

**PRASUTI & STREE ROGA**  
**6-day CME for Teachers Module**

Unit	Subject	Course Contents	Duration in Hours
1.	Stree-sharira-Kriya (Physiology of menstruation) Garbhadhana (Conception)	Influence of doshas and dhatus in menstrual cycle. Shukra in relation to females. Menarche, menopause, hormonal control of menstrual cycle. Cyclic changes in reproductive system, ritukala, (Scientific explanation of all). pre-conceptional nutrition, putreshtiyajnya (scientific explanation). Effect of psychology of woman, Functions of panchamahabhutas in fetal development. Growth and development of fetus, fetal physiology with nutrition. Full term fetus, diameters, sutures etc. of fetal head, their importance during labour, Assessment of fetal maturity. Causes, diagnosis and prevention of congenital anomalies.	1 ½ Hour
2.	Important Disorders during Pregnancy	Causes, clinical features, investigations, effect on mother, fetus and labour of following conditions and their antenatal, natal and postnatal management as well as preventive methods and effect of pregnancy on the disease. Toxaemias of pregnancy, Anaemia and Jaundice during pregnancy	1½ Hour
3.	Garbhashayetara asthita garbha (Ectopic pregnancy): IUD and APH	Causes, Clinical features, diagnosis, complications preventive and curative treatment. Causes, Clinical features, diagnosis, complications, preventive and curative treatment of IUD (Intra uterine fetal death) and APH	1½ Hour
4.	Normal labour	Causes of onset of labour, assessment of progress of labour as well as feto-maternal condition, stages, mechanism and management of labour.	1½ Hour
5.	Abnormalities of labour or Mudha-garbha	Definition, causes and gaties (presentations/ positions) of mudhagarbha, causes, diagnosis, mechanism and management (delivery) of mudha garbha due to viginata of shiras (occipito posterior, face and brow presentation), feto-maternal complication of this presentation and garbha-sanga. Causes, diagnosis, mechanism, management.	1½ Hour
6.	Abnormalities of labour or Mudha-garbha	Feto-maternal complications of following gaties: Jaghana sanga (breech presentation). Ansa Sanga (Transverse or oblique lie). Jatharodaya (Cord prolapse or cord presentation), Unstable lie and compound presentations. Sammohana of gati of garbha i.e. causes diagnosis, complication and management of abnormal uterine action including inertia.	1½ Hour

7.	Abnormalities of labour or Mudhagarbha  Dirghikrita Prasava (prolonged labour)	Mudhagarbha (obstruction in delivery) due to abnormalities of soft structures of reproductive system - causes, diagnosis complication and management of abnormalities of vulva, vagina, cervix (Yoni samvarana-nondilatation of cervix), uterus and pelvic organs/viscera. Mudhagarbha due to disease of pathika (fetus) i.e. macrosomia, congenital hydrocephalus, ascites, tumours, anencephaly-diagnosis and management. Causes, diagnosis management of prolonged labour.	1½ Hour
8.	Abnormalities of third stage of labour  Injuries to the reproductive organs during labour	Causes, diagnosis, complication and management of retention of placenta, PPH, Shock, Shwasan sansthan antah shalyata (amniotic fluid embolism) and garbhashaya antartartan (inversion of uterus). Causes, Clinical features, complications (immediate and remote) and management of injury to vulva, perineum, vaginal canal, pelvic floor muscles, cervix of uterus, uterus (rupture), pelvic haematoma.	1½ Hour
9.	Sutika (Normal and abnormal puerperium)	Puerperal period, involution of reproductive organs etc. lochia, changes in breasts, blood count, pulse, temperature etc., reappearance of menstruation and ovulation and sutika – paricharya. Puerperal disorders including makkalla, minor ailments specially infection, fever, antarvidradhi (pyometra or pelvic abscess) cause, clinical of features, complications and treatment. Other disorders during puerperal period i.e. puerperal emergencies, urinary tract infections, breast and other disorders.	1½ Hour
10.	Contraceptives  RCH Programme	All the methods of contraception with recent advances and surgical tube ligation, laparoscopic tube ligation. Detailed description of RCH programmes contribution of Ayurveda in this field.	1½ Hour
11.	Prasuti Shalya (surgery in relation to obstetrics)	Indications, methods and complications of prasava-prerana and prasava-samvardhana (induction and augmentation of labour) Circlage procedure for incompetent os of cervix (garbhashaya-griva-akshamata-hetu, vartula-bandha). Indications, pre-requisite, method, complications etc. of sandansha prasawa (forceps delivery) and ventous delivery. Indications, types, methods, complications and post-operative management of caesarean section (garbhashaya patana)	1½ Hour
12.	Development (embryological) of female genital tract and Anomalies of reproductive system	Development of individual structure of urogenital system including each component, ovaries and inter-sex (hermaphrodite) as well as shanda. Congenital and subsequent anomalies of breast, vulva, vagina, cervix, uterus, fallopian tubes, ovaries etc. with specific clinical feature their effect on reproductive physiology. Counselling for incurable conditions, prevention for subsequent anomalies and surgical treatment for correcting the important condition.	1½ Hour

13.	Gynaecological problems from birth to adolescence	Gynaecological problem of neonates, toddlers, infants, premenarchal especially precocious puberty, abnormal vaginal discharge or bleeding, problem of general growth. Delayed puberty, PCOD and other menstrual abnormalities, neoplasms, hirsutism, delayed manifestation of inter sex etc.	1½ Hour
14.	Amenorrhoea, Hypo-, Oligo- and Dysmenorrhoea	Etiopathogenesis, types, investigations, complications and treatment of amenorrhoea, correlation of artavanasha and nashtartara etc. as well as vandhya, shandi, shushka, arajaska etc. yoni vyapad, artava vaha srotas vedha etc. Etiopathogenesis, Clinical features, investigations and treatment of hypomenorrhoea, oligomenorrhoea and dysmenorrhoea, correlation of those entities, vis-à-vis, vataja artava-dushti, kshinartava, artavakshaya, lohitaakshaya etc. yonivyapad and udavarta yoni vyapad.	1½ Hour
15.	Meno-metrorrhagia and vaginal discharges	Meno-metro-rrhagia, D.U.B., its definition, different types, causes, pathogenesis, complications, investigations and treatment as well as correlation with artativridhi, asrigdara etc. menstrual disorders and raktayoni or asrija yonivyapad. Types, etiology of every type, pathogenesis, investigations and treatment of painless, white, watery discharge or leucorrhoea, (yonisrawa), blood-stained, mucoid (shleshmal) purulent (puyayukta), foul smelling and pinkish thin etc. vaginal discharges including concerned artava- and yoni-vyapad. Problems relating to sex i.e. etiopathogenesis and treatment of nymphomania and dyspareunia correlation of paripluta, acharana, aticharana, atyananda etc.	1½ Hour
16.	STI	Importance, causes, clinical features and preventive & curative treatment.	1½ Hour
17.	Infertility	Definition, types, etiopathogenesis of infertility (Vandhyatwa), detailed methods of investigations. Treatment according to cause, general treatment, stort appraisal of recent techniques of assisted reproduction.	1½ Hour
18.	Utero-vaginal displacements.	Etiopathogenesis, clinical features, differential diagnosis and preventive and curative treatment of Cysto-, recto- and entero-celes, phalini yonivyapad and chronic inversion of uterus. Retroversion and different degrees of prolapse of uterus as well as prasramsini and mahati yonivyapad.	1½ Hour
19.	Injuries to urogenital system	Causes, clinical features and treatment of old complete perineal tear, genitor-urinary fistula (mutrasravi vrana) and rectovaginal fistula.	1½ Hour
20.	Granthi and Arbuda (one session)	Short description of granthic and arbuda as in ayurvedic classics and their correlation with specific benign or malignant lesions of respective places. Etiopathogenesis, clinical features, investigations, D.D. and treatment of some of important cysts, fibroid, premalignancies and malignancies.	1½ Hour

21.	Breast development and disease	Development, anatomy and anatomical defects of breasts, etiopathogenesis, features, investigation and treatment of stanavajra or stana kilaka/stana vidradhi (breast abscess), mastalgia, fibrocystic breast disease, fibroadenoma and carcinomas of breasts.	1½ Hour
22.	Gynaecological operations	Giving details of preoperative preparations, post operative care etc. detailed indications, procedure, complications etc. of dilatation and curettage, cervical biopsies i.e. punch, and wedge, ring and cone biopsy and perineoplasty, other major operations not described during treatment of respective disease should be discussed as per time and interest of participants.	3 Hour
23.	Gynaecological operations		
24.	Special investigations and therapies	As far as possible practical demonstration or else detailed method of examination including reference of USG (imaging) etc. depending upon the facilities available, detailed procedure with the help of instruments and diagrams about collection of pep smear, premenstrual endometrial biopsy, H. S.G (Hysterosalpingography), cauterization of cervix, application of kshara, basti (anuwasana, asthapana and uttara), pichu etc. procedures with emphasis on complications also. Panchakarma in gynaecology should be discussed.	1½ Hour
	<b>Pre and Post training assessment</b>	Assessment and Feedback forms may be given to participants before the commencement of sessions, so that they fill the forms at the end of each session/day and put them in sealed envelops.	01 hour
		<b>TOTAL</b>	<b>37 Hours</b>