



# KMCT AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences.

## TO WHOM SO EVERIT MAY CONCERN

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

*Ambrina*

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K.M.C.T. AYURVEDA  
MEDICAL COLLEGE



Manassery PO, Mukkam, 673602, Kozhikode, Kerala  
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INNOVATION AND  
ENTREPRENEURSHIP  
DEVELOPMENT CENTRE





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## DETAILS OF NEW INITIATIONS IN ADMINISTERING UTTARABASTI AND FOLLOWING THE PRACTICE OF GARBHA SANSKARA ETC



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## DEPARTMENT OF PRASUTITANTRA AND STRIROGA KMCT Ayurveda Medical College, Manassery

No	Procedure	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024
1.	Yoni prakshalanam	95	31	59	116	97
2.	Yoni pichu	72	21	24	92	77
3.	Uttara basti	2				
4.	Kheera dooma	6			7	16
5.	Panchakarma	12	19			
6.	Yoni dhoopanam	38		2		
7.	Vestanam	7				
8.	Avagaham	14	4			5
9.	Veshavaram	22		7	6	5
10.	Yoniabhyanga	7	7	6	42	28
11.	Yoni puranam	14	7		3	
12.	Udwartana	27				
13.	Abhyanga	38				
14.	Yoni kalka daranam		7			16
15.	Valuka swedam & ushma swedam	2 11				
16.	Yonivarti	20			13	



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New initiations in administrating uttarabasti and following practice of Garbhasamsakara.

## 1. Uttarabasti (Intrauterine Medicated Oil or Ghee Instillation)

The facility of uttarabasti in KMCT Ayurveda Medical College was started since 2006 onwards. Uttarabasti procedure is performed in Operation Theater under all aseptic precautions. All the instruments, OT dresses are used after proper sterilization and Operation Theater daily fumigated. All the procedure is being conducted strictly. IUI Cannula or Uttara Basti Cannula is being used to administer Uttarabasti. Uttarabasti treatment is mainly given for female infertility cases with tubal blockage, anovulation, poor endometrial thickness and Uterine Fibroid. Phalasarpi, Bala Taila and Dhanwantara Taila are commonly used medicines for Uttarabasti.

Emergency kit is available in OT in case of any complication occur during and after giving Uttarabasti. It contains,

- Jatyadi taila -in cases of skin rashes, for laceration in vulva and peritoneum caused because of speculum-application of Jatyadi Taila and Haridra Churna is used.
- Yashti madhu churna, Lodhra and Haridra for local application. Avachurna in case of bleeding from external OS of cervix caused because of grasping cervix with vulsellum.
- To prevent bleeding from internal OS caused because of cervical dilatation through Metal dialator, Matrabasti and Yonipichu with Bala Taila is given prior to Uttarabasti.
- Xylocaine jelly is used in case of pain in vulva, this xylocaine jelly is used locally on speculum and on introitus before insertion of speculum in case of extreme vaginal pain.
- Hot water bag, shankha vati to relieve abdominal pain
- Infant feeding tube for closed and constricted internal os
- Iv cannula and iv fluids

## 2. Garbha Samskara

The preconceptional care is being advised to all the couples willing for consumption. Ayurveda believes in having a planned pregnancy to get a supraj. The couples willing for preconceptional care are advised appropriate shodhana karma, basti chikitsa followed by lifestyle modifications, Yogic practices at the time of conception. Later after conception the pregnant females are advised to attend the OPD.



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