



Ref.No.- 1336/SMBT/05/PTSR/8/ASCP&HT-01

Date – 01/06/2021

**SOP FOR YONI – PICHU DHARANA**

**TITLE** – Standard Operating Procedure (SOP) for conducting yoni – pichu dharana procedure of female patient.

**SCOPE** – This SOP is applicable to placing a medicated tampon in vagina, which carried out in gynaecological disorders such as yoni – kandu, yoni – daha etc .

**PURPOSE** - The purpose of this SOP is to establish standard procedure for yoni --pichu dharana of ayurvedic drug to ensure safe delivery of medication by vaginal route.

**RESPOSIBILITY** - Only registered ayurvedic consultant who have education, experience and training shall conduct procedure.

**DEFINATION** - Yoni – pichu dharana - It is procedure during which tampon soaked with oil or medicated decoction is placed in the vagina for various gynaecological disorders.

**PROCEDURE –**

**1.1 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-pichu dharana is selected .
- c) Indications of pichu dharana -
  - 1) Yoni – daha , Yoni – kandu.
  - 2) Yonivyapada (Vaginal or Uterine Disorders / Gynaecological Disorders).
  - 3) Nine month pregnancy.
  - 4) Yoni Bhransha.

**1.2 Time ,Site and Duration of Yoni Pichu Dharana –**

**1.2.1 Time -**

- a) Yoni pichu dharana can be given in Ritukala i.e period after menstruation caeses.
- b) Time limit of procedure is 5-6 hrs .

**1.2.2 Dose –**

The dose of medicine used is 15 -20 ml for oil.

**1.2.3 Duration of therapy -**



Yoni pichu dharana process is followed for 7 to 8 days according diseased conditaion. In nine month of pregnancy, pichu is kept daily.

### 1.3 Material required for proccdure -

- a) cotton swab
- b) gauze

### 1.4 Position of patient –

Patient should be positioned supine posture, fixed thighs and elevated knees (lithotomy position -Utan shayana)

### 1.5 Application of Yoni Pichu -

- a) Autoclaved pichu should be used.
- b) The aseptic, sterile pichu soaked in oil or liquid is inserted into the vagina with index finger of gloved hands.
- c) It should be placed in such a way that thread of the pichu should come out of vagina which helps in easy removal.
- d) After 5 -6 hrs yoni pichu should be removed with help of thread.

  
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Ref.No.- 1336/SMBT/05/PTSR/8/ASCP&HT-02

Date – 01/06/2021

**SOP FOR YONI - VARTI DHARANA**

**TITLE** – Standard Operating Procedure (SOP) for conducting yoni –varti dharana procedure of female patient.

**SCOPE** – This SOP is applicable to placing a medicated suppositories in vagina , which carried out in gynecological disorders such as yoni – kandu, kaphaja yonivyapad etc.

**PURPOSE** - The purpose of this SOP is to establish standard procedure for yoni –varti dharana of ayurvedic drug to ensure safe delivery of medication by vaginal route.

**RESPOSIBILITY** - Only registered ayurvedic consultant who have education,experience and training shall conduct procedure.

**DEFINATION** -

Yoni – varti dharana - It is procedure during which medicated wicks is placed in the vagina for various gynaecological disorders.

**PROCEDURE** –

**1.1 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) Indications of Yoni – varti dharana -
  - 1) Dushta vrana
  - 2) Kamini yonivyapad
  - 3) Upapluta yonivyapad
  - 4) Kaphaja yonivyapad
  - 5) Raktapradar
  - 6) Anartava

**1.2 Dose,Time ,Site and Duration of yoni –varti dharana -**

**1.2.1 Time:-**

- a) Yoni varti dharana can be given in Ritukala i.e period after menstruation caeses.
- b) Time limit of procedure is 2-3 hrs.

**1.2.2 Size of varti –**

The size of varti should be of index finger.

**1.2.3 Duration of therapy :-**

The Yoni – varti dharana process is followed for 7 days according diseased condition.

### 1.3 Material required for procedure -

- a) cotton swab
- b) gauze

### 1.4 Position of patient –

Patient should be positioned supine posture, fixed thighs and elevated knees (lithotomy position - Uttan shayana )

### 1.5 Application of Yoni – varti -

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



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Ref.No.- 1336/SMBT/05/PTSR/8/ASCP&HT-03

Date – 01/06/2021

**SOP FOR YONI – DHUPANA**

**TITLE** – Standard Operating Procedure (SOP) for conducting yoni – dhupana procedure of female patient.

**SCOPE** – This SOP is applicable to fumigation a medicated smoke, which carried out in gynaecological disorders such as yoni – kandu, Aparasanga etc .

**PURPOSE** - The purpose of this SOP is to establish standard procedure for yoni – dhupana of ayurvedic drug to ensure safe delivery of medication on vulva (bahya yoni).

**RESPONSIBILITY** - Only registered ayurvedic consultant who have education, experience and training shall conduct procedure.

**DEFINITION** - Yoni – dhupana – It is procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke for various gynaecological disorders.

**PROCEDURE –**

**1.1 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-dhupana is selected .
- c) Indications of Yoni – dhupana
  - 1) Yoni kandu
  - 2) Upapluta Yonivyapada
  - 3) Aparasanga
  - 4) Garbha Sanga
  - 5) Sutika Paricharya

**1.2 Time,site and duration of yoni – dhupana –**

**1.2.1 Time -**

- a) Yoni – dhupana can be given in ritukala i.e period after menstruation ceases.
- b) Time limit of procedure is 3 -5 min

**1.2.2 Site –**

- a) Bahya yoni (outer surface of vagina )

**1.2.3 Duration of therapy -**



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The Yoni –dhupana process is followed for 7 to 8 days according diseased condition. In sutika awastha, dhupana is done daily .

### 1.3 Material required for procedure -

- Dhupana dravya – kushta, agaru, guggul , vacha , vidang, nimbapatra .
- Dhupana chair.

### 1.4 Position of patient –

Patient should be sitting on dhupana chair.

### 1.5 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 .
- Dhupana dravyas 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.

  
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Date – 01/06/2021

**SOP FOR YONI – LEPANA**

**TITLE** – Standard Operating Procedure (SOP) for conducting yoni – lepana procedure of female patient.

**SCOPE** – This SOP is applicable to placing a medicated paste in vagina, which carried out in gynaecological disorders such as yoni – vivrita and yoni arsha.

**PURPOSE** - The purpose of this SOP is to establish standard procedure for yoni – lepana of ayurvedic drug to ensure safe delivery of medication by vaginal route.

**RESPONSIBILITY** - Only registered ayurvedic consultant who have education, experience and training shall conduct procedure.

**DEFINITION** - Yoni – lepana – it is procedure during which medicated paste is placed in the vagina for gynaecological disorders.

**PROCEDURE –**

**1.1 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-lepana is selected.
- c) Indications of Yoni – lepana
  1. Yoni shaithilya
  2. Aparasanga
  3. Yoni arsha

**1.2 Time, Site and Duration of yoni – lepana –**

- a) Yoni – lepana can be given in ritukala i.e period after menstruation ceases.
- b) Time limit of procedure is 3 -4 hrs or until lepa is dries.

**1.2.2 Site of application –**

- a) External genitalia
- b) Vagina

**1.2.3 Duration of therapy -**

The Yoni – lepana process is followed for 7 days according diseased condition.

**1.3 Material required for procedure -**





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- a) Cotton swab
- b) Lepa dravya

## 1.4 Position of patient –

Patient should be positioned supine posture, fixed thighs and elevated knees (lithotomy position – Uttan shayana)

## 1.5 Application of Yoni – lepana –

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

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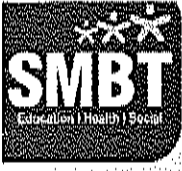
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Date – 01/06/2021

**SOP FOR – UTTARBASTI**

**TITLE** – Standard Operating Procedure (SOP) for conducting yoni –uttarbasti procedure of female patient.

**SCOPE** – This SOP is applicable to intrauterine administration of drug (uttarbasti) carried out in gynaecological disorders such as infertility, yonivyapada, garbhashay arbud etc.

**PURPOSE** - The purpose of this SOP is to establish standard procedure for uttarbasti i.e. intrauterine medication of ayurvedic drug to ensure safe delivery of medication by intrauterine route.

**RESPOSIBILITY** - Only registered ayurvedic consultant who have education, experience and training shall conduct procedure.

**DEFINATION** - Uttarbasti : It is procedure where medicated ghee or oil or decoction is introduced into uterine cavity or urinary bladder.

**PROCEDURE –**

**1.1 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 uttarbasti is selected .
- c) Indications of Uttarbasti.
  - 1) Infertility
  - 2) Yonivyapada (Vaginal or Uterine Disorders/Gynaecological Disorders)
  - 3) Menometrorrhagia (Raktapradar)
  - 4) Dysmenorrhea

**1.2 Dose, Time and Duration of Uttarbasti –**

**1.2.1 Time -**

- a) Uttarbasti can be given in Ritukala i.e. period after menstrual cycle caeses and before ovulation occurs specially on 7<sup>th</sup> /8<sup>th</sup> /9<sup>th</sup> day of cycle if patient's menstrual cycle is regular.
- b) If patient has more than 5 days bleeding during menstrual cycle then she should called next after bleeding caeses.

**1.2.2 Dose –**

- a) The dose of medicine used is 5-10 ml per session depending upon diseased condition.
- b) The dose of medicine should not be increased as it can cause abdominal pain.

**1.2.3 Duration of therapy -**

The Uttarbasti process is followed for 3 days consecutively in each cycle.



**1.3 Equipments required for procedure –**

- a) Sponge holding forceps
- b) Sim's speculum or Cusco's Speculum
- c) Anterior vaginal wall retractor
- d) Straight artery forceps
- e) Metal cannula or IUI cannula
- f) Syringe - 10 ml /2 ml
- g) Vulsellum
- h) Uterine Sound

**1.4 Position of patient –**

Patient should be positioned supine posture, fixed thighs and elevated knees (lithotomy position - Uttan shayana)

**1.5 Intrauterine administration of drug –**

- a) Vagina should be clean externally and internally with normal saline. Other antiseptic solution should be avoided.
- b) Per vaginal examination should be done to assess the size and shape of uterus.
- c) With the help of Sim's speculum and anterior vaginal wall retractor, vaginal wall is explored.
- d) The upper lip of cervix should be caught with vulsellum.
- e) With help of uterine sound, length and position of uterus should be examined.
- f) A medicine filled 10 ml syringe with metal cannula or IUI cannula attached to its tip are taken.
- g) The air metal cannula should be removed by pushing piston so as the liquid medicine will come at tip of cannula.
- h) The cannula is inserted with help of straight artery, should cross internal os.
- i) Slowly drug is pushed inside the uterus so as to reach to fallopian tube.
- j) Patient should be kept in the same position with head low for 5 minutes. After 5 minutes remove cannula.
- k) Medicated tampon (Yonipichu) is kept for at least 2 -3 hrs.

  
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**SOP OF GARBHA SANSKAR**

The Indian History of prenatal sanskar, the story of Abhimanyu is well known in Mahabharata. The son of Arjuna, learned how to enter the Chakravyuha (the strategic war arrangement) when he was in his mother's womb. Abhimanyu had heard and remembered the narration of technique by Krishna to Subhadra during her pregnancy .Such more references are there about prenatal sanskar.

As this is time of modernization, the modern society is losing their knowledge and backing of cultural customs. Once these were the strong bonds in building cultural society. This shows loss of awareness and practice of Garbha sanskar due to education, employment and modern electronic gadgets which does not leave any time to think in this position . There are only few center to educate people in this direction. Another factor is a nuclear family, due to which there is lack of communication and exchange of thoughts among senior family members, which lead to loss of old practices and customs .

Even though some acquire awareness they cannot practice due to lack of either time or proper direction. ANC mother, most of them are not having knowledge on garbha sanskar. Few of them are practicing without knowledge as they don't have scientific knowledge about it . So SMBT ayurved college developed program related to garbha sanskar. Aim of this program is to educate and train ANC mothers and patient willing for child, about scientific way of garbha sanskar. This program include following points -

- Beeja sanskar (preconception counseling) - it includes preconception counseling about importance of beeja(male sperm and female Egg ),sharir shudhi for uttam beeja (detoxification of body for healthy sperm and egg), diet for beeja shudhi etc.
- Garbh sanskar (antenatal counseling) – it includes systemic advice related to diet , daily activity and exercise according to trimesters.
- Yoga in garbh sanskar- it includes different yoga postures useful in antenatal period also some yoga posture useful in last trimester for such prasava (normal labour) Also knowledge about some pranayama (breathing exercise ) used in pregnancy.
- Music therapy in garbh sanskar – it includes importance of music therapy, also mantra recitation useful in pregnancy.
- Psychological counseling
- Prasav paricharya and sukh prasav ( intrapartum care)

The goals of the prenatal project are:-

- 1 To welcome baby with good thoughts.
- 2 Imparting sanskar (good values) to the fetus.
- 3 Improve emotional health of parents
- 4 Increase the active participation of the father during pregnancy.
- 5 Increase the courage and confidence of mother during labour.





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The above goals are achieved through a series of activities as suggested below

- ❖ Activity 1 :- Preconception Counseling
- ❖ Activity 2 :- Practical session of garbha sanskar .
- ❖ Activity 3 :- Practical session of Music therapy
- ❖ Activity 4 :- Practical session of Yogasana .
- ❖ Activity 5 :- Practical session of Meditation
- ❖ Activity 6 :- Positive self talk in pregnant women
- ❖ Activity 7 :- Post-delivery counseling for parents .

All above activities are conducted in OPD of Strirog – Prasuti tantra at SMBT ayurvedic hospital, Nashik .

  
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Date-01/06/2021

## SOP FOR YONI-DHAVAN

**TITLE:-** Standard Operating Procedure (SOP) for conducting Yoni dhavan procedure of female patient.

**SCOPE:-** This SOP is applicable to vaginal douching carried out in gynecological disorders such as Yoni-kandu, Yoni strava etc.

**PURPOSE:-** The purpose of this SOP is to establish standard procedure for yoni –dhavan of ayurvedic drug to ensure safe delivery of medication by vaginal route.

**RESPONSIBILITY:-** Only registered ayurvedic consultant who have education, experience and training shall conduct the procedure.

### **DEFINATION:-**

**Yoni dhavan:-** It is procedure during which medicated decoction i.e. Kwath is used to wash away accumulated secretions, blood and discharge in vagina.

### **PROCEDURE:-**

#### **1.1 Examination of Patient:-**

- a) Patient attending OPD should be examined physically for the diseased condition.
- b) Depending upon vitiation of the dosha and the condition of disease, drug for Yoni dhavana is selected.
- c) Indications of Yoni dhavana:-

1. Yoni daurgandhya, Yoni-srava, Yoni-kandu
2. Yoni vyapada (Vaginal or Uterine Disorders/Gynecological Disorders)
3. Yoni arsha
4. Artav-dushti (menstrual disorders)

#### **1.2 Dose, Time and Duration of Yoni-dhavan:-**

##### **1.2.1 Time:-**

- a) Yoni dhavana can be given in Ritu kala i.e. period after menstruation ceases.
- b) Time limit of procedure is 1- 1.5 min.

##### **1.2.2 Dose:-**

- a) The dose of medicine used is 2 liter per session for kwath and 250 ml for oil.





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### 1.2.3 Duration of therapy:-

The Yoni-dhavana process is followed for eight days.

### 1.3 Equipments required for procedure:-

- Sponge holding forceps
- Sterile catheter
- Enema pot

### 1.4 Position of patient

Patient should be positioned supine posture, fixed thighs and elevated knees (lithotomy position – uttan shayana).

### 1.5 Administration of drug:-

- The enema pot is filled with lukewarm decoction to which catheter is connected.
- The rubber mackintosh sheet is placed underneath patient's waist, one end of which lies in the bucket.
- Minimum 2 liters of decoction is required to wash the vaginal passage.
- Enema pot filled with decoction is kept at 5 feet distance and with lukewarm decoction vagina is washed out.
- After procedure, the vagina is cleaned out with cotton by using sponge holding forceps. The vulva is dried with cotton.
- Then procedure is repeated on the respective days.

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