

8.1.13-3,4
(25)

SETH GOVINDJI RAOJI AYURVED MAHAVIDYALAYA, SOLAPUR.

PRASUTITANTRA AND STREEROG DEPARTMENT.

In our institution, under the department of Streeroga and Prasutitantra department, we carry out the different procedures like *yoni pichudharna*, *yonidhavan*, *matrabasti* to cure diseases like *shwetapradar*, *karniniyonivyapad*, *prastransini yonivyapada* etc. We treat infertility and tubal blockage cases through *panchkarma* followed by *uttarbasti* and have seen wonderful results in it. The procedure of *Matra basti* is carried out to cure *yonivyapada* like *Udavartini* ie. Dysmenorrhoea.

Not only in the Streeroga but we also follow *Sutika paricharya* by following *yonidhavan* and *yonidhupan* in our indoor department of the delivered patients. We try to implement more classical ways of treating the diseases and trying to make new inventions and techniques in following those procedures. The students studying post-graduation are sent to various workshops to learn the new ideas and apply the same.

To educate the *Garbhinis* and put forward the classical *garbhini paricharya*. We have undertaken classes of *Garbhasanskar*. In which we educate women's before the conception, explain them about *Garbhadhan Vidhi* and preconception *panchkarma* benefits. We give a wholistic approach to *garbhasanskara* by including a good nutritional diet structure according to *Samhitas* and modern science having *masanumasik ahar paricharya*. We also take practical sessions of *yogasanas* and *pranayamas* including meditation, musical therapy, *mantra chikitsa*, *shloka* chanting, *Garbha samvada* etc. Every month one class is conducted where the distribution of *garbhinis* are made according to trimesters. We promote education of a mother and teaching them to follow the *masanumasik garbhini paricharya*. We educate them about normal labour events and delivery by giving demonstrations using models and PPT's.



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The special cases of patients having previous h/o PIH, or IUGR or BOH is taken in order to manage the present pregnancy by the ideal *paricharya palan*. Furthermore we counsel the patients about *Sutika paricharya palan*. The workshops of *Garbhasanskar* have been attended by our PG scholars and we are indulging more improvements and various new tactics in it.

Besides of following the classical method we have also conducted the mock drills of emergency management in PPH to train the Residents. They have also attended the core practical skills development in obstetrics and gynaecology workshops live broadcast lecture conducted by MUHS.



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 PRASUTITANTRA AVUM STREEROG DEPARTMENT
Standard Operating Procedure Of YONIPICHU**

Material required

- Sterile gloves
- Sterile pichu
- Medicated oil/ghrita
- Sterile bowl
- Cotton swabs

Instruments required

- Sims speculum
- Anterior vaginal wall retractor
- Sponge holder

POORVA KARMA

- Take consent for the procedure and evaluate patients safety
- Patient is adviced to empty the bladder
- Slightly warm the Oil/ghrita

PRADHAN KARMA

- Position – Dorsal position with thigh flexed/ lithotomy position
- Expose the cervix with the help of speculum
- Clean the cavity with distilled water
- Sterile pichu is dipped in medicated oil/ghrita and then kept it into the vagina.



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PASCHATA KARMA

- The pichu should be removed after 2 to 3 hours or when patients feels to urinate.
- Post procedure evaluation should be written on the patient's case paper.

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Standard Operating Procedure Of
MATRABASTI

Material required

- Sterile gloves
- Medicated oil/ghrita

Instruments required

- Disposable syringe 60 cc
- Simple rubber catheter

PURVA KARMA

- Take consent for the procedure and evaluate patients safety
- Patient is adviced to empty the bladder
- Local abhyanga and mrudu swedan

PRADHAN KARMA

- Position – Left lateral position with the left lower extremity kept straight and the right lower extremity flexed at the knee and hip joint. Also ask to keep his left hand below the head.
- Apply sneha over the anus in small amount.
- Take 60 ml of basti dravya in syringe. Ensure that there is no air bubble in the syringe.
- Attach rubber catheter lubricated with sneha to syringe.
- Gently pass the catheter through anus of the patient upto the length of 4 inch.
- Ask patient to take deep breath and introduce the drug slowly.
- To avoid the entrance of vayu in pakvashaya, keep some amount of sneha in the syringe.



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PASCHATA KARMA

- Raised both legs for few minutes so as to raise the waist and gently tap over the hips, soles, elbow and palms. So that the matra basti would spread through out the body and be retained for a required period.
- Ask the patient to lie in supine position with the arms and legs spread out freely over the table for some time.
- Note basti pratyagamana kala.

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Standard Operating Procedure of
YONIDHAVANA**

Introduction-

The *Yonidhavan (prakshalan)* is exceptionally unique procedure & solution for gynaecological grumblings.

Benefits-

- 1) It provides strength to the vaginal muscles.
- 2) This is the general purifying measure of genital organs to maintain a strategic distance from yeast infections.
- 3) It mainly controls *yonistrav* (abnormal discharge from vagina)
- 4) Avoids fungal/yeast infection of the genital track.
- 5) It cures cervical erosion, cervicitis.
- 6) *Yonidhavan* also cures the vulval itching (pruritis), reduces vaginal soreness & vaginal odour.
- 7) It helps to maintain normal pH of the vagina.
- 8) It is beneficial in gynaecological disorder.

Requirement –

- 1) Labour table
- 2) Enema Pot
- 3) Sterile Catheter
- 4) Sterile Cotton swabs.



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- 5) Mackintosh
- 6) Hand Gloves

Instruments-

- 1) Sims speculum.
- 2) Anterior vaginal wall retractor.
- 3) Sponge holder.

Required medicine-

- 1) Medicated *kwath* 1000ml

Man power- Assistant to hold the enema pot.

Counseling – For the procedure to be done

Poorva Karma-

- 1) Bladder should be empty before the procedure
- 2) Proper aseptic precaution should be taken before starting the procedure.
- 3) The mackintosh is placed underneath patient's waist.
- 4) Lithotomy position given to the patient.
- 5) Legs of patients should be covered by leggings.
- 6) cleaning of external genital area.

PRADHANKARMA -

- Insertion of sim's double bladed posterior vaginal speculum & anterior vaginal wall retracted with anterior vaginal wall retractor.
- Enema pot filled with decoction is held at 5 feet height.
- With Luke warm decoction, *prathamavarta* (Vagina canal) is washed out with the help of catheter attached to tube of enema pot.
- After the procedure the vulva is dried with cotton.

Duration and course of the procedure-

1 to 1.5 min for *yonidhavan*

Observation –

- Patient should be comfortable during whole procedure.

PASCHAT KARMA –

- Patient asked to take a rest for 15 min.

Dont's –

- Avoid sexual contact during treatment.
- Avoid spicy food
- Avoid stress
- Hygiene should be maintained



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Standard operative procedure of UTTARBASTI**

Equipment's –

1. Sponge holder
2. Sims speculums or Cusco's speculum
3. Straight artery
4. Metal cannula or IUI cannula
5. Syringe 5cc,10cc
6. Vulsellum
7. Uterine sound
8. Anterior Vaginal wall retractor

Position of patient

The women should be in positioned supine posture with flexed thighs and elevated knees (lithotomy position – Uttana shayana)

Procedure

- Surgeon should clean the vagina externally and internally with normal saline only .The cause behind using normal saline is that other antiseptic solution should alter the action of drug used for uttarbasti.
- Sim's speculum and anterior vaginal wall retractor can be used to explore vagina.



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- Surgeon has to introduce cusco's speculum if there is no assistant for this procedure.
- Anterior lip of cervix is caught by vulsellum and assistant is asked to hold the sim's speculum with little downward pressure.
- Uttarbasti in vaginal route should be done cautiously .
- The liquid (kwatha) is taken in 10ml syringe for vaginal and cervical disorders. The liquid can be inserted only in vagina as per the dose mentioned.
- Uttarbasti in intrauterine route need more skilled person .Per vaginal examination is done to assess the size and shape of uterus (Anteverted/retroverted,normal/bulky)
- A fluid filled 5/10 ml syringe with metal cannula attached to its tip is taken.
- Air from cannula is removed by pushing the piston so as the liquid medicine will come at the tip of cannula.
- The metal cannula can be screwed up to the internal cervix level or the IUI cannula can be used and internal os is crossed.
- Insert medicated liquid (oil/decoction/ghrita) into the uterus slowly, gently remove the cannula ,then keep pichu near mouth of cervix.
- Procedure should be continued for three alternate day/nights with gradual increase in oleaginous substance.

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Standard operative procedure for YONILEPA

Ingredients required

- Churna
- Luke Warm Water
- Bowl
- Betadine or savlon

Types of Lepas-

1. Pralepa - Thin lepa
2. Pradeha - Thick lepa-non drying
3. Alepa - Medium thick lepa.

Site- Prathamavarta /Breast

Time limit- 3 to 4 hours or until the lepa dries

Indications-

1. Yoni shaithilya.
2. Apra sang
3. Stana vidradhi
4. Yoni Arsha(vaginal Polyp)

POORVAKARMA –

The finely powdered churna is mixed with water or medicated liquid and paste with uniform consistency is made.



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PRADHAN KARMA-

1. Painting the expected part with savlon and betadin

2.The paste is then applied to the expected and affected areas (either in yoni or stana) evenly and uniformly.

Time limit-3 to 4 hours or until the lepa dries

PACHAT KARMA –

Remove the lepa after it becomes dry

Clean the area with warm water.

very dried lepa kept on the skin can cause allergic reactions on the skin like rashes, burning, irritation of the skin So remove after it become dry.

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STANDARD OPERATING PROCEDURE OF YONIDHOOPANA

Introduction:

Yonidhoopana is a practical procedure in which fumigation of vulva and vagina is performed by medicated and disinfected smoke over the surface of Yoni.

It is indicated as Rakshoghana and as a Chikitsa in Stri, Prasuta and Sutika Rogas.

Indications:

As therapeutics, it plays an important role in the conditions where there is-

- Vedana
- Infestation of Krimi
- Ati Srava
- Kandu
- Vranaropaka - healing of Vrana and Kshata
- Kaphaja Yonivyapadas
- Prasav vyapadas like Garbhasang, Vilambit Prasava, Anagata Prasava.
- Aparasang
- Sutika paricharya

The properties of the Dhoopa in general are Ruksha, Laghu, Ushna, Vishada .hence , can be used in conditions that produces opposite qualities.



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Requirements:

1. Dhoopana yantra-

- A) Dhoopana chair - a wooden chair with a central vent.
- B) Electric coil/ plate

2. Drugs- desired drugs can be selected from the Krimighna and Rakshoghna Gang and used in the form of Choorna.

Counselling:

The patient should be counselled thoroughly about the procedure. A well-informed written consent should be taken.

POORVAKARMA:

The classical Dhoopana procedure comprises of the following steps:

- The patient is told to evacuate the bladder.
- An electrical heating coil is kept ready. Alternatively, the pot containing preheated red hot coal can be used.
- A procedure of Yoni Prakshalana can be done before Dhoopana as pre-procedure.
- **PRADHANAKARMA :**
- The desired drugs in Choorna form are added over coil so as to produce dense fumes and kept under the chair with vent in the middle.
- The fumes reaches the external genitalia through the vent.
- This is done till a desired time as per patient tolerance. (5-10 min. on an average). When sweating starts, it should be stopped.

PASCHATKARMA:-

After a desired time or when sweating starts, patient is asked to move her bed and allowed to rest.

Precautions:

Adequate precautions should be taken to avoid dry burns due to excessive fumes.

Observation:

Patient should be comfortable throughout the procedure.



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Standard Operating Procedure Of KSHARPRATISARAN

• **Requirement –**

1. Lithotomy table.
2. Sterile Cotton swabs.
3. Sterile Cotton buds.
4. Hand Gloves.
5. Distilled water.

• **Instruments-**

1. Cusco's speculum.
2. Sponge holder.

• **Required medicine-**

1. Tankan Kshar
2. Go Ghrita

Procedure:-

• **POORVAKARMA:-**

1. The Subject will be counselled thoroughly about the procedure.
2. Subject will be asked to empty her before the procedure.
3. Proper aseptic precaution will be taken before starting the procedure.
4. Lithotomy position will be given.
5. Cleaning of external genital area will be done with distilled water.



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- **PRADHANAKARMA:-**

1. Yonimukha will be exposed by Cusco's speculum and will be cleaned with distilled water.
2. Tankan Kshar will be applied by steriled cotton bud on eroded part of cervix for 100 matra kaal.

- **PASCHATKARMA:-**

1. Yoni prakshalan will be done with shrutsheeta jala (Distilled water) in sufficient quantity.
2. Followed by Go ghrita application.
3. Subject will be asked to take rest for 20 min after the procedure.

Advice :-

1. Avoid sexual contact during treatment.
2. Avoid spicy food.
3. Avoid stress.

Standard Operating Procedure for *yonidhavan*

Introduction-

The *Yonidhavan (prakshalan)* is exceptionally unique procedure & solution for gynaecological grumblings.

Benefits-

- 1) It provides strength to the vaginal muscles.
- 2) This is the general purifying measure of genital organs to maintain a strategic distance from yeast infections.
- 3) It mainly controls *yonistrav* (abnormal discharge from vagina)
- 4) Avoids fungal/yeast infection of the genital track.
- 5) It cures cervical erosion, cervicitis.
- 6) *Yonidhavan* also cures the vulval itching (pruritis), reduces vaginal soreness & vaginal odour.
- 7) It helps to maintain normal pH of the vagina.
- 8) It is beneficial in gynaecological disorder.

Requirement –

- 1) Labour table
- 2) Enema Pot
- 3) Sterile Catheter
- 4) Sterile Cotton swabs.
- 5) Mackintosh
- 6) Hand Gloves

Instruments-

- 1) Sims speculum.
- 2) Anterior vaginal wall retractor.
- 3) Sponge holder.

Required medicine-

- 1) Medicated *kwath* 1000ml

Man power-

Assistant to hold the enema pot.

Counseling –



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The patient should be counselled thoroughly about the procedure. Written consent will be taken from patient.

Poorvakarma-

- 1)Bladder should be empty before the procedure
- 2)Proper aseptic precaution should be taken before starting the procedure.
- 3)The mackintosh is placed underneath patient's waist.
- 4)Lithotomy position given to the patient.
- 5) Legs of patients should be covered by leggings.
- 6)cleaning of external genital area.

Pradhan karma-

- Insertion of sim's double bladed posterior vaginal speculum & anterior vaginal wall retracted with anterior vaginal wall retractor.
- Enema pot filled with decoction is held at 5 feet height.
- With Luke warm decoction *prathamavarta* (Vagina canal) is washed out with the help of catheter attached to tube of enema pot.
- After the procedure the vulva is dried with cotton.

Duration and course of the procedure-

1 to1.5min for *yonidhavan*

Observation –

- Patient should be comfortable during whole procedure.

Pashchyat karma –

- Patient asked to take a rest for 15 min.

Dont's –

- Avoid sexual contact during treatment.
- Avoid spicy food
- Avoid stress
- Hygiene should be maintained

Precautions and care to be taken during the performance of procedure-

- Adequate precautions should be taken like instrumentation, temperature of *kwatha*.
- All aseptic precautions should be taken during procedure.

Guide sign -