



DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

Phone: 022- 27744406

Fax: 27749895


E-Mail: ymtayurved@drgdpolfoundation.org

Institutional Area, Sector-4, Kharghar, Navi Mumbai 410210

**DETAILS OF NEW INITIATIONS IN ADMINISTERING UTTARBASTI AND
FOLLOWING PRACTICE OF GARBHSANSKARA**

New Initiations In Administering stripanchakarma & sthanikchikitsa procedures:

1. The Three Aspects i.e Poorva Karma, Pradhan Karma And Paschat Karma are explained To The Patients.
2. For Uttarbasti instead of using a feeding tube, we are using IUI cannula for the same.
3. Our own faculty are taking live demonstrations of music and yoga for pregnant patients in Garbhsanskara Sessions.
4. One of the members of my own faculty Dr. Mehre Professor & HOD, has done a one year course in Music Therapy (at Sursanjivan , Mumbai) for our garbh sanskar classes.
5. Various aushadhi kalpanas like Kikkisadi oil, Hingwadi oil, Jyotishmati oil, Sutikadashmool kwath , ashwagandha kshirpaak etc. made by PGS are used in gynaec-obs disorders in day to day practice.
4. According to procedures like uttarbasti and sthanik therapies, post therapy care is advised.
5. Mask is mandatory to each patient and their relatives.
6. Staff pattern 5 tables: each containing 1 Nurse and 1 Intern
7. Instruments like BP machine, SPO2 probe, and non-contact thermal scan are compulsory on each table.
8. Sanitization is mandatory.
9. Sanitizer is placed outside of each ward.
10. Clinical condition of the patient is examined properly.


VD. SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..