



अखिल भारतीय आयुर्वेद संस्थान ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

(आयुष मन्त्रालय, भारत सरकार के अन्तर्गत स्वायत्त संस्थान)
(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

New initiations in administering Uttarbasti and following practice of Garbhasanskara –

1. Uttarbasti (Intrauterine medicated oil or ghee instillation):

The facility of Uttarbasti in All India Institute of Ayurveda was started since December 2017. Workshop for the development of SOP for Uttarbasti was held on 21-22 Nov 2016 and after that proper standardized guidelines were formed. Uttarbasti procedure is performed in Operation theater under all aseptic precautions. Medicated oil or ghrita used for Uttarbasti are autoclaved. All the instruments, OT dresses are used after proper sterilization and Operation theater is daily fumigated. All the procedure is being conducted strictly according to the SOP. IUI cannula/Uttar Basti cannula is being used to administer Uttarbasti. Uttarbasti Treatment is mainly given for Female infertility cases with Tubal blockage, Anovulation and poor endometrial thickness and Uterine Fibroid. Phalasarpi, Kshara taila , Kasisadi taila, Bala taila and Dhanwantar taila are commonly used medicines for Uttarbasti.

Emergency kit is available in OT in case any complication occurs during and after giving Uttarbasti. It contains 1) Jatyadi tail in cases of skin rashes, for laceration in vulva & peritonium caused because of speculum , application of Jatyadi tail and Haridra churna 2) Yashti Madhu churna, Lodhra and Haridra for local application (Avachurnan) in case of bleeding from external os of cervix caused because of grasping cervix with Vulsellum. 3) To prevent bleeding from internal os caused because of cervical dilatation through metal dilator, Matrabasti and yoni pichu with Bala Tail is given prior to Uttarbasti. 4) Xylocaine jelly is used in case of pain in vulva , This Xylocain jelly is used locally on speculum and on introitus before insertion of speculum in case of extreme vaginal pain. 5) Hot water bag, Shankha vati to relieve Abdominal pain 6) Infant feeding tube for closed & constricted internal os 7) IV Canula, IV Fluids.

2. Garbhadhana Sanskara:

The Preconceptional Care is being advised to all the couples willing for conception. Ayurveda believes in having a planned pregnancy to get a *Supraja*. The couples willing for Preconceptional Care are advised appropriate *Shodhana karma*, *Basti Chikitsa* followed by *Rasayan Dravyas*, lifestyle modifications, yogic practices at the time of conception. Later after conception the pregnant females are advised to attend the ANC OPD . Routine Antenatal check-up of pregnant women is carried out in this OPD. *Garbhini paricharya* is given to all pregnant females as per the SOP for Preconceptional and Antenatal care developed in the Department in 2018.

The Department is also conducting a PHI Project on Ante natal subjects for healthy progeny since 2019. The project is entitled as **AYUSH JANANI PARIYOJANA**,

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which started on 20th February 2019. Pregnant woman is being enrolled for this project from the beginning of Second trimester. An awareness is created in Ante natal subjects through a Calendar named, "AYUSH JANANI MARGDARSHIKA and a booklet "Garbhini Swasthya Pustika" in hindi which contains diet, lifestyle, yogic practices that should be adopted throughout pregnancy and after delivery.

Yoga Asanas and Lifestyle suitable for ANCs are also prescribed to pregnant women based upon their trimester of pregnancy. In order to facilitate Normal labour, few procedures namely *Matra Basti* and *Yoni pichu* is also performed after completion of 36 weeks of pregnancy. After delivery a proper record is maintained regarding duration of Labour, Partogram, Mode of Delivery & APGAR score.

(for) Meenalu

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SOP for Sthanik Chikitsa (Local Therapies) in Stree Roga

Women always face very common gynaecological problems like white discharge, itching at vulva, foul smelling vaginal discharges, burning micturition etc.

There are some Local Therapies (*Sthanik Chikitsa*) described by Ancient Acharyas that possess outstanding and satisfactory outcomes in the management of *Stree- Rogas*.

Sthanik Chikitsa preferably includes:

- 1- *Yonidhawan* (Douche of vagina)
- 2- *Uttar -Basti* (Medicated oil or decoction is pushed into the uterine cavity through vagina)
- 3- *Yoni- Pichu dharan* (tampon soaked in medicated oil or liquid is placed into the vagina)
- 4- *Yoni -Dhupan* (Fumigation of vagina, with medicated smoke)
- 5- *Yoni-Varti* (Insertion of medicated wick into the vagina)
- 6- *Yoni-Puran* (vaginal packing)
- 7- *Yoni-Lepan* (vaginal painting)
- 8- *Yoni-Parisheka*
- 9- *Yoni Pinda*

SOP OF *Yonidhawana*-

1. *Yonidhawana* (vaginal cleaning):

Dhawana is deep cleaning of wound under aseptic precautions and making the wound clean and aseptic with water and medicinal preparations. It is a procedure in which the vagina, vaginal passage and mouth of uterus is washed with medicated decoction or other liquids.

Timing for *Yonidhawana* - *Ritukala* (From 6th day of menstrual cycle for 7 days)

Medicines for *Yonidhawana* applicable in the form of Kwath like Triphla kwath, Dashmool Kwath, Panchvalkal Kwath (Decoction), *Kshirpak* (Medicated Milk), *Siddha Jala* (Purified Medicated water).

Indications: 1. *Yoni Kandu* (Vaginal Itching) 2. *Artavdushti* (foul smelling vaginal discharges) 3. Cervical erosion 4. Cervicitis 5. *Yoni Strava* (Vaginal Discharge)

Treatment Duration: minimum 7 days

SOP OF *Uttarbasti*-

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2. Uttar Basti (Insertion of Medicated oil into intra Uterine cavity):

The suppression of *vayu* by *Uttarbasti* helps women to conceive immediately. There are medicated oils given through Uttar Basti for removal of Tubal blockage.

It is also indicated in diseases of urinary bladder such as retention of urine, dysuria, utero-vaginal prolapse, severe vaginal pain, various gynaecological disorders (*yonivyapada*), *Asrigadara* (menometrorrhagia), ammenorrhoea, dysenorrhoea.

A)Uttarbasti in vaginal disorders:

Vaginal infections- The commonly found vaginal infections are bacterial and fungal infections. The commonly used preparations in such infections are *Jatyadi Ghrita* or *Jatyadi tail*.

B)Uttarbasti in Cervical disorders:

Cervical Erosions- The commonly used preparations in cervical erosions are medicated *ghrita* like *Triphala Ghrita*, *Phala Ghrita*, *Shatavari Ghrita*. Cervical Erosions can be treated by using *Ropana* drugs in *Uttarbasti*.

Cervical Mucous disorders- It can be treated with preparations like *Jatyadi Ghrita*, *Shatavari Ghrita*.

These preparations are beneficial in cervical mucous disorders like altered viscosity, increased cellularity etc.

C) Uttarbasti in Endometrial disorders: *Uttarbasti* plays magnificent role in treating the endometrial conditions. It helps in improving the texture of endometria. The commonly used preparations include the *Ghritas* prepared from *Brihan dravyas*.

D)Uttarbasti in Tubal Disorders:

Tubal block- *Brihan Ghritas* are used if tubal spasm is due to fibrosis. When the Tubal Block is due to adhesions *Kshar taila Uttarbasti* is given.

Hydrosalphinx- The commonly used preparations in this conditions are *Nirgundi Taila*, *Yashtimadhu Taila*, *Til Taila*.

Time of administration:

It is given after the administration of two or three *Asthapana and Anuvasna Basties* on alternate day for 3 to 5 days.

It is administered during *Artavakala* or *Ritukala* (after menstrual bleeding stops). It is carried out under aseptic precautions in operation theatre.

Time duration: 3 days per menstrual cycle for 2 months

Purva Karma :

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- Patient should be explained about the procedure, its pros and cons and possible complications.
- Patient is asked to take light diet at least two hours prior to the procedure.
- Written consent should be taken.
- Patient should be calm and in relaxed condition.
- Patient is asked to void urine before procedure.
- Thorough pelvic examination should be performed.
- Sthanika snehana and swedana – abhyanga with any vatahara taila for 10 minutes (bala taila/ mahanarayana taila/ dhanwantara taila etc) followed by nadi sweda with dashamoola/ bala/nirgundi patra/ rasna etc on kati, parshwa, prustha, adhodara, sakthi till appearance of samyak swinna lakshana .
- Yoni prakshalana with luke warm 100/ 200/300/500 ml dashamoola, panchavalkala quatha.

Pradhana Karma

The patient after giving good assurance and encouragement is to be kept in vyabhugnasakthyavastradharakunnamitsakthyah (dorsal supine position with flexed thighs over abdomen and lower legs flexed over thighs and slight hip raised with thick pad of cloths (lithotomy position), with all standard aseptic measures i.e. dress of doctor, attendant and patients having all sterile garments etc.

Yoniprakshalana with luke warm decoction of drugs having antiseptic property like Triphala/Panchavalkala/ Nimbapatra/ Udumbara etc. is to be done slowly for 8-10 min. After cleansing, the vagina is to be swabbed with a sterile swab.

Pelvic examination is to be done to ascertain position of the cervix and direction of uterus. If the cervix is pushed deeply, then it is to be brought forward bimanually. With the help of Cusco's bivalve speculum cervix is exposed keeping the os in the centre. Immobilising the uterus with the left hand over suprapubic region; the drug is to be injected.

10 ml syringe is to be fitted with either no.2 or 3 rubber catheter/ plastic cannula/IUI cannula/infant feeding tube/uttarbasticannula. Its air content should be removed by pushing drug in it. Now this cannula is to be pushed into cervical canal gently reaching upto fundus. Thus having an idea of size of uterus, now slightly withdraw the cannula to bring it slightly below the fundus, then the cannula gets kink due to pressure while pushing the dye. The drug is pushed slowly at the rate of 1ml per 2min. The quantity of drug depends upon approximate volume of uterine cavity in the dose of 3 to 5 ml. Care is taken even at the end that air doesn't enter inside the uterus.

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If the procedure is to be done with Sim's speculum, retract anterior vaginal wall with anterior vaginal wall retractor and then after exposing, the anterior lip of cervix is to be held with Volsellum forceps. Uterine sound is to be inserted length and approximate volume of uterine cavity is to be assessed. Further procedure is to be done as per above method. Patient is kept in head down position in cases of fallopian tubal block. Remove all instruments. After injecting the drug the patient is to rest in supine position for not less than 2 hours. Uttaravasthi is done for 3 consecutive cycles.

Paschat Karma:

- Foot end elevation at 45 degree with legs crossed immediately after administration of uttar basti for 2 hrs.
- keeping the patient in pawana muktasana for 20 minutes followed by supine position for 1.30 hrs.
- Patient may be shifted to the ward 15 minutes after the procedure.
- Patients vitals should be checked immediately after the procedure and half hourly for next two hours.
- Hot water fomentation (with hot water bag) to the lower abdomen for 30 minutes.
- Patient is allowed to take light diet in the form of milk or yush or mamsarasa after 2 hours.
- To prevent complications routine administration of chandraprabha vati 2 tab three times a day with kosha jala for 5 days.

SOP OF Yoni Pichu Dharana-

3. Yoni Pichu Dharan (Placing a Tampon soaked in medicinal oil or liquid):

Pichu is made up of cotton swab 2x3 cm (1 inch) is wrapped with gauze piece and tied with long thread. It is immersed in medicated oil or liquid.

Duration of Pichu dharan: 5 to 6 hours up to retention of urine.

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