



Sant Dnyaneshwar Shikshan Sanstha's
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Department of Prasuti Tantra Evum Striroga

New intiations in administering Uttar Basti and Garbha Sanskar

YEAR – 2023-2024

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.





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• **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


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

New innovations in administering uttar basti and Garbh sanskara

- A. Basic knowledge regarding uttar basti like –indication, contra indication, benefits and complication
- B. .Pre operative, operative and post operative care of uttar basti.
- C. To issue ANC card: Especially in Garbh sanskar, ANC card is designated to the pregnant lady with details of procedure and monthwise progression.
- D. Recording all the follow ups: All the follow ups are recorded so as to assure the success rate of the procedures.
- E. .Educating the patient regarding benefits to garbhadhana vidhi, garbhini Pparicharya, garbha sanskara rtc. Most of pregnant ladies especially that belongs to rural and remote areas are educated about garbhini paricharya , garbha sanskar etc so as to maintain health status of mother and fetus both. Do's and don't's are properly explained as a prime objective of ANC.
- F. .Labour counseling with pictorial representation and models. Before labour, the pregnant lady is explained the complete process, mechanism, nature of labors pains, position of fetus, cervical dilatation and head presentation etc.


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