



# KMCT AYURVEDA MEDICAL COLLEGE

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This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.

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INNOVATION AND  
ENTREPRENEURSHIP  
DEVELOPMENT CENTRE





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**8.1.13**

**DESCRIBE THE ACTIVITIES UNDERTAKEN BY THE INSTITUTION  
TOWARDS PRACTICE OF VARIOUS PROCEDURES RELATED TO  
PRASUTI AND STREEROGA (UTTARABASTI, GARBHA SANSKARA  
ETC.)**

*ambhr*

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## STANDARD OPERATING PROCEDURES

### PRASUTI TANTRA AND STREEROGA


<b>DOCUMENT NAME</b>	<b>STANDARD OPERATING PROCEDURE- PRASUTI TANTRA AND STREEROGA</b>	
<b>DOCUMENT NUMBER</b>	KMCT/SOP/09	
<b>DATE OF ISSUE</b>	01/06/2023	
<b>PREPARED BY</b>	<b>Designation</b>	ASSOCIATE PROFESSOR (Dept. of Prasuti Tantra and Streeroga)
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The holder of the copy of this manual is responsible for maintaining it in good and safe condition and in a readily identifiable and retrievable.

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The manual is reviewed once a year and is updated as relevant to the hospital policies and procedures. Review and amendment can happen also as corrective actions to the non-conformities raised during the self-assessment or assessment audits by NABH.




The authority over control of this manual is as follows:

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Dr. ASWATHI SARA VARGHESE	Dr. SUBHASREE G H	Dr. SARUN MOHAN

The procedure manual with original signatures of the above on the title page is considered as 'Master Copy', and the photocopies of the master copy for the distribution are considered as 'Controlled Copy'.

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1)	Front sheet	1
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10)	SOP-Yoni dhupana	13-14
11)	SOP-Yoni lepana	14-15



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**1.0. Introduction:**

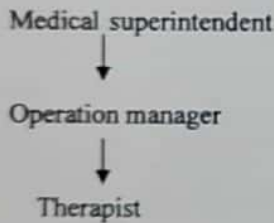
To provide general guidelines for handling patient undergoing various clinic procedures like Prasuti Tantra and Streeroga.

**2.0. Objectives:** Providing better treatment to patients.

**3.0. SCOPE**

This policy is applicable in all procedures like Prasuti Tantra and Streeroga.

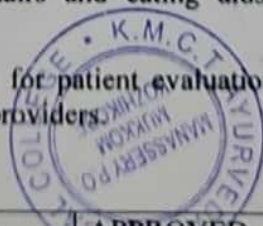
**4.0. Department Structure:**



**5.0. Staff and Structure**

**Job description**


- Observe patients doing tasks, ask them questions, and review their medical history
- Evaluate a patient's condition and needs
- Develop a treatment plan for patients, laying out the types of activities and specific goals to be accomplished
- Help people with various disabilities with different tasks.
- Demonstrate exercises that can help relieve pain for people with chronic conditions
- Educate a patient's family and employer about how to accommodate and care for the patient
- Recommend special equipment, such as wheelchairs and eating aids, and instruct patients on how to use that equipment.
- Assess and record patients' activities and progress for patient evaluations, for billing, and for reporting to physicians and other healthcare providers.
- Perform as advised by the doctor.



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**6.0. POLICIES:**

**6.1. Qualification of staff:**

All procedures will be performed by trained and credentialed staff under supervision of doctors.

**6.2. Pre- procedure Assessment:**

All patients shall go a pre- procedure examination which would include vital signs, general well being, intake output etc.

**6.3. Pre- procedure Preparations and Medications**

Prasutitantra and Streeroga unit maintain written instruction for pre- preparation of patients required for each type of procedure. Nursing units will use checklist based on the instructions to check and record whether the required preparatory activities for the clinical procedure has been performed. The nurse responsible for preparing patient will sign the checklist and in the absence on one will record the status of preparation with time in the nursing note section of the clinical case record.

**6.4. Informed Consent**

Consent for the patients and or relatives for the clinical procedure should be obtained by the clinician performing the procedure or a clinician who member of the team / unit in the specified format after explaining the following details:

1. Nature of Procedure
2. Reason for the procedure.
3. Expected Outcome.
4. Risk Involved.
5. Expected duration of recovery
6. Other treatment options etc.




The consent is obtained from the patient and or the surrogate (Refer Informed consent Policy) as per the hospital's policy a day prior to the scheduled date for the procedure.


**6.5. Transfer of Patient to Procedure Area:**

The patient is accompanied and directed to treatment room by Therapists. In case of specific mobility requirements a wheel chair or stretcher is used.



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**6.6. Prevention of Wrong Procedure/Side/Site and Wrong Patient:**

- The prevention of wrong site/side/procedure and patient begins with the pre procedure evaluation of the patient.
- The same is strengthened adhering to Prasuti Tantra and Sreeroga checklist for therapist

**6.7. Post Procedure process:**

- Post procedure patient is observed for giddiness or weakness. If required the vitals are checked
- Once the patient is found stable he/she is transferred to room.

**7.0. STANDARD OPERATING PROCEDURES:**

**General regime:**


- Food should not be taken at least 1 hour before the procedures.
- Easily digestible food should be preferred.
- Hot water should be used for all purposes.
- Day sleep should be avoided; take proper sleep at night.
- Avoid exposure to breeze, sunlight and cold atmosphere.



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Stanikachikitsa preferably includes

1. Yonidhawana (Douche of vagina)
2. Uttarabasti (Medicated oil or decoction is pushed in to the uterine cavity through vagina)
3. Yoni Pichudharana (Tampon soaked in medicated oil or liquid is placed into the vagina)
4. Yoni Dhupana (Fumigation of vagina, with medicated smoke)
5. Yoni Varti( Insertion of medicated wick into the vagina)
6. Yoni Purana (Vaginal packing)
7. Yoni Lepana (Vaginal painting)
8. Yoni Parisheka
9. Yoni Pinda

## YONI PRAKSHALANA

### DEFINITION

This is the special procedure with which asepsis is produced. This can be correlated with irrigation of vagina or douche.

### MATERIAL REQUIREMENT

- Sterile gloves
- Gauze piece
- Cotton
- Kwatha
- Syringe
- Rubber tube
- Sponge holding forceps




  
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### PURVA KARMA

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist
- Patient is advised to empty her bladder.
- Prepare Kwatha

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### PRADHANA KARMA

- Position- Dorsal position with thigh flexed.
- Cusco speculum is inserted and cervix is visualized.
- Then slowly wash with 500 ml medicated Kwatha in clockwise and anticlockwise direction.

### PASHCHAT KARMA

- Clean the vulva and vagina with gauze piece
- Post procedure evaluation should be written in patient's file.

## YONI PICHU

### DEFINITION

Dipping of a gauze piece in Taila or Ghrita and kept in vagina is called Yoni Pichu.

### MATERIAL REQUIREMENT

- Sterile gloves
- Gauze piece
- Medicated oil/Ghrita
- Bowl

### PURVA KARMA




- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist
- Patient is advised to empty her bladder.
- Slightly warm Oil/Ghrita

### PRADHANA KARMA


- Position- Dorsal position with thigh flexed.
- Sterile gauze piece will be dipped in medicated oil/Ghrita and then enter it in the vagina.

### PASHCHATKARMA

- The gauze piece should be removed after 2-3 hours or when patient feels urine sensation
- Post procedure evaluation should be written in patient's file.

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## UTTARA BASTI

### DEFINITION

Uttara Basti is a procedure in which medicine in form of Taila/Ghrita is made to pass through Yoni in to Garbhasaya and through MutraMarga .

### MATERIAL REQUIREMENT

- Sims speculum
- Anterior vaginal wall retractor
- Sponge holding forceps
- Vullselum forceps
- Uterine sound
- Uttara Basticanula
- Syringe
- Bowl
- Sterile gloves
- Gauze piece
- Cotton
- Oil/Ghrita

### Procedure of उत्तरबस्ति (पूर्वकर्म)

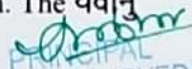
द्वित्रास्थापनशुद्धेभ्योवद्रध्यात्वस्तिमृत्तरम् ॥ अ.सं. सु१९, ७०




उत्तरबस्त should be given after given after the administration of निरुद्धबस्ति According to वाग्भट; about 2, 3 निरुहबस्ति should be given before the administration of बस्ति


अथात्तुरम् उपसिग्धम्वित्रमप्रशिथिलायम्यवागुम्सघृतक्षीरम्पीतवन्तम्यथाबलम् ॥ [सु.चि.३७, १०८]

अभ्यङ्गस्वेदनकर्मा should be done preferably over the back, groin and abdomen. The यवानु added with ghee should be given for drinking.



  
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### प्रधानकर्मा

The patient is made to lie down on her back. Then she made to fold her legs at knee (lithotimy position).

Then the उत्तरबस्तियन्त्र containing the prescribed द्रव्य (either कथस्नेहन) is taken and बास्तिनेत्र lubricated with स्नेहन is carefully introduced in to the अपत्यमार्ग

बास्तिपुटक is compressed uniformly, so that the द्रव्य enters the योनी

It is practically observed that कथ returns immediately whereas स्नेहन is retained for sometimes.

### पश्चात्कर्मा

Rest for some times is adverbisble. Also the common regimens to followed. After any पञ्चकर्मा are applicable in the present context.

As far as diet intake is conserved, अचार्या suggest that the प्रत्यागमन of उत्तरबस्त, at evening the patient should be given माम्सरसक्षीर or (पयसा)

### Complications

After the उत्तरबस्ति if burning sensation is felt in urinary bladder or uterus, then the following treatment;

शर्करामधुमिश्रणशीतेनमधुकाम्बुनादध्यमानेतदाबस्तौदध्याद्वस्तिविचक्षणक्षीरीवृक्षकषायेणपयसाशीतलेनच ॥


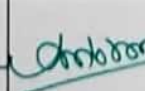
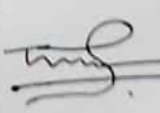
A बस्ति of cooled decoction of मधूक mixed with sugar and honey should be given.

### बस्तिव्यापत्


There is no direct reference of उत्तरबस्तिव्यापत्. But the दोषा mentioned for बस्ति ie बस्तिपुटकदोषाबस्तिनेत्रदोष, बस्तिप्रणिदानदोष, बस्तिप्रधानदोष are applicable to उत्तरबस्ति also.



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## YONI VARTI

### DEFINITION

Yoni varti dharana – it is procedure during which medicated wicks is placed in the vagina for various gynecological disorders.

### PROCEDURE

#### 1. Examination of patient

- a) Patient attending OPD should be examined physically for diseased condition.
- b) Depending upon vitiation of the dosha and condition of disease, drug for yoni varti dharana is selected.
- c) Indication of yoni varti dharana
  - Dushta vrana
  - Karnini yonivyapad
  - Upapluta yonivyapad
  - Kaphaja yonivyapad
  - Raktapradara
  - Anartava

#### 2. Dose, time, Site and Duration of yoni varti dharana

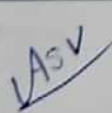

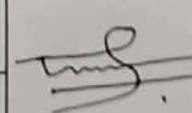
- a) Time: yoni varti dharana can be given in ritukala that is period after menstruation ceases. Time limit of procedure is 2-3 hrs.
- b) Size of varti: the size of varti should be of index finger.
- c) Duration of therapy: the yoni varti dharana process is followed for 7 days according to disease condition.

#### 3. Material required for procedure

- a) Cotton swab
- b) Gauze



  
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#### 4. Position of patient

Patient should be positioned supine posture, fixed thighs and elevated knees (Lithotomy position).

#### 5. Application of yonivarti

- Painting of the expected area with savlon and Betadine.
- Varti is wrapped in gauze piece and thread is tied to it.
- Vartis should be autoclaved
- For good lubrication, to avoid pricking of the vartis, these vartis should be soaked in oil, ghrita, honey or milk
- Vartishould be inserted into the vagina in such a way that the thread should remain out of the vagina.
- As soon as the urgency of micturation occurs the varti should be removed and washed with lukewarm water.

## YONI DHUPANA

### DEFINITION

Yoni dhupana – it is procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke for various gynecological disorders.

### PROCEDURE

#### 1. Examination of patient

- Patient attending OPD should be examined physically for disease condition
- Depending upon vitiation of the dosha and condition of disease, drug for yoni dhupana is selected.
- Indications of yoni dhupana

Yoni kandu

Upaplutayonivyapada

Apara sanga

Garbha sanga


Sutikaparicharya



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2. Time, Site and Duration of yoni Dhupana

- Time: yoni dhupana can be given in Ritukala that is period after menstruation ceases. Time limit of procedure is 3-5 min
- Site: Bahya yoni (outer surface of vagina)
- Duration of therapy: The yoni dhupana process is followed for 7 to 8 days according to disease condition. In sutikaawastha, dhupana is done daily.

3. Material required for procedure

- Dhupanadravya – kushta, agaru, guggulu, vacha, vidanga, nimbapatra,
- Dhupana chair

4. Position of patient : patient should be sitting on dhupana chair

5. Application of yoni dhupana

- A chair having hole(dhupana chair) is used for this procedure
- Patient is asked to sit on this chair after voiding the urine.
- Dhupanadravyas are lit in dhupana apparatus which is placed just below the chair.
- The smoke coming from the dhupana drugs must reach up to the expected genitalia for fumigation.
- Dhupana procedure should be carefully carried out because there is risk of burns in outer genitalia.

## YONI LEPANA

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### DEFINITION


It is procedure during which medicated paste is placed in the vagina for gynecological disorders.

### PROCEDURE

1) Examination of patient

- Patient attending OPD should be examined physically for disease condition.
- Depending upon vitiation of the dosha and condition of disease, drug for yoni lepana is selected.

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c. Indication of yoni lepana

Yoni shaithilya

Apara sanga

Yoni arsha

2) Time, Site and Duration of yoni lepana

- Time: yoni lepana can be given in Ritukala that is period after menstruation ceases. Time limit of procedure is 3-4 hrs or until lepa is dries.
- Site of application: external genitalia vagina
- Duration of therapy: the yoni lepana process is followed for 7 days according diseased condition.

3) Material required for procedure

- Cotton swab
- Lepa dravya

4) Position of patient ; Patient should be positioned supine posture, fixed thighs and elevated knees (Lithotomy position- uttanashayana)

5) Application of yoni lepana

- Painting of the expected area with savlon and betadine.
- Freshly prepared lepa should be applied evenly and uniformly on the affected areas.
- Lepa should be immediately removed after drying because lepa in dry state loses its potency and irritate the skin.
- Lepa should not be applied at night.



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