

## SOP OF GARBHA SAMSKARA

YEAR – 2022-2023

### What is Garbha Samskara?

Garbha Samskara includes all the efforts undertaken to conceive & get a best progeny.

Garbha Samskara is a unique scientific way of planning the pregnancy to achieve healthy baby.

It has benefits both to mother & baby.

The goal of Garbha Samskara is to ensure healthy & happy motherhood during pregnancy & healthy baby at the end of pregnancy.

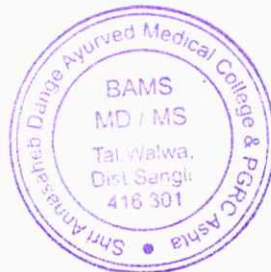
It includes adoption of Ayurveda, Yoga, Sangeetha & other Indian sciences to achieve this goal.

### Garbha Samskara includes,

- **Garbhadana Poorva Samskara – Pre – Conception care**
- **Garbhaadana Samskara – During Conception**
- **Sagarbha Samskara – Antenatal / During Pregnancy**
- **Samskara To Garbha – To Fetus**

### The Process of Garbha Sanskara Comprises:

- ❖ **Counseling of Couple** : The physical & mental preparation of couples body & mind before conception
- ❖ **Antenatal Care** – diet & routine to be followed during pregnancy by expectant mother  
Medicines if necessary to support pregnancy or to treat any complications during pregnancy
- ❖ **Care During Delivery**
- ❖ **Post Natal Care**
- ❖ **Neonatal Care**
- ❖ **Paediatric Care**





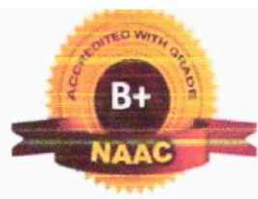
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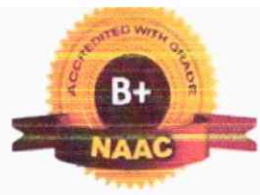
### ❖ Yoga Session:

- Pranayama For Nadi Shuddhi Before Conception
- Asanas For Each Month For Proper Fetal Development
- Pranayama During Pregnancy

### ❖ Sangeetha (Music therapy) :

- Which Raga Has To Be Heard In What Month Of Pregnancy
- Which Kind Of Instrument Has To Be Heard & At What Time





## SOP Of Uttarabasti, Yoni Dhawana, Yoni Pichu

### 1. Uttarabasti

Mode of procedure: -Instillation of medicated oil/ghee in uterus.

#### Indications:-

1. Infertility
2. Dysfunctional uterine bleeding
3. Amenorrhera
4. Dysmenorrhrea
5. Hypomenorrhrea
6. Tubal block

#### Contraindications:-

1. Ca Cervix
2. Unmarried
3. Presence of active pelvic & vaginal infection
4. Presence of heavy vagina bleeding
5. Vescico-vaginal fistula
6. All viral and bacterial genital infections

#### Instruments :-( all autoclaved)

1. Dispovan 2cc
2. IUI cannula
3. Cusco's speculum
4. Uterine sound
5. Tampon





6. Basti Dravya

7. Gloves

8. Cotton

9. Decoction of triphala churna

**Pre-requisites of the procedure Protocol:-**

**Time of administration:** - After 5th day of menses to 9th day.

**Dose:-**2 ml

Time required for introducing the drug: - 5 min

**Inform Consent**

- Matrabasti will be given on 1st day after food. Next day (2nd day) Niruha basti will be given before food followed by uttarabasti after food.
- With all aseptic precautions procedure will be performed in minor OT/ procedure room.
- Patient is advised to empty the bladder and then dorsal position is given.
- Vaginal douche with Triphala decoction will be given which is followed by uttarabasti.
- Routine p/v examination will be performed in order to access the size, shape, position of uterus.
- IUI cannula is connected to air removed syringe filled with basti dravya.
- Patient is advised for abstinence during procedure.

**Main procedure Protocol:-**

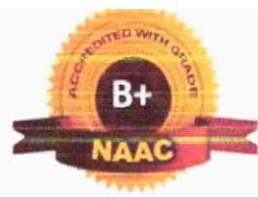
- Cusco's speculum is introduced in vagina.
- IUI cannula is then inserted into cervical canal beyond internal os.
- Lukewarm Basti dravya is injected.
- Withdrawal of IUI cannula and Cusco's speculum is done.

**Post Procedure protocol:-**

- Patient lies on bed with crossed legs for 1 hour.
- A sterilized tampon soaked in same medicated oil is kept in vagina for 1 hour.







- Temperature, pulse, B.P. is monitored.
- Patient is advised for abstinence after procedure

**Complication:-** Abdominal pain

**Expected management:-**

- 1) Hot water bag over abdomen
- 2) Analgesics

## 2. Yoni Pichu

Mode of Procedure- Placing a Tampon soaked in medicinal oil or ghee.

**Indication:-**

**Gynecology:**

- 1) 1st & 2nd degree uterine prolapsed.
- 2) Cystocele (Bladder Prolapse).
- 3) Rectocele (Rectal Prolapse).
- 4) Post menopausal vaginal dryness.
- 5) Dyspareunia(Painful Coitus).

**Obstetrical:**

1. In 9th month of pregnancy
2. Threatened Abortion.

**Contraindication:-**

1. Ca Cervix
2. Unmarried
3. Presence of active pelvic & vaginal infection
4. Presence of heavy vagina bleeding
5. Vescico-vaginal fistula
6. All viral and bacterial genital infections

**Selection of the medicine:** Depending on the condition of the patient, medicated decoctions, oil or ghee are selected.

**Instruments:**





1) Examination table with leg rests.

3) Pair of gloves.

4) Cotton swab, Gauze.

5) Sponge holding forceps.

**Time of Administration:** After total cessation of menstrual bleeding, from 5-10 days.

**Duration of treatment:-** 7 Days

**Duration of Tampon:-** 2 hrs.

**Shapes of Tampons:-**1) Circular-1 inch length & breadth.

2) Elongated – 1 finger breadth & 4 fingers long.

**Site of placing of Tampons:-** At the site of cervix – elongated placing of tampon.

• Cervix- Circular placing of tampon.

**Preparation of Tampon:-** Tampon is made up of cotton swab is wrapped with gauze piece & tied with long thread .

**Pre- requisities of Procedure Protocol:-**

- Inform consent
- Autoclaved tampon should be used.
- Patient should be given Supine position with knees flexed.
- Routine gynecological p/s, p/v examination.
- Before procedure vaginal pH will be measured.
- Patient is advised for abstinence during procedure

**Main Procedure Protocol:**

• The sterile tampon soaked in medicated oil/ ghee is inserted into the vagina with index finger & thread of the tampon is kept out for easy removal.

**Post- Procedure Protocol:-**

- Patient lies on bed in supine position for 10 min.
- After total completion of procedure vaginal pH will be measured.
- Patient is advised for abstinence after procedure

### 3. Yonidhawana-

**Mode of Procedure:-** Douching (Dhawana) with decoction to vagina

**Indication:-**





- To make the vaginal canal aseptic, to treat the below condition by improving PH from alkaline to mild acidic.
- To reduce the external mucoid secretions, with the astringent property .
- Vulvo vaginal inflammatory, Infective condition and non infective leucorrhoea with or without itching and foul smell. i.e Vaginal candidiasis, Trichomonas vaginitis

**Contraindication:-**

1. Invasive carcinoma
2. Acute cervicitis
3. Past H/O radio OR chemotherapy
4. Post natal cases (upto 6 weeks)

**Procedure of administration of drug:-**

- Informed and written consent of patient.

• Instrument

1. Examination table with leg rests,
2. Light source.
3. Pair of gloves.
4. Cotton, swab, gauze.
5. Sponge holding forcep.
6. Douch apparatus
7. Rubber catheter

- **Duration of procedure** :- (After complete cessation of pv bleeding) 7 to 10 days

- **Duration of douching** :- 10-15 min

- **Application site of douching** :- Starting from introitus to posterior fornices

- **Preparation of drug** -Type of drug (churna) :- Kwatha churna is taken

1. Single drug (ekeri churna )
2. Mixed drugs ( Mishra churna ) – mixing the different drugs and name it according to its content

- **Preparation of decoction (kwatha):** 20 gm churna are taken in a pot and 1 litre water is added. It is heated till water reduces to 500 ml.

- **Pre-requisites of procedure protocol:**

1. Patient is asked to void urine
2. Patient is made to lie on the table in lithotomy position Draping done

3. The douch apparatus is filled with minimum 500 ml of luke warm decoction to which catheter is connected and kept at 5 feet distance above the patients.
4. Per speculum and per vaginal examination for clinical assessment
5. Patient is advised for abstinence during procedure







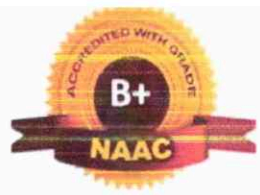
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**Main procedure protocol:-**

Sterile rubber catheter is inserted into vagina and with luke warm decoction douching is done. After the procedure the vulva is dried with cotton.

**Post procedure care protocol:-** Patient advised to lie down on the table for 5 min

Patient is advised for abstinence during and after procedure



*Ashtey*

PRINCIPAL

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