


Chaitanya Ayurved Mahavidyalay

Department of Prasutitantra and Stirog

STANDARD OPERATING PROCEDURES




PRINCIPAL
Chaitanya Ayurved Mahavidyalaya
Sakegaon - Bhusawal

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Yoni Dhavana / Yoni Parishek

This is a specialized procedure used to maintain asepsis, typically involving the irrigation of the vagina or the use of a douche.

Standard Operating Procedure

Materials Needed

- Sterile gloves
- Gauze piece
- Cotton
- Medicated Kwatha, oil
- Douche can
- Rubber tube
- Vaginal nozzle
- Sponge-holding forceps

1) Preliminary Steps (Purva Karma)

- Obtain consent for the procedure and assess the patient's safety before proceeding.
- Follow the procedure checklist.
- Advise the patient to empty her bladder.
- Prepare the medicated kwath or oil

2) Main Procedure (Pradhana Karma):

- Position – (Lithotomy position) the patient in a dorsal position with thighs flexed.
- Insert the vaginal nozzle without lubrication.
- Slowly irrigate with 500 ml of the medicated decoction (Kwatha) or oil in both clockwise and counterclockwise directions.

3) Post-Procedure Steps (Pashchata Karma)

- Advise the patient to cough to help expel any remaining Kwatha from the vagina.
- Clean the vulva and vagina using a gauze piece.
- Document the post-procedure evaluation in the patient's file.




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YONI PICHU

Definition- Soaking a piece of gauze in oil (Taila) or clarified butter (Ghritha) and placing it in the vagina is called Yoni Pichu.

STANDARD OPERATING PROCEDURE

MATERIAL NEEDED

- Sterile gloves
- Gauze piece
- Medicated oil/Clarified butter
- Bowl

1) PREPARATORY STEPS

- Obtain consent for the procedure and assess the patient safety using a pre-procedure checklist.
- Advise the patient to empty her bladder.
- Warm the oil/clarified butter slightly.

2) MAIN PROCEDURE

- Position the patient in a dorsal position with thighs bent (Lithotomy position)
- The sterile gauze piece will be soaked in medicated oil/clarified butter and then placed in the vagina.

3) PASHACHT KARMA

The inserted Yonipichu should be removed after 2 hours or when patient feels urine sensation. Post procedure evaluation should be written in patients OPD paper.




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UTTAR BASTI

Definition

Uttara Basti is a procedure in which medication in the form of oil or ghee is introduced through the vagina into the uterus and through the urinary tract into the bladder in females.

STANDARD OPERATING PROCEDURE

MATERIAL REQUIREMENTS

- Sims speculum
- Anterior vaginal wall retractor
- Sponge-holding forceps
- Allis forceps
- Uterine sound
- Uttara Basti cannula
- Syringe
- Bowl
- Sterile gloves
- Gauze pad
- Cotton

Oil/Ghrita

1) PURVA KARMA

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist Whole body Abhyanga with medicated oil (BalaTaila/Narayana Tail) for 20 minutes.
- Sarvanga Bashpa Sweda for 10 minutes

Yoni Prakshala with Panchavalka Kwatha or Triphala Kwath

- Prepare operation theatre trolley

2) PRADHANA KARMA

- Position-Lithotomy position
 - Painting with antiseptic solution at vulva and vagina.
 - Visualize cervix by using Sim's speculum and anterior vaginal wall retractor.
 - Catch the anterior lip of cervix by vullselum forcep.
 - Determine length and position of uterus by uterine sound.
 - Uttara Basti canula is introduced in the direction of uterine cavity,
- then 3/5 ml medicated Taila/Ghrita is injected with syringe from other side of canula.
- Remove all instruments

3) PASHAT KARMA

- Patient is given head low position for 15 minutes
- Post procedure evaluation should be written in the patient's IPD paper.




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