

. Cervical injury, vaginal injury or uterine wall injury.

In case of neurogenic shock patient either goes in cardiac arrest or dies or he may fully recover.

**Emergency drugs available –**

Inj. Atropine

• Inj. Dopamine

Inj. Dobutamine

Inj. Phenylephrine

Inj. Hydrocortisone

• Iv fluids like RL,NS, etc.

**Mock Drill- Anaphylactic shock-**

Patient in anaphylactic shock due to vasovagal syncope



Patient informed to medical officer and concern authority immediately



Head low given

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# Ananya College of Ayurved

Attached With Adarsh Ayurved Hospital

MANAGED BY: *Central Maharashtra Prasthiti Education and Samaj Seva Trust*  
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All vitals checked

Use of Atropine in case of severe bradycardia. Emergency life saving drugs administration.



Resuscitation if needed done. Extravascular fluid replacement done with RL, NS, etc

Details of availability of emergency kits and mock drill carried out to manage complication  
**YEAR-2020-2021**

Uttarbasti –

Possible complications –

Patient may lead into anaphylactic shock

. Cervical injury, vaginal injury or uterine wall injury.

In case of neurogenic shock patient either goes in cardiac arrest or dies or he may fully recover.

Emergency drugs available –

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Iv fluids like RL, NS, etc.

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Patient in anaphylactic shock due to vasovagal syncope



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# Ananya College of Ayurved

Attached With Adarsh Ayurved Hospital

MANAGED BY : *Ananya Manu Kalola Patidar Education And Service Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

Resuscitation if needed done.

Extravascular fluid replacement done with RL, NS, etc.

Head low given

All vitals checked

Use of Atropine in case of severe bradycardia.

Emergency life saving drugs administration

## Details of availability of emergency kits and mock drill carried out to manage complication YEAR-2019-2020

Uttarbasti –

Possible complications –

Patient may lead into anaphylactic shock.

Cervical injury, vaginal injury or uterine wall injury.

In case of neurogenic shock patient either goes in cardiac arrest or dies or he may fully recover.

Emergency drugs available –

• Inj. Atropine

Inj. Dopamine

Inj. Dobutamine

Inj. Phenylephrine

Inj. Hydrocortisone

Iv fluids like RL, NS, etc.

  
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MANAGED BY : *Central State Kaduna District Education, And Samat State Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## Mock Drill- Anaphylactic shock-

Patient in anaphylactic shock due to vasovagal syncope



Patient informed to medical officer and concern authority immediately



Head low given

All vitals checked

Use of Atropine in case of severe bradycardia

Emergency life saving drugs administration.



Resuscitation if needed done.

Extravascular fluid replacement done with RL, NS, etc.

Details of availability of emergency kits and mock drill carried out to manage complication  
**YEAR-2018-2019**

Uttarbasti –

Possible complications –

Patient may lead into anaphylactic shock. Cervical injury, vaginal injury or uterine wall injury. In case of neurogenic shock patient either goes in cardiac arrest or dies or he may fully recover.

Emergency drugs available –

- Inj. Atropine
- Inj. Dopamine
- Inj. Dobutamine
- Inj. Phenylephrine

  
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Attached With Adarsh Ayurved Hospital

MANAGED BY *Umesh Kumar Kalita* President Education, Yashwantrao Chavan Pratishthan  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGHWAY, KALOL (N.G.)-382721.

Inj. Hydrocortisone

Iv fluids like RL, NS, etc.

## Mock Drill- Anaphylactic shock-

Patient in anaphylactic shock due to vasovagal syncope



Patient informed to medical officer and concern authority immediately



Head low given

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Resuscitation if needed done. Extravascular fluid replacement done with RL, NS, etc

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MANAGED BY : *Omaya Manu Kaviva Patidar Life Science and Social Service Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## CRITERIA 8- Part B: Ayurveda

### 8.1.13.

Describe the activities undertaken by the Institution towards practice of various procedures related to Prasuti and streeroga (uttarabasti, garbhasanskara etc.)

### 8.1.13.b. Details of New Initiations.pdf

SR.NO.	PARTICULARS
1.	New Initiations of Prasuti and Streeroga .pdf in Year 2022-23
2.	New Initiations of Prasuti and Streeroga .pdf in Year 2021-22
3.	New Initiations of Prasuti and Streeroga pdf in Year 2020-21
4.	New Initiations of Prasuti and Streeroga pdf in Year 2019-20
5.	New Initiations of Prasuti and Streeroga pdf in Year 2018-19

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MANAGED BY : *Uttara Mata Kalyan Rashtriya Education And Samaj Seva Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## New initiations in administering uttar basti and Garbh sanskar

**YEAR-2022-2023**

### Yonidhawana

#### Mode of Procedure:-

Douching (Dhawana) with decoction to vagina

#### Indication:-

- To make the vaginal canal aseptic, to treat the below condition by improving PH from alkaline to mild acidic.
- To reduce the external mucoid secretions, with the astringent property.
- Vulvo vaginal inflammatory, Infective condition and non infective leucorrhoea with or without itching and foul smell. i.e Vaginal candidiasis, Trichomonas vaginitis

#### Contraindication:-

1. Invasive carcinoma
2. Acute cervicitis
3. Past H/O radio OR chemotherapy
4. Post natal cases (upto 6 weeks)

#### Procedure of administration of drug:-

- Informed and written consent of patient.

#### Instrument

1. Examination table with leg rests,
2. Light source.
3. Pair of gloves
4. Cotton, swab, gauze
5. Sponge holding forcep.
6. Douch apparatus

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MANAGED BY - *Uma Maheshwari*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## 7. Rubber catheter

- Duration of procedure- (After complete cessation of pv bleeding) 7 to 10 days
- Duration of douching: 10-15 min
- Application site of douching - Starting from introitus to posterior fornices
- Preparation of drug -Type of drug (churna) :- Kwatha churna is taken

1. Single drug (ekeri churna)

2. Mixed drugs (Mishra churna) mixing the different drugs and name it according to its content.

Preparation of decoction (kwatha): 20 gm churna are taken in a pot and 1 litre water is added. It is heated till water reduces to 500 ml.

### Pre-requisites of procedure protocol:

1. Patient is asked to void urine
2. Patient is made to lie on the table in lithotomy position Draping done
3. The douch apparatus is filled with minimum 500 ml of luke warm decoction to which catheter is connected and kept at 5 feet distance above the patients.
4. Per speculum and per vaginal examination for clinical assessment
5. Patient is advised for abstinence during procedure

### Main procedure protocol:-

Sterile rubber catheter is inserted into vagina and with luke warm decoction douching is done. After the procedure the vulva is dried with cotton.

Post procedure care protocol:- Patient advised to lie down on the table for 5 min Patient is advised for abstinence during and after procedure

  
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Attached With Adarsh Ayurved Hospital

MANAGED BY: *Dr. M. M. Kulkarni*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGHWAY, KALOL (N.G.)-382721.

## New innovations in administering uttar basti and Garbh sanskara

- Basic knowledge regarding uttar basti like -indication, contra indication, benefits and complication
- Pre operative, operative and post operative care of uttar basti.
- To issue ANC card: Especially in Garbh sanskar, ANC card is designated to the pregnant lady with details of procedure and monthwise progression.
- Recording all the follow ups: All the follow ups are recorded so as to assure the success rate of the procedures.
- Educating the patient regarding benefits to garbhadhana vidhi, garbhini Pparicharya, garbha sanskara etc. Most of pregnant ladies especially that belongs to rural and remote areas are educated about garbhini paricharya garbha sanskar etc so as to maintain health status of mother and fetus both. Do's and don't's are properly explained as a prime objective of ANC.
- Labour counseling with pictorial representation and models. Before labour, the pregnant lady is explained the complete process, mechanism, nature of labors pains, position of fetus, cervical dilatation and head presentation etc.

## New initiations in administering uttar basti and Garbh sanskara:

YEAR-2021-2022

- Basic knowledge regarding uttar basti like -indication, contraindication, benefits and complication .
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E. Educating the patient regarding benefits to garbhadhana vidhi, garbhini paricharya, garbha sanskara etc. Most of pregnant ladies especially that belongs to rural and remote areas are educated about garbhini paricharya, garbha sanskar etc so as to maintain health status of mother and fetus both. Do's and don't's are properly explained as a prime objective of ANC.

F. Labour counseling with pictorial representation and models. Before labour, the pregnant lady is explained the complete process, mechanism, nature of labors pains, position of fetus, cervical dilatation and head presentation etc.

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MANAGED BY: *Chitra Mata Kalyan Pariksha Education And Samaj Seva Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

**New initiations in administering uttar basti and Garbh sanskara:**

**YEAR-2020-2021**

- A. Basic knowledge regarding uttar basti like-indication, contraindication, benefits and complication .
- B. Pre operative, operative and post operative care of uttar basti.
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- D. Recording all the follow ups: All the follow ups are recorded so as to assure the success rate of the procedures.
- E. Educating the patient regarding benefits to garbhadhana vidhi, garbhini paricharya, garbha sanskara etc. Most of pregnant ladies especially that belongs to rural and remote areas are educated about garbhini paricharya, garbha sanskar etc so as to maintain health status of mother and fetus both. Do's and don't's are properly explained as a prime objective of ANC.
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# Ananya College of Ayurved

Attached With Adarsh Ayurved Hospital

MANAGED BY: *Omkareshwar Kulkarni*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## **New initiations in administering uttar basti and Garbh sanskara:**

### **YEAR-2019-2020**

- A. Basic knowledge regarding uttar basti like-indication, contraindication, benefits and complication .
- B. Pre operative, operative and post operative care of uttar basti.
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Attached With Adarsh Ayurved Hospital

MANAGED BY : *Laxmi Mata Kalyan Prasad Education And Samaj Seva Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## **New intiations in administering uttar basti and Garbh sanskara:**

### **YEAR-2018-2019**

- A. Basic knowledge regarding uttar basti like-indication, contraindication, benefits and complication .
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Attached With Adarsh Ayurved Hospital

MANAGED BY : *Umesh Mehta*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## CRITERIA 8-Part B: Ayurveda

### 8.1.13.

Describe the activities undertaken by the Institution towards practice of various procedures related to Prasuti and streeroga (uttarabasti, garbhasanskara etc.)

8.1.13.e. Activities towards improvement of Clinical Documentation .pdf

Sr.no	Particulars
1	Activities towards improvement of Clinical Documentation .pdf in Year 2022-23
2	Activities towards improvement of Clinical Documentation .pdf in Year 2021-22
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# Ananya College of Ayurved

Attached With Adarsh Ayurved Hospital

MANAGED BY: *Umeyi Mata Kanya Parashurama and Sanjay Seta Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## Department of Prasuti Tantra Evum Stiroga

### Activities towards improvement of clinical documentation

YEAR-2022-2023

Clinical documentation is for improving medical record documentation for completeness, specifics, and accuracy. It includes detailing of patients and treatment

1. Providing hospital registration card to patient. UHID No. provided to every patient.
2. Maintaining separate register for central OPD.
3. 3. Patients OPD and IPD papers are sorted by date.
4. Computerized data entry of Patients name, OPD No and IPD No. as per department.
5. OPD No. valid for 1 year.
6. Maintaining separate register for Stiroga Prasutitantra OPD, IPD, Garbhasanskar and Sthanik Chikitsa (Local therapies in gynecology and obstetrics).
7. Maintaining Major and Minor procedure separate register.
8. Patients consent, anesthetic consent is attached to IPD paper before procedure. Detailing of major and minor operative procedure on IPD paper.
9. Issuing of ANC (Ante natal care) card and separate ANC register.
10. Booklet for ANC patients attending Garbhasanskar training course.
11. Maintenance of separate delivery register.
- 12 Providing separate discharge card to patient and Yeroy card is attached to IPD paper.

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## Department of Prasuti Tantra Evum Striroga

### Activities towards Improvement of clinical documentation

YEAR-2021-2022

Clinical documentation is for improving medical record documentation for completeness, specifics, and accuracy. It includes detailing of patients and treatment.

1. Providing hospital registration card to patient. UHID No. provided to every patient.
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11. Maintenance of separate delivery register.
12. Providing separate discharge card to patient and Xerox card is attached to IPD paper.

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# Ananya College of Ayurved

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MANAGED BY: *Umjay Mata Kalita Parivar Education And Samaj Seva Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## Department of Prasuti Tantra Evum Striroga

### Activities towards improvement of clinical documentation

YEAR-2020-2021


Clinical documentation is for improving medical record documentation for completeness, specifics, and accuracy. It includes detailing of patients and treatment.

1. Providing hospital registration card to patient. UHID No. provided to every patient.
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4. Computerized data entry of Patients name, OPD No and IPD No. as per department.
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## Department of Prasuti Tantra Evum Striroga

### Activities towards improvement of clinical documentation

YEAR-2019-2020

Clinical documentation is for improving medical record documentation for completeness, specifics, and accuracy. It includes detailing of patients and treatment.

1. Providing hospital registration card to patient. UHID No. provided to every patient.
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KALOL



# Ananya College of Ayurved

Attached With Adarsh Ayurved Hospital

MANAGED BY : *Umesh Mehta Kulkarni* *Public Education, And Samaj Seva Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

## Department of Prasuti Tantra Evum Striroga

### Activities towards improvement of clinical documentation

YEAR-2018-2019

Clinical documentation is for improving medical record documentation for completeness, specifics, and accuracy. It includes detailing of patients and treatment.

1. Providing hospital registration card to patient. UHID No. provided to every patient.
2. Maintaining separate register for central OPD.
3. Patients OPD and IPD papers are sorted by date
4. Computerized data entry of Patients name, OPD No and IPD No. as per department.
5. OPD No. valid for 1 year.
6. Maintaining separate register for Striroga Prasutitantra OPD, IPD, Garbhasanskar and Sthanik Chikitsa (Local therapies in gynecology and obstetrics).
7. Maintaining Major and Minor procedure separate register.
8. Patients consent, anesthetic consent is attached to IPD paper before procedure. Detailing of major and minor operative procedure on IPD paper.
9. Issuing of ANC (Ante natal care) card and separate ANC register.
10. Booklet for ANC patients attending Garbhasanskar training course.
11. Maintenance of separate delivery register.
12. Providing separate discharge card to patient and Xerox card is attached to IPD paper.

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Attached With Adarsh Ayurved Hospital

MANAGED BY : *Omprakash Kulkarni* *Prashant Education And Samaj Seva Trust*  
KIRC CAMPUS, AHMEDABAD MEHSANA HIGH WAY, KALOL (N.G.)-382721.

Sr.no.	procedure	Jun 2018 to May 2019	Jun 2019 to May 2020	Jun 2020 to May 2021	Jun 2021 to May 2022	Jun 2022 to May 2023	Jun 2022 to May 2023
1.	Garbhsanskar	34	21	17	242	152	93
2.	Uttarbasti	00	32	08	36	26	302
	Total	34	53	25	278	178	395

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## SOP OF GARBHA SAMSKARA

YEAR-2019-2020

What is Garbha Samskara?

Garbha Samskara includes all the efforts undertaken to conceive & get a best progeny.

Garbha Samskara is a unique scientific way of planning the pregnancy to achieve healthy baby.

It has benefits both to mother & baby

The goal of Garbha Samskara is to ensure healthy & happy motherhood during pregnancy & healthy baby at the end of pregnancy.

It includes adoption of Ayurveda, Yoga, Sangeetha & other Indian sciences to achieve this goal.

Garbha Samskara includes,

- Garbhadana Poorva Samskara - Pre-Conception care
- Garbhaadana Samskara - During Conception
- Sagarbha Samskara - Antenatal / During Pregnancy
- Samskara To Garbha - To Fetus

The Process of Garbha Samskara Comprises:

**Counseling of Couple:** The physical & mental preparation of couples body & mind before conception

**Antenatal Care** - diet & routine to be followed during pregnancy by expectant mother Medicines if necessary to support pregnancy of treat any complications during pregnancy

**Care During Delivery**

**Post Natal Care**

**Neonatal Care**

**Paediatric Care**

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❖ **Yoga Session:**

- Pranayama For Nadi Shuddhi Before Conception
- Asanas For Each Month For Proper Fetal Development
- Pranayama During Pregnancy


❖ **Sangeetha (Music therapy):**

- Which Raga Has To Be Heard In What Month Of Pregnancy
- Which Kind Of Instrument Has To Be Heard & At What Time

  
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## SOP Of Uttarbasti, Yoni Dhawana, Yoni Pichu

### 1. Uttarbasti

Mode of procedure: -Instillation of medicated oil/ghee in uterus.

Indications:-

1. Infertility
2. Dysfunctional uterine bleeding
3. Amenorrhera
4. Dysmenorrhea
5. Hypomenorrhea
6. Tubal block

Contraindications:-

1. Ca Cervix
2. Unmarried
3. Presence of active pelvic & vaginal infection
4. Presence of heavy vagina bleeding
5. Vescico-vaginal fistula
6. All viral and bacterial genital infections

Instruments :-( all autoclaved)

1. Dispovan 2cc
2. IUI cannula
3. Cusco's speculum
4. Uterine sound
5. Tampon
6. Basti Dravya
7. Gloves

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*Suresh*  
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8. Cotton

9. Decoction of triphala churna

Pre-requisites of the procedure Protocol:-

Time of administration: After 5th day of menses to 9th day.

Dose:-2 ml

Time required for introducing the drug: - 5 min

Inform Consent

- Matrabasti will be given on 1st day after food. Next day (2nd day) Niruha basti will be given before food followed by uttarabasti after food.
- With all aseptic precautions procedure will be performed in minor OT/ procedure room.
- Patient is advised to empty the bladder and then dorsal position is given.
- Vaginal douche with Triphala decoction will be given which is followed by uttarabasti.
- Routine p/v examination will be performed in order to assess the size, shape, position of uterus.
- IUI cannula is connected to air removed syringe filled with basti dravya.
- Patient is advised for abstinence during procedure.

Main procedure Protocol:-

- \* Cusco's speculum is introduced in vagina.
- \* IUI cannula is then inserted into cervical canal beyond internal os.
- \* Lukewarm Basti dravya is injected.
- \* Withdrawal of IUI cannula and Cusco's speculum is done.

Post Procedure protocol:-

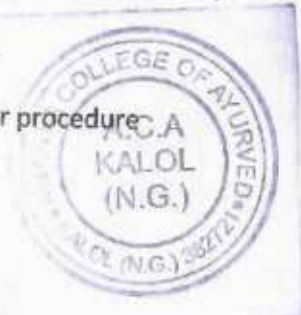
- \* Patient lies on bed with crossed legs for 1 hour.
- \* A sterilized tampon soaked in same medicated oil is kept in vagina for 1 hour.


Temperature, pulse, B.P. is monitored.

- \* Patient is advised for abstinence after procedure.

  
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Complication:- Abdominal pain

Expected management:-

- 1) Hot water bag over abdomen
- 2) Analgesics

## 2. Yoni Pichu

Mode of Procedure- Placing a Tampon soaked in medicinal oil or ghee.

Indication:-

Gynecology:

- 1) 1st & 2nd degree uterine prolapsed.
- 2) Cystocele (Bladder Prolapse).
- 3) Rectocele (Rectal Prolapse).
- 4) Post menopausal vaginal dryness.
- 5) Dyspareunia(Painful Coitus).

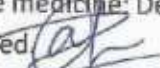
Obstetrical:

1. In 9th month of pregnancy
2. Threatened Abortion.

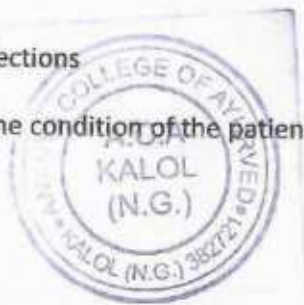
Contraindication:-


1. Ca Cervix
2. Unmarried
3. Presence of active pelvic & vaginal infection
4. Presence of heavy vagina bleeding
5. Vesico-vaginal fistula
6. All viral and bacterial genital infections

Selection of the medicine: Depending on the condition of the patient, medicated decoctions, oil or ghee are selected.

  
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**Instruments:**

- 1) Examination table with leg rests.
- 3) Pair of gloves.
- 4) Cotton swab, Gauze.
- 5) Sponge holding forceps.

**Time of Administration:** After total cessation of menstrual bleeding, from 5-10 days.

**Duration of treatment:-** 7 Days

**Duration of Tampon:-** 2 hrs.

**Shapes of Tampons:-**

- 1). Circular-1 inch length & breadth.
- 2) Elongated 1 finger breadth & 4 fingers long.

**Site of placing of Tampons:-**

At the site of cervix elongated placing of tampon.

Cervix- Circular placing of tampon.

**Preparation of Tampon :**

Tampon is made up of cotton swab is wrapped with gauze piece & tied with long thread

**Pre-requisites of Procedure Protocol:-**

- Inform consent
- Autoclaved tampon should be used.
- Patient should be given Supine position with knees flexed.
- Routine gynecological p/s, p/v examination.
- Before procedure vaginal pH will be measured.
- Patient is advised for abstinence during procedure

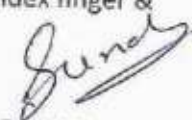
**Main Procedure Protocol:**

\* The sterile tampon soaked in medicated oil/ ghee is inserted into the vagina with index finger & thread of the tampon is kept out for easy removal.

  
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Post-Procedure Protocol:-

- \* Patient lies on bed in supine position for 10 min.
- \* After total completion of procedure vaginal pH will be measured.
- \* Patient is advised for abstinence after procedure

**3. Yonidhawana-**

Mode of Procedure:- Douching (Dhawana) with decoction to vagina

Indication:-

To make the vaginal canal aseptic, to treat the below condition by improving PH from alkaline to mild acidic.

- \* To reduce the external mucoid secretions, with the astringent property.
- \* Vulvo vaginal inflammatory, Infective condition and non infective leucorrhoea with or without itching and foul smell. i.e Vaginal candidiasis, Trichomonas vaginitis

Contraindication:-

1. Invasive carcinoma
2. Acute cervicitis
3. Past H/O radio OR chemotherapy
4. Post natal cases (upto 6 weeks)

Procedure of administration of drug:-

- \* Informed and written consent of patient.


\* Instrument

1. Examination table with leg rests,
2. Light source.
3. Pair of gloves.
4. Cotton, swab, gauze.

  
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5. Sponge holding forcep.
6. Douch apparatus
7. Rubber catheter

\* Duration of procedure :- (After complete cessation of pv bleeding) 7 to 10 days

\* Duration of douching :- 10-15 min

\* Application site of douching :- Starting from introitus to posterior fornices

\* Preparation of drug -Type of drug (churna) :- Kwatha churna is taken

1. Single drug (ekeri churna)

2. Mixed drugs (Mishra churna) - mixing the different drugs and name it according to its content

Preparation of decoction (kwatha): 20 gm churna are taken in a pot and 1 litre water is added. It is heated till water reduces to 500 ml.

Pre-requisites of procedure protocol:

1. Patient is asked to void urine
2. Patient is made to lie on the table in lithotomy position Draping done
3. The douch apparatus is filled with minimum 500 ml of luke warm decoction to which catheter is connected and kept at 5 feet distance above the patients.
4. Per speculum and per vaginal examination for clinical assessment
5. Patient is advised for abstinence during procedure

Main procedure protocol:-

Sterile rubber catheter is inserted into vagina and with luke warm decoction douching is done. After the procedure the vulva is dried with cotton.


Post procedure care protocol:-

Patient advised to lie down on the table for 5 min Patient is advised for abstinence during and after procedure.

  
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**Care During Delivery**

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**Neonatal Care**

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❖ **Yoga Session:**

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- Asanas For Each Month For Proper Fetal Development
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Indications:-

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3. Amenorrhera
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5. Hypomenorrhea
6. Tubal block

Contraindications:-

1. Ca Cervix
2. Unmarried
3. Presence of active pelvic & vaginal infection
4. Presence of heavy vagina bleeding
5. Vescico-vaginal fistula
6. All viral and bacterial genital infections

Instruments :- ( all autoclaved)

1. Dispovan 2cc
2. IUI cannula
3. Cusco's speculum
4. Uterine sound
5. Tampon
6. Basti Dravya
7. Gloves

  
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8. Cotton

9. Decoction of triphala churna

Pre-requisites of the procedure Protocol:-

Time of administration: After 5th day of menses to 9th day.

Dose:-2 ml

Time required for introducing the drug: - 5 min

Inform Consent

- Matrabasti will be given on 1st day after food. Next day (2nd day) Niruha basti will be given before food followed by uttarabasti after food.
- With all aseptic precautions procedure will be performed in minor OT/ procedure room.
- Patient is advised to empty the bladder and then dorsal position is given.
- Vaginal douche with Triphala decoction will be given which is followed by uttarabasti.
- Routine p/v examination will be performed in order to assess the size, shape, position of uterus.
- IUI cannula is connected to air removed syringe filled with basti dravya.
- Patient is advised for abstinence during procedure.

Main procedure Protocol:-

- \* Cusco's speculum is introduced in vagina.
- \* IUI cannula is then inserted into cervical canal beyond internal os.
- \* Lukewarm Basti dravya is injected.
- \* Withdrawal of IUI cannula and Cusco's speculum is done.

Post Procedure protocol:-

- \* Patient lies on bed with crossed legs for 1 hour.
- \* A sterilized tampon soaked in same medicated oil is kept in vagina for 1 hour.

Temperature, pulse, B.P. is monitored.

- \* Patient is advised for abstinence after procedure

  
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Complication:- Abdominal pain

Expected management:-

- 1) Hot water bag over abdomen
- 2) Analgesics

## 2. Yoni Pichu

Mode of Procedure- Placing a Tampon soaked in medicinal oil or ghee.

Indication:-

Gynecology:

- 1) 1st & 2nd degree uterine prolapsed.
- 2) Cystocele (Bladder Prolapse).
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Obstetrical:

1. In 9th month of pregnancy
2. Threatened Abortion.

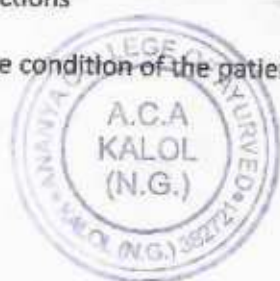
Contraindication:-

1. Ca Cervix
2. Unmarried
3. Presence of active pelvic & vaginal infection
4. Presence of heavy vagina bleeding
5. Vescico-vaginal fistula
6. All viral and bacterial genital infections

Selection of the medicine: Depending on the condition of the patient, medicated decoctions, oil, or ghee are selected.

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Instruments:

- 1) Examination table with leg rests.
- 3) Pair of gloves.
- 4) Cotton swab, Gauze.
- 5) Sponge holding forceps.

Time of Administration: After total cessation of menstrual bleeding, from 5-10 days.

Duration of treatment:- 7 Days

Duration of Tampon:- 2 hrs.

Shapes of Tampons:-

- 1). Circular-1 inch length & breadth.
- 2) Elongated 1 finger breadth & 4 fingers long.

Site of placing of Tampons:-

At the site of cervix elongated placing of tampon.

Cervix- Circular placing of tampon.

Preparation of Tampon :

Tampon is made up of cotton swab is wrapped with gauze piece & tied with long thread

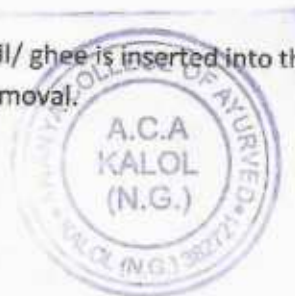
**Pre-requisites of Procedure Protocol:-**


- Inform consent
- Autoclaved tampon should be used.
- Patient should be given Supine position with knees flexed.
- Routine gynecological p/s, p/v examination.
- Before procedure vaginal pH will be measured.
- Patient is advised for abstinence during procedure

Main Procedure Protocol:

\* The sterile tampon soaked in medicated oil/ ghee is inserted into the vagina with index finger & thread of the tampon is kept out for easy removal.

  
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Post-Procedure Protocol:-

- \* Patient lies on bed in supine position for 10 min.
- \* After total completion of procedure vaginal pH will be measured.
- \* Patient is advised for abstinence after procedure

### 3. Yonidhawana-

Mode of Procedure:- Douching (Dhawana) with decoction to vagina

Indication:-

To make the vaginal canal aseptic, to treat the below condition by improving PH from alkaline to mild acidic.

- \* To reduce the external mucoid secretions, with the astringent property.
- \* Vulvo vaginal inflammatory, Infective condition and non infective leucorrhoea with or without itching and foul smell. i.e Vaginal candidiasis, Trichomonas vaginitis

Contraindication:-

1. Invasive carcinoma
2. Acute cervicitis
3. Past H/O radio OR chemotherapy
4. Post natal cases (upto 6 weeks)

Procedure of administration of drug:-

- \* Informed and written consent of patient.


\* Instrument

1. Examination table with leg rests,
2. Light source.
3. Pair of gloves.
4. Cotton, swab, gauze.

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5. Sponge holding forcep.

6. Douch apparatus

7. Rubber catheter

\* Duration of procedure :- (After complete cessation of pv bleeding) 7 to 10 days

\* Duration of douching :- 10-15 min

\* Application site of douching :- Starting from introitus to posterior fornices

\* Preparation of drug -Type of drug (churna) :- Kwatha churna is taken

1. Single drug (ekeri churna)

2. Mixed drugs (Mishra churna) - mixing the different drugs and name it according to its content

Preparation of decoction (kwatha): 20 gm churna are taken in a pot and 1 litre water is added. It is heated till water reduces to 500 ml.

Pre-requisites of procedure protocol:

1. Patient is asked to void urine
2. Patient is made to lie on the table in lithotomy position Draping done
3. The douch apparatus is filled with minimum 500 ml of luke warm decoction to which catheter is connected and kept at 5 feet distance above the patients.
4. Per speculum and per vaginal examination for clinical assessment
5. Patient is advised for abstinence during procedure

Main procedure protocol:-

Sterile rubber catheter is inserted into vagina and with luke warm decoction douching is done. After the procedure the vulva is dried with cotton.

Post procedure care protocol:-

Patient advised to lie down on the table for 5 min Patient is advised for abstinence during and after procedure.

  
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8. Cotton

9. Decoction of triphala churna

Pre-requisites of the procedure Protocol:-

Time of administration: After 5th day of menses to 9th day.

Dose:-2 ml

Time required for introducing the drug: - 5 min

Inform Consent

- Matrabasti will be given on 1st day after food. Next day (2nd day) Niruha basti will be given before food followed by uttarabasti after food.
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- Routine p/v examination will be performed in order to access the size, shape, position of uterus.
- IUI cannula is connected to air removed syringe filled with basti dravya.
- Patient is advised for abstinence during procedure.

Main procedure Protocol:-

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- \* IUI cannula is then inserted into cervical canal beyond internal os.
- \* Lukewarm Basti dravya is injected.
- \* Withdrawal of IUI cannula and Cusco's speculum is done.

Post Procedure protocol:-

- \* Patient lies on bed with crossed legs for 1 hour.
- \* A sterilized tampon soaked in same medicated oil is kept in vagina for 1 hour.

Temperature, pulse, B.P. is monitored.

- \* Patient is advised for abstinence after procedure

  
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**Instruments:**

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- 3) Pair of gloves.
- 4) Cotton swab, Gauze.
- 5) Sponge holding forceps.

**Time of Administration:** After total cessation of menstrual bleeding, from 5-10 days.

**Duration of treatment:-** 7 Days

**Duration of Tampon:-** 2 hrs.

**Shapes of Tampons:-**

- 1). Circular-1 inch length & breadth.
- 2) Elongated 1 finger breadth & 4 fingers long.

**Site of placing of Tampons:-**

At the site of cervix elongated placing of tampon.

Cervix- Circular placing of tampon.

**Preparation of Tampon :**

Tampon is made up of cotton swab is wrapped with gauze piece & tied with long thread

**Pre- requisities of Procedure Protocol:-**

- Inform consent
- Autoclaved tampon should be used.
- Patient should be given Supine position with knees flexed.
- Routine gynecological p/s, p/v examination.
- Before procedure vaginal pH will be measured.
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Post-Procedure Protocol:-

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**3. Yonidhawana-**

Mode of Procedure:- Douching (Dhawana) with decoction to vagina

Indication:-

To make the vaginal canal aseptic, to treat the below condition by improving PH from alkaline to mild acidic.

- \* To reduce the external mucoid secretions, with the astringent property.
- \* Vulvo vaginal inflammatory, Infective condition and non infective leucorrhoea with or without itching and foul smell. I.e Vaginal candidiasis, Trichomonas vaginitis

Contraindication:-

1. Invasive carcinoma
2. Acute cervicitis
3. Past H/O radio OR chemotherapy
4. Post natal cases (upto 6 weeks)

Procedure of administration of drug:-


- \* Informed and written consent of patient.

\* Instrument

1. Examination table with leg rests,
2. Light source.
3. Pair of gloves.
4. Cotton, swab, gauze.

  
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5. Sponge holding forcep.

6. Douch apparatus

7. Rubber catheter

\* Duration of procedure :- (After complete cessation of pv bleeding) 7 to 10 days

\* Duration of douching :- 10-15 min

\* Application site of douching :- Starting from introitus to posterior fornices

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Preparation of decoction (kwatha): 20 gm churna are taken in a pot and 1 litre water is added. It is heated till water reduces to 500 ml.

Pre-requisites of procedure protocol:


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4. Per speculum and per vaginal examination for clinical assessment
5. Patient is advised for abstinence during procedure

Main procedure protocol:-


Sterile rubber catheter is inserted into vagina and with luke warm decoction douching is done. After the procedure the vulva is dried with cotton.

Post procedure care protocol:-

Patient advised to lie down on the table for 5 min Patient is advised for abstinence during and after procedure.

  
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## SOP OF GARBHA SAMSKARA

YEAR-2020-2021

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It includes adoption of Ayurveda, Yoga, Sangeetha & other Indian sciences to achieve this goal.

Garbha Samskara includes,

- Garbhadana Poorva Samskara - Pre-Conception care
- Garbhaadana Samskara - During Conception
- Sagarbha Samskara - Antenatal / During Pregnancy
- Samskara To Garbha - To Fetus

The Process of Garbha Samskara Comprises:

**Counseling of Couple:** The physical & mental preparation of couples body & mind before conception

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**Care During Delivery**

**Post Natal Care**

**Neonatal Care**

**Paediatric Care**

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*James*  
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❖ **Yoga Session:**

- Pranayama For Nadi Shuddhi Before Conception
- Asanas For Each Month For Proper Fetal Development
- Pranayama During Pregnancy

❖ **Sangeetha (Music therapy):**

- Which Raga Has To Be Heard In What Month Of Pregnancy
- Which Kind Of Instrument Has To Be Heard & At What Time

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*[Handwritten Signature]*

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## SOP Of Uttarbasti, Yoni Dhawana, Yoni Pichu

### 1. Uttarbasti

Mode of procedure: -Instillation of medicated oil/ghee in uterus.

Indications:-


1. Infertility
2. Dysfunctional uterine bleeding
3. Amenorrhera
4. Dysmenorrhea
5. Hypomenorrhea
6. Tubal block

Contraindications:-


1. Ca Cervix
2. Unmarried
3. Presence of active pelvic & vaginal infection
4. Presence of heavy vagina bleeding
5. Vescico-vaginal fistula
6. All viral and bacterial genital infections

Instruments :-( all autoclaved)

1. Dispovan 2cc
2. IUI cannula
3. Cusco's speculum
4. Uterine sound
5. Tampon
6. Basti Dravya
7. Gloves

  
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8. Cotton

9. Decoction of triphala churna

Pre-requisites of the procedure Protocol:-

Time of administration: After 5th day of menses to 9th day.

Dose:-2 ml

Time required for introducing the drug: - 5 min

Inform Consent

- Matrabasti will be given on 1st day after food. Next day (2nd day) Niruha basti will be given before food followed by uttarabasti after food.
- With all aseptic precautions procedure will be performed in minor OT/ procedure room.
- Patient is advised to empty the bladder and then dorsal position is given.
- Vaginal douche with Triphala decoction will be given which is followed by uttarabasti.
- Routine p/v examination will be performed in order to assess the size, shape, position of uterus.
- IUI cannula is connected to air removed syringe filled with basti dravya.
- Patient is advised for abstinence during procedure.

Main procedure Protocol:-

- \* Cusco's speculum is introduced in vagina.
- \* IUI cannula is then inserted into cervical canal beyond internal os.
- \* Lukewarm Basti dravya is injected.
- \* Withdrawal of IUI cannula and Cusco's speculum is done.

Post Procedure protocol:-

- \* Patient lies on bed with crossed legs for 1 hour.
- \* A sterilized tampon soaked in same medicated oil is kept in vagina for 1 hour.


Temperature, pulse, B.P. is monitored.

- \* Patient is advised for abstinence after procedure

  
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Complication:- Abdominal pain

Expected management:-

- 1) Hot water bag over abdomen
- 2) Analgesics

## 2. Yoni Pichu

Mode of Procedure- Placing a Tampon soaked in medicinal oil or ghee.

Indication:-

Gynecology:

- 1) 1st & 2nd degree uterine prolapsed.
- 2) Cystocele (Bladder Prolapse).
- 3) Rectocele (Rectal Prolapse).
- 4) Post menopausal vaginal dryness.
- 5) Dyspareunia(Painful Coitus).

Obstetrical:

1. In 9th month of pregnancy
2. Threatened Abortion.

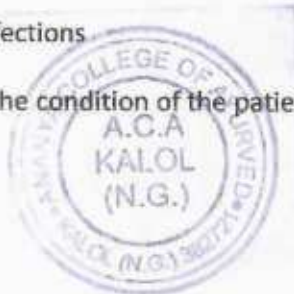
Contraindication:-

1. Ca Cervix
2. Unmarried
3. Presence of active pelvic & vaginal infection
4. Presence of heavy vagina bleeding
5. Vescico-vaginal fistula
6. All viral and bacterial genital infections

Selection of the medicine: Depending on the condition of the patient, medicated decoctions or oil or ghee are selected.

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Instruments:

- 1) Examination table with leg rests.
- 3) Pair of gloves.
- 4) Cotton swab, Gauze.
- 5) Sponge holding forceps.

Time of Administration: After total cessation of menstrual bleeding, from 5-10 days.

Duration of treatment:- 7 Days

Duration of Tampon:- 2 hrs.

Shapes of Tampons:-

- 1). Circular-1 inch length & breadth.
- 2) Elongated 1 finger breadth & 4 fingers long.

Site of placing of Tampons:-

At the site of cervix elongated placing of tampon.

Cervix- Circular placing of tampon.

Preparation of Tampon :

Tampon is made up of cotton swab is wrapped with gauze piece & tied with long thread

**Pre- requisities of Procedure Protocol:-**

- Inform consent
- Autoclaved tampon should be used.
- Patient should be given Supine position with knees flexed.
- Routine gynecological p/s, p/v examination.
- Before procedure vaginal pH will be measured.
- Patient is advised for abstinence during procedure

Main Procedure Protocol:

\* The sterile tampon soaked in medicated oil/ ghee is inserted into the vagina with index finger & thread of the tampon is kept out for easy removal.

  
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Post-Procedure Protocol:-

- \* Patient lies on bed in supine position for 10 min.
- \* After total completion of procedure vaginal pH will be measured.
- \* Patient is advised for abstinence after procedure

**3. Yonidhawana-**

Mode of Procedure:- Douching (Dhawana) with decoction to vagina

Indication:-

To make the vaginal canal aseptic, to treat the below condition by improving PH from alkaline to mild acidic.

- \* To reduce the external mucoid secretions, with the astringent property.
- \* Vulvo vaginal inflammatory, Infective condition and non infective leucorrhoea with or without itching and foul smell. i.e Vaginal candidiasis, Trichomonas vaginitis

Contraindication:-


1. Invasive carcinoma
2. Acute cervicitis
3. Past H/O radio OR chemotherapy
4. Post natal cases (upto 6 weeks)

Procedure of administration of drug:-


- \* Informed and written consent of patient.

\* Instrument

1. Examination table with leg rests,
2. Light source.
3. Pair of gloves.
4. Cotton, swab, gauze.

  
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5. Sponge holding forcep.

6. Douch apparatus

7. Rubber catheter

\* Duration of procedure :- (After complete cessation of pv bleeding) 7 to 10 days

\* Duration of douching :- 10-15 min

\* Application site of douching :- Starting from introitus to posterior fornices

\* Preparation of drug -Type of drug (churna) :- Kwatha churna is taken

1. Single drug (ekeri churna)

2. Mixed drugs (Mishra churna) - mixing the different drugs and name it according to its content

Preparation of decoction (kwatha): 20 gm churna are taken in a pot and 1 litre water is added. It is heated till water reduces to 500 ml.

Pre-requisites of procedure protocol:

1. Patient is asked to void urine
2. Patient is made to lie on the table in lithotomy position Draping done
3. The douch apparatus is filled with minimum 500 ml of luke warm decoction to which catheter is connected and kept at 5 feet distance above the patients.
4. Per speculum and per vaginal examination for clinical assessment
5. Patient is advised for abstinence during procedure

Main procedure protocol:-


Sterile rubber catheter is inserted into vagina and with luke warm decoction douching is done. After the procedure the vulva is dried with cotton.

Post procedure care protocol:-

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YEAR-2019-2020

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- Asanas For Each Month For Proper Fetal Development
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Mode of procedure: -Instillation of medicated oil/ghee in uterus.

Indications:-

1. Infertility
2. Dysfunctional uterine bleeding
3. Amenorrhoea
4. Dysmenorrhoea
5. Hypomenorrhoea
6. Tubal block

Contraindications:-

1. Ca Cervix
2. Unmarried
3. Presence of active pelvic & vaginal infection
4. Presence of heavy vagina bleeding
5. Vesico-vaginal fistula
6. All viral and bacterial genital infections

Instruments :-( all autoclaved)

1. Dispovan 2cc
2. IUI cannula
3. Cusco's speculum
4. Uterine sound
5. Tampon
6. Basti Dravya
7. Gloves

  
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8. Cotton

9. Decoction of triphala churna

Pre-requisites of the procedure Protocol:-

Time of administration: After 5th day of menses to 9th day.

Dose:-2 ml

Time required for introducing the drug: - 5 min

Inform Consent

- Matrabasti will be given on 1st day after food. Next day (2nd day) Niruha basti will be given before food followed by uttarabasti after food.
- With all aseptic precautions procedure will be performed in minor OT/ procedure room.
- Patient is advised to empty the bladder and then dorsal position is given.
- Vaginal douche with Triphala decoction will be given which is followed by uttarabasti.
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Main procedure Protocol:-


- \* Cusco's speculum is introduced in vagina.
- \* IUI cannula is then inserted into cervical canal beyond internal os.
- \* Lukewarm Basti dravya is injected.
- \* Withdrawal of IUI cannula and Cusco's speculum is done.

Post Procedure protocol:-

- \* Patient lies on bed with crossed legs for 1 hour.
- \* A sterilized tampon soaked in same medicated oil is kept in vagina for 1 hour.

Temperature, pulse, B.P. is monitored.

- \* Patient is advised for abstinence after procedure

  
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Complication:- Abdominal pain

Expected management:-

- 1) Hot water bag over abdomen
- 2) Analgesics

## 2. Yoni Pichu

Mode of Procedure- Placing a Tampon soaked in medicinal oil or ghee.

Indication:-

Gynecology:

- 1) 1st & 2nd degree uterine prolapsed.
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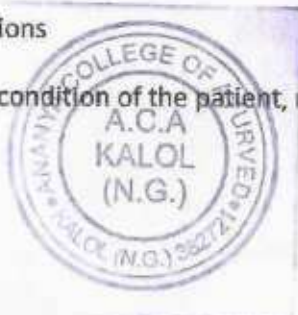
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Selection of the medicine: Depending on the condition of the patient, medicated decoctions, oil or ghee are selected.

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**Instruments:**

- 1) Examination table with leg rests.
- 3) Pair of gloves.
- 4) Cotton swab, Gauze.
- 5) Sponge holding forceps.

**Time of Administration:** After total cessation of menstrual bleeding, from 5-10 days.

**Duration of treatment:-** 7 Days

**Duration of Tampon:-** 2 hrs.

**Shapes of Tampons:-**

- 1). Circular-1 inch length & breadth.
- 2) Elongated 1 finger breadth & 4 fingers long.

**Site of placing of Tampons:-**

At the site of cervix elongated placing of tampon.

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**Preparation of Tampon :**

Tampon is made up of cotton swab is wrapped with gauze piece & tied with long thread

**Pre- requisities of Procedure Protocol:-**

- Inform consent
- Autoclaved tampon should be used.
- Patient should be given Supine position with knees flexed.
- Routine gynecological p/s, p/v examination.
- Before procedure vaginal pH will be measured.
- Patient is advised for abstinence during procedure

**Main Procedure Protocol:**

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**Post-Procedure Protocol:-**

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**3. Yonidhawana-**

**Mode of Procedure:-** Douching (Dhawana) with decoction to vagina

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**Contraindication:-**

1. Invasive carcinoma
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4. Post natal cases (upto 6 weeks)

**Procedure of administration of drug:-**

- \* Informed and written consent of patient.

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YEAR-2018-2019

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6. Tubal block

Contraindications:-

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2. Unmarried
3. Presence of active pelvic & vaginal infection
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6. All viral and bacterial genital infections

Instruments :-( all autoclaved)

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8. Cotton

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Pre-requisites of the procedure Protocol:-

Time of administration: After 5th day of menses to 9th day.

Dose:-2 ml

Time required for introducing the drug: - 5 min

Inform Consent

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- With all aseptic precautions procedure will be performed in minor OT/ procedure room.
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- IUI cannula is connected to air removed syringe filled with basti dravya.
- Patient is advised for abstinence during procedure.

Main procedure Protocol:-

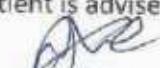
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- \* Lukewarm Basti dravya is injected.
- \* Withdrawal of IUI cannula and Cusco's speculum is done.

Post Procedure protocol:-

- \* Patient lies on bed with crossed legs for 1 hour.
- \* A sterilized tampon soaked in same medicated oil is kept in vagina for 1 hour.

Temperature, pulse, B.P. is monitored.

- \* Patient is advised for abstinence after procedure

  
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Complication:- Abdominal pain

Expected management:-

- 1) Hot water bag over abdomen
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Mode of Procedure- Placing a Tampon soaked in medicinal oil or ghee.

Indication:-

Gynecology:

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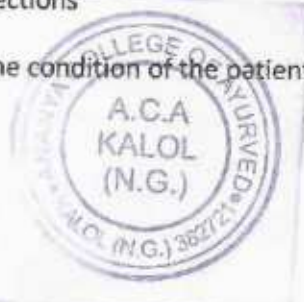
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Selection of the medicine: Depending on the condition of the patient, medicated decoctions, oil or ghee are selected.

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At the site of cervix elongated placing of tampon.

Cervix- Circular placing of tampon.

**Preparation of Tampon :**

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**Pre- requisities of Procedure Protocol:-**

- Inform consent
- Autoclaved tampon should be used.
- Patient should be given Supine position with knees flexed.
- Routine gynecological p/s, p/v examination.
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Contraindication:-

1. Invasive carcinoma
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Procedure of administration of drug:-

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5. Sponge holding forcep.

6. Douch apparatus

7. Rubber catheter

\* Duration of procedure :- (After complete cessation of pv bleeding) 7 to 10 days

\* Duration of douching :- 10-15 min

\* Application site of douching :- Starting from introitus to posterior fornices

\* Preparation of drug -Type of drug (churna) :- Kwatha churna is taken

1. Single drug (ekeri churna)

2. Mixed drugs (Mishra churna) - mixing the different drugs and name it according to its content

Preparation of decoction (kwatha): 20 gm churna are taken in a pot and 1 litre water is added. It is heated till water reduces to 500 ml.

Pre-requisites of procedure protocol:

1. Patient is asked to void urine
2. Patient is made to lie on the table in lithotomy position Draping done
3. The douch apparatus is filled with minimum 500 ml of luke warm decoction to which catheter is connected and kept at 5 feet distance above the patients.
4. Per speculum and per vaginal examination for clinical assessment
5. Patient is advised for abstinence during procedure

Main procedure protocol:-

Sterile rubber catheter is inserted into vagina and with luke warm decoction douching is done. After the procedure the vulva is dried with cotton.

Post procedure care protocol:-

Patient advised to lie down on the table for 5 min Patient is advised for abstinence during and after procedure.

  
IQAC COORDINATOR

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