

**RAV- National Academy of Ayurveda Prasooti&Streeroga  
6 -days CME for Teachers**

**Total Modules – 05**

<b>Module -1</b>	<b>Garbhadhana, Garbhinishareera (pre-conceptual care, Fertilization, Physiology of pregnancy , Prenatal care)</b>
<b>Module -2</b>	<b>Garbhavyapad &amp; Garbhinivyapad (Fetal complications and Pathologies of pregnancy)</b>
<b>Module -3</b>	<b>Prasava ,Sootika,GarbhaNirodhakaupaya (Labour , Puerperium&amp; Contraception)</b>
<b>Module -4</b>	<b>Streeroga -Common conditions/diseases in Gynaecology</b>
<b>Module -5</b>	<b>Sthanikachikitsa –local therapy/ treatment in Gynaecological practice</b>

**Module -1 Garbhadhana, Garbhinishareera (Fertilization, Physiology of pregnancy , Prenatal care)**

<b>Time Duration</b>	<b>Contents</b>	<b>Teaching Method</b>	<b>Venue</b>	<b>Resource person</b>
30 minutes	<b>Inauguration</b> Introduction of the group and Group division Module introduction, Objectives Pretest assessment of participants			
30 minutes	Refreshing Anatomy of Female reproductive system Refreshing Physiology of Female reproductive system Physiology of Menstruation	A V teaching		
30 minutes	<b>Preconception care (Garbha Samskar)</b> • Components of Preconception care • Preconception Nutrition • Highlights on Preconception care in Ayurveda • Practical aspect of Preconception care (GarbhaSamskar) as per Ayurved	A V teaching		

30 minutes	<ul style="list-style-type: none"> <li>• Preconceptional Genetic Screening</li> <li>• Genetic screening in Pregnancy</li> <li>• Genetic testing during pregnancy -Pros &amp; Cons</li> </ul>	A V teaching		
30 minutes	Antenatal care & Management Obstetric Examination	Demonstration		
30 minutes	Role of Ultrasound in Pregnancy Triple test Quadra marker screen	A V teaching		
30 minutes	Advancements in ANC profile Stem cell Banking	A V teaching		
30 minutes	Garbhini Paricharya – Importance of Maternal Nutrition / Diet Highlights on important recipes Utility of Prajasthapana Drugs & Rasayana Drugs in various stages during pregnancy.	A V teaching		
30 minutes	Recent advances in Intrauterine Fetal wellbeing Nonstress test (NST) Cardiotocography Biophysical Profile Fetal Doppler	Demonstration & Interpretation		
30 minutes	NABH policy and procedures pertaining to Obstetrics & Gynaecology Medicolegal aspects of Obstetrics Documentation in OBG	A V teaching		

### Module-2 Garbhavyapad & Garbhiniyapad (Fetal complications and Pathologies of pregnancy)

Time Duration	Contents Advancements clinical diagnosis, Investigations / Special tests, Evaluation & management protocol of following conditions	Teaching Method	Venue	Resource person
60 minutes	<ul style="list-style-type: none"> <li>• Repeated pregnancy losses (RPL)</li> <li>• Bad Obstetric History (BOH)</li> <li>• Upavishtak, Nagodara, Leenagarbha and Mritgarbha</li> <li>• Intrauterine Growth Restriction</li> <li>• Intrauterine Fetal Death</li> </ul>	A V teaching/ Case presentation		

120 minutes	<ul style="list-style-type: none"> <li>Garbhinisotha, Garbhini Pandu, GarbhiniChhardi, GarbhiniJwar, GarbhiniAtisar and their management, recent advances in Ayurveda and conventional medicine</li> <li>Approach to Rh - Negative pregnancy Updates in prophylaxis, Antenatal Evaluation and Postnatal management</li> </ul>	A V teaching		
30 minutes	Obstetric Emergencies Antepartum Haemorrhage - Placenta Praevia & Abruptio placenta	A V teaching		
60 minutes	Garbhajanyavishamayata - Toxaemias of pregnancy Updates on Antihypertensive drugs during pregnancy.	A V teaching		
	Eclampsia Drill First aid / Primary care in Eclampsia	Role play/ Mock drill		
60 minutes	Endocrine & Metabolic disorders during pregnancy - Screening & updates Gestational Diabetes Mellitus Thyroid disorders during pregnancy Recent developments in Rheumatoid Arthritis cases	A V teaching/ Case scenarios		
60 minutes	Materia Medica concerned to Prasooti Single drug preparations - Utility in Prasooti Specific drug preparation - Utility in Prasooti Critical analysis of drugs used in Prasooti	A V teaching		

### Module - 3 Prasava , Sootika & GarbhaNirodhakaupaya (Labour, Puerperium & Contraception)

Time Duration	Contents	Teaching Method	Venue	Resource person
60 min	Assessment of Labour Partographic assessment of Labour Pelvic Assessment	Demonstration on Model		
60 min	Ayurved protocols for easy delivery Updates in Induction & Augmentation of Labour (Protocols)	A V teaching/ Case presentation/ Mock drill		

60 min	Conduction of Normal labour including Ayurved management Equipment Active management of 2 <sup>nd</sup> and 3 <sup>rd</sup> stage of Labour	Demonstration		
120 min	Modes of Assistance Episiotomy Forceps Vacuum / Ventouse C-section	Demonstration/ Video Demo		
120 min	Labour Emergencies Postpartum Haemorrhage Uterine Inversion Amniotic Fluid Embolism, Perineal injury	Mock drill		
60 min	Sootika / Normal Puerperium Sootika Paricharya - Significance Integrated approach to Postnatal care through Ayurveda & Physiotherapy	A V teaching		
30 min	Postnatal Diet and various traditional Sootika diet throughout India	A V teaching		
30 min	Postnatal care to Mothers and Newborns Updates on WHO / ACOG recommendations	Demonstration & Interpretation		
60 min	Common puerperal disorders and their management protocols Sootika Jwara Stanya Dushti Stanya Kshaya, Stana Vidradhi	A V teaching/ Case presentation		
60 min	Updates in contraception from modern and Ayurved aspect	A V teaching		
30 min	Female surgical sterilization	Demonstration/ Video Demo		

#### Module - 4 Streeroga - Common disorders in Gynaecology

Time Duration	Contents	Teaching Method	Venue	Resource person
30 min	Development of Female genital tract and congenital anomalies / Developmental defects	PPT / video demo		
30 min	Anti Mullerian Hormone (AMH) Analysis w r t Gynaecology and Myths	A V teaching		
30 min	Common Gynaecological conditions from Birth to Adolescence	PPT / video demo		

30 min	Neonatal Examination Adolescent Examination	Video Demo		
60 min	Ayurvedic diagnosis and treatment protocols of common gynecological disorders Gynaecological Examination (Pelvic Examination) – Ayurvedic approaches with Samhita based clinical diagnosis.	A V teaching Demonstration		
60 min	Menstrual disorders Trending treatment modalities / Ayurvedic approach	PPT / CBL		
60 min	Abnormal Uterine Bleeding -Trending treatment modalities IUCD, Ablation therapy, etc.Ayurvedic styptic SOP	PPT / CBL		
90 min	Vandhyatwa (Infertility) Approach, Evaluation & Management	PPT / Video Demonstration		
30 min	Tubal Block with adhesions -Treatment protocol as per modern and Ayurved aspect	AV / Case Presentation		
30 min	Legal aspects of Assisted Reproductive Techniques (ART) Laws related to Surrogacy	AV /Didactic		
60 min	Genital displacements and associated Uro genital condition Integrated approach to conditions of Urogynaecology (Ayurveda+Physiotherapy)	PPT / video demo		
30 min	Female sexual Dysfunctions – Screening and counseling	PPT		
120min	<b>Granthi&amp;Arbuda(Benign &amp; Malignant conditions of Female Reproductive System)</b> Fibroid uterus, Adenomyosis, Ovarian cysts and Ovarian endometrioma -Ayurvedic approach Diagnosis and Management updates as per modern Science	PPT / CBL / video demo / Case Presentation		
30 min	Advances in diagnostic laparoscopy and Hysteroscopy	Video Demonstration		
60min	Common breast diseases, benign and malignant breast diseases Diagnosis and Management updates as per modern Science	Video/ Demo		
60min	Poly cystic ovarian Syndrome - Ayurveda approach with recent advances in conventional management.	AV		
60min	Abnormal Vaginal discharges including concerned Artava- and Yoni- vyapadas	AV		

30min	Menopausal syndrome	AV		
30 min	Tumour markers w s r to Gynaecology	Didactic		
30 min	Sexually Transmitted Diseases (STDs) - Updates in screening	PPT		
30 min	Imaging in Gynaecology	AV		
30 min	<b>Emergencies in Gynaecology</b>	AV /PPT		
60 min	Breast cancer - Screening	PPT / video demo		
	Cervical cancer - PAP smear, Visual inspection methods, Colposcopy, Biopsy etc			

### Module -5 Panchakarma&Sthanikachikitsa - Therapeutic Modalities in Gynaecology

Time Duration	Contents	Teaching Method	Venue	Resource Person
180 min	Role of Panchakarma in Streeroga	Didactic Demonstration / Hands on experience		
	Yonidhavana			
	Dhoopana ,Lepa, Varti application			
	Pichu application			
	Ksharakarma&Agnikarma			
	Uttarabasti			
	Preventive and curative measures of Marma therapy in Obstetrics and Gynaecology			

Previous model was of 48 hrs, training. Total duration in above model is 44 hrs. There can be panel discussion on every day for rest of 4 hrs.

Research methodology in relation to StreerogPrasutitantra can also be incorporated.

Every session should be interactive; Presentation from trainees on the new skills achieved from the CME can also be incorporated on the last day.

Inaugural and valedictory ceremony preferably avoided.

Prescription writing skill with Example & Research paper writing skill