



DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
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SOPs of Development, implementation, monitoring and revision of SOPs

1. Yoni Parisheka -

Pre-procedure

- Thorough hand wash is done.
- Jr. resident doctor wears the gown and the gloves, mask, cap and face shield.
- Assistant keeps the medication ready for use.
- Patient empties her bladder.
- Patient wears a facemask.

Procedure

- > The patient is taken on a table in a lithotomy position.
- > Painting of external genitalia is done with savlon.
- > A sterile catheter is attached to the enema pot filled with advised medicament.
- > Enema pot should be placed at the height of 5 ft. from ground.
- > Fomentation of the external genital area is done by the medicament in the pot till it is completely emptied.
- > Later the catheter is removed and supine position is advised to the patient.

Post procedure

- The Jr. Resident doctor removes the gloves and the gown.
- After a few minutes the patient leaves.

Time taken – 5-10 min.

Duration – 7 days

2. Yoni Pichu

Pre-procedure

- Thorough hand wash is done.
- Jr. Resident doctor wears the gown and the gloves, mask, cap and face shield.
- Assistant keeps the medication ready for use.
- Patient empties her bladder
- Patient wears a facemask.

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Procedure

- Lithotomy position is given to the patient.
- Painting of external genitalia is done with savlon.
- Draping is done with a sterile whole towel.
- Pichu dipped in the medicine is gently inserted inside the vagina.
- The Patient is instructed to take it out just before the next urination.

Post procedure

- The Jr. resident doctor removes the gloves and the gown.
- After a few minutes the patient leaves

Time taken - 5-6 min.

Duration – 7 day

3. Yoni dhavan

Pre-procedure

- Thorough hand wash is done.
- Jr. resident doctor wears the gown and the gloves ,mask,cap and face shield.
- Assistant keeps the medication ready for use.
- Patient empties her bladder.
- Patient wears a facemask.

Procedure

- Lithotomy position is given to the patient.
- Painting of external genitalia is done with savlon.
- Sterile catheter is attached to the enema pot filled with medicament.
- Enema pot is placed at a height of 5 ft. from the ground.
- The free end of the catheter is gently pushed inside the vagina and is cleaned by allowing the medicament to flow till the pot gets emptied.
- Now the catheter is taken out of vagina.
- The patient is given a supine position.

Post procedure

- The Jr. Resident doctor removes the gloves and the gown.

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-
- After a few minutes the patient leaves

Time taken – 5-6 min.

Duration – 7 days

4. Kshara pratisarana

Pre-procedure

- Thorough hand wash is done.
- Jr. resident doctor wears the gown and the gloves ,mask, cap and face shield
- Assistant keeps the medication ready for use.
- Patient empties her bladder.
- Patient wears a facemask.

Procedure

- The patient empties her bladder.
- Patient lies in a lithotomy position.
- Painting of external genitalia is done with savlon.
- Draping is done with a sterile whole towel.
- Cusco's speculum is introduced into the vagina.
- With the help of sponge holding forceps, kshara is taken on a gauze piece and applied locally on the affected area over the cervix for 2-3 min.
- The remnant is brushed off with dry gauze.
- Cusco's is then gently taken out.

Post procedure

- The Jr. Resident doctor removes the gloves and the gown.
- After a few minutes the patient leaves.

Time taken – 6 - 8 min.

Duration – 5 – 7 days

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5. Yoni dhoopan

Pre-procedure

- Thorough hand wash is done.
- Jr. resident doctor wears the gown and the gloves, mask, cap and face shield
- Assistant keeps the medication ready for use.
- Patient empties her bladder
- Patient wears a facemask.

Procedure

- The patient is asked to empty the bladder.
- Burning coals are taken in a vessel and dhoopan dravyas are put on to it.
- This vessel is kept under the commode chair meant for dhoopan.
- Patient is now asked to sit over the above chair with the affected area uncovered.
- Hot medicated fumes are allowed to the exposed area for 3 – 5 min.

Post procedure

- The Jr. Resident doctor removes the gloves and the gown.
- After a few minutes the patient leaves.
-

Time taken – 6 – 8 min.

Duration – 7 days

6. Uttara Basti

Pre-procedure

- Thorough hand wash is done.
- Jr. resident doctor wears the gown and the gloves, *mask*, cap and face shield
- Assistant keeps the medication ready for use.
- Patient empties her bladder
- Patient wears a facemask.
- The patient is given sthanik snehan and swedan to the lower abdomen area.

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Procedure

- The patient is taken in a lithotomy position.
- Painting is done over the external genitalia with savlon.
- Area is draped with a sterile hole towel.
- Sim's vaginal speculum is inserted in the vagina.
- The cervix is visualized and steadied with Allis forceps.
- The position and length of the uterine cavity is noted with the help of uterine sound.
- The basti dravya is taken in a sterile syringe connected with basti netra.
- The tip of the basti netra is inserted through the cervix gently.
- The basti dravya is slowly pushed inside till the syringe is completely emptied.
- The syringe with basti netra is removed followed by the removal of Allis and Sim's speculum.
- Pichu is gently inserted inside the vagina.
- The Patient is instructed to take it out just before the next urination.
- The patient is asked to turn supine and rest for 10 min. with head low position.

Post procedure

- The Jr. Resident doctor removes the gloves and the gown.
- After a few minutes the patient leaves.

Time taken – 8 – 10 min. followed by 10 min. rest.

Duration – 5 days

MALE UTTARBASTI

Pre-procedure

- Thorough hand wash is done.
- Jr. resident doctor wears the gown and the gloves, *mask*, cap and face shield
- Assistant keeps the medication ready for use.
- Patient empties his bladder
- Patient wears a facemask.
- The patient is given sthanik snehan and swedan to the lower abdomen area.

Procedure-

- The patient is taken in Supine position.

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- Painting is done over the external genitalia with Betadine.
 - Area is draped with a sterile whole towel.
 - The basti dravya is taken 20ml (an increasing quantity of basti dravya by 5ml) in a sterile syringe connected with infant feeding Tub no 7or 8.
 - Infant feeding tube inserted through male urethra, upto marking "14" or resistance occurred.
 - The basti dravya is slowly pushed inside till the syringe is completely emptied.
 - Bandage is tied to the base of penis
 - The patient is asked to rest in supine position for 10 min.
 - The Patient is instructed to remove the tie just before the next urination.
 - The procedure is continued for 4 days
After a gap of 3 days procedure is repeated for 3 days
So total 7 days in a month.

Post procedure

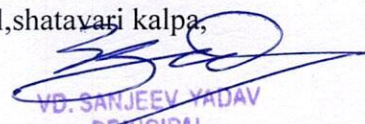
- The Jr. Resident doctor removes the gloves and the gown.
- After a few minutes the patient leaves.

Time taken – 8 – 10 min. followed by 10 min rest.

- Duration – The procedure continues for 4 days and then 3 days gap after that continue for 3 days, i.e 7 days in month.

Garbhasanskar

YMT garbhasanskar Kendra conducts Garbhasanskar sessions every 15 days on 2nd and 4th Saturday for last 2 yrs. Even before that garbhasanskar classes were conducted by the gynaec department since 10 yrs. However because of this COVID 19 pandemic situation, we took only online consulting for pregnant patients as per patient's requirement. In this Garbhasanskar sessions various lectures were being conducted by experienced staff on music, diet, yoga, mantra etc interactive session were also conducted. Also patients were provided with small booklets containing information about the same to practice them daily at home . Every session included activity which helped the mother to be at home . Every session included activity which helped the mother to be interactive with their unborn child and also make them active and stressfree. Mothers were also provided with Garbhasanskar kit which included kikkis oil, shatavari kalpa,


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massage oil, varnya lepa and for mother was also provided with baby kits useful for their new born babies. Feedback forms were taken from all the mothers at the end of their batch.

Each session starts with Dhanvantari stavan & Dhanvantari puja .

Lecture on different topic, e.g. Diet, Dos & Don'ts during pregnancy etc. were taken for 45 minutes

Then Music therapy & mantra was taken for next half an hour.

This was followed by Yoga for 45 minutes

Then activity was taken for 15 minutes

Each session ended with light snacks

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