**SRI DHARMASTHALA MANJUNATHESHWARA**

**COLLEGE OF AYURVEDA & HOSPITAL, HASSAN**

**Centre for International Studies, Innovations, Skill Development & Research in Ayurveda (CIISDRA)**

**SHORT TERM COURSE IN WOMEN CARE**

| Place : Sri Dharmasthala Manjunatheshwara College Of Ayurveda & Hospital, HassanConducted by : Department of Prasuti Tantra and Stree Roga |
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| **DURATION OF THE COURSE** – **300 hours**

| **Sl.no** |  **Content** | **Online** | **Offline** |  **Total** |
| --- | --- | --- | --- | --- |
| 1 | Theory | 150 hours | - | **150 hours** |
|  |
| 2 | **Hands on training:** |  |  | **150 hours** |
| Session-I - Observation |  | 15 hours |
|  | Session – II –Assisting & independent Performing |  | 60 hours |
|  | Session – III Assisting & independent Performing |  |
|  | Session IV - Pre & Post – Operative procedures |  | 30 hours |
|  | Session V – Work experience |  | 15 hours |
|  | Session VI - Assisted learning |  | 30 hours |
|  |
|  | TOTAL | **300 hours** |

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| **Medium of Instruction**: English**TIMINGS** : Online : 2 Hrs per day (6:00pm to 8 pm) (in consultation with participants batch) Offline : As per time table |
| **MINIMUM ELIGIBILITY FOR JOINING THE COURSE :**1) The graduates, post graduates of any recognized medical systems 2) Students & Internees of any Medical Institutions with recommendation of the Head of the Institution (HOI). |
| **COURSE DESCRIPTION**This course delivers knowledge of treating the diseases with ayurveda principles in day to day practice in various gynaecological and obstetrical disorders along with performing skills in an ethical & effective manner.Course will be conducted in three levels of training- * LEVEL 1 –Self-study before starting hands -on training programme.
* LEVEL 2 - Online interactive lectures for 75 days
* LEVEL 3 - Hands on training on women care skills for 15 days.
* Method of evaluation conducted in all 3 levels of training for the purpose of assessment of candidates is as follows:

|  | **Mode of conduction of examination** | **Types of question** | **Marks** |
| --- | --- | --- | --- |
| **Theory** | **Observation** | **Practical** | **Total** |
| LEVEL 1 (Before commencement of online classes) | Online  | Multiple choice  | 25 | - | - | 25 |
| LEVEL 2 (Before commencement of Hands on training programme) | Online | Multiple choice and Short answer | 25 | 25 | - | 50 |
| LEVEL 3 (On completion of Hands on training programme) | Offline | Multiple choice, Short answer &Practical | 50 | 75 | 100 | 225 |
|  |  |  | 100 | 100 | 100 | 300 |

**ASSESSMENT MODALITIES**1. Level I training - need to score minimum 50% marks to enter level II training
2. Level II training - need to score minimum 50% marks to enter level III training
3. Final examination - need to score minimum 50% marks to be awarded with a certificate.

**Successful candidates will be awarded with certificates**. |
| **OUTCOMES OF THE COURSE:** Trainee will 1. Develop skill to practice PTSR in various gynecological and cases related to pregnancy, procedures for promotion of health, prevention of various complications and cost effectiveness.2. Gain knowledge about advancement in Sthanika chikitsa.3. Be confident to establish an ideal woman care clinic. |

**TIME TABLE OF HANDS ON TRAINING**

| **Sl.no** | **Duration** | **Hours** | **Schedule** |
| --- | --- | --- | --- |
| 1 | 7:00am-8:00am | 01 | Hands on training (Session I) - Observation  |
| 2 | 8:00am – 9:00am | - | Breakfast at Yogakshema |
| 3 | 9:00 am – 10:00am | 01 | Case to case Discussion on Pre & Post – Operative procedures at ward |
| 4 | 10.00 am-12.00 noon | 02 | Hands on training (Session II) – Assisting & Performing. |
| 5 | 12.00pm – 1.00pm | 01 |  Work experience with faculty (Interaction on course content) |
| 6 | 1.00 pm- 2.00 pm | - | Lunch at Yogakshema |
| 7 | 2.00 pm  – 4.00 pm | 02 | Hands on training (Session III)- Assisting & Performing |
| 8 | 4.00 pm – 5.00 pm | 01 | Case to case Discussion on Pre & Post – Operative procedures at ward. |
| 9 | 5.00 pm – 6.00 pm | - | Refresh & relax  |
| 10 | 6.00 pm  – 8.00 pm | 02 | Assisted learning – Central Library |
| 11 | 8.00 pm-9.00 pm | - | Dinner at Yogakshema |
|  | **Active Hours** | **10** |  |

**THEORY TOPIC SCHEDULE**

**Online interactive teaching**

Department coordinator- Dr. Ashok Lamani

| **Day wise** | **Topic** | **Date**  | **Resource Person** |
| --- | --- | --- | --- |
|  | Importance of ayurveda in women health care |  |  |
|  | Applied aspect of anatomy of female reproductive organs |  |  |
|  | Physiology of female reproductive system |  |  |
|  | History taking and examination in Gynecology |  |  |
|  | History taking and examination in Obstetrics |  |  |
|  | Diagnostic tools in obstetrics and gynaecology |  |  |
|  | Do’s and don’ts during menstruation and ovulation(Rajaswalacharya and Ritumaticharya) |  |  |
|  | Role of ayurveda in Normal and abnormal puberty (Prathama rajodarshana) |  |  |
|  | Etiology, prevention and management of artavadushti  |  |  |
|  | Etiology, prevention and management of abnormal uterine bleeding (asrigdara) |  |  |
|  | Etiology, prevention and management of PCOD in view of Ayurveda  |  |  |
|  | Introduction, Etiology, prevention and management of yonivyapath |  |  |
|  | Etiology, prevention and management of Vatajayonivyapath |  |  |
|  | Etiology, prevention and management of Endometriosis  |  |  |
|  | Causes, clinical features and management of Dysmenorrhea (Udavartiniyonivyapath) |  |  |
|  | Etiology, prevention and management of Pittajayonivyapath |  |  |
|  | Etiology, prevention and management of PID  |  |  |
|  | Etiology, prevention and management of Kaphajayonivyapath |  |  |
|  | Etiology, prevention and management of Abnormal vaginal discharge  |  |  |
|  | Etiology, prevention and management of Cervical Erosion (Karnini Yonivyapath) |  |  |
|  | Definition, types, causes, investigation and management of Amenorrhoea in Ayurveda |  |  |
|  | Causes, clinical features and management of Genital Prolapses in Ayurveda |  |  |
|  | Causes, clinical features and management of Fibroid uterus |  |  |
|  | Causes, clinical features and management of Adenomyosis |  |  |
|  | Etiology, prevention and management of female Vandhyatwa |  |  |
|  | Etiology, prevention and management of female Infertility  |  |  |
|  | Evaluation of Male partner during course of Female Infertility |  |  |
|  | Etiology, prevention and management of Bartholinitis/cyst (Yoni Kanda) |  |  |
|  | Prevention and management of benign and premalignant lesions in Ayurveda |  |  |
|  | Care for premenopausal and post-menopausal women |  |  |
|  | Etiopathology, clinical features, diagnosis, prognosis and complications and management of Breast abscess (Shana Vidhradi) |  |  |
|  | Indications, contra indications and procedure of Snehana and swedana |  |  |
|  | Indications, contra indications and procedure of Yoni pichu |  |  |
|  | Indications, contra indications and procedure of Yoni Prakshalana |  |  |
|  | Indications, contra indications and procedure of Yoni Varti |  |  |
|  | Indications, contra indications and procedure of Agnikarma |  |  |
|  | Indications, contra indications and procedure of Kshara karma |  |  |
|  | Indications, contra indications and procedure of Yoni Dhupana |  |  |
|  | Indications, contra indications and procedure of Uttara basti |  |  |
|  | Complications of Uttara basti |  |  |
|  | Role of Panchakarma in Streeroga |  |  |
|  | Role of Panchakarma in Prasuti Tantra |  |  |
|  | Concept of garbhanirodhakaupaya in ayurveda |  |  |
|  | Indications, contra indications and procedure of PAP smear |  |  |
|  | Indications, contra indications and procedure of cervical biopsy |  |  |
|  | Indications, contra indications and procedure of endometrial biopsy |  |  |
|  | Basics of drugs and formulations in related with Streeroga |  |  |
|  | Basics of drugs and formulations in related with Prasuti tantra |  |  |
|  | Concept of fertilization and embryology |  |  |
|  | Masanumasikagarbhavriddhi |  |  |
|  | Concept of Preconceptional care and Prenatal counselling (Garbhadana Samskara) |  |  |
|  | Concept of Preconceptional care and Prenatal counselling (Garbhadana Samskara) – success stories |  |  |
|  |  Sadyograhita Garbha Lakshana, Vyakta Garbha Lakshana, Masanumasika Garbha Lakshana |  |  |
|  | Signs, symptoms, diagnosis and differential diagnosis of pregnancy |  |  |
|  |  Garbhini Masanuamasika Paricharya |  |  |
|  | Antenatal care and advise |  |  |
|  | Care during labor (Prasava Paricharya) |  |  |
|  | Prevention and management of Kikkisa |  |  |
|  | Prevention and management of Garbhini Makkala |  |  |
|  | Prevention and management of emesis gravidarum (Garbhini Chardi) |  |  |
|  | Prevention and management of Garbhini Jwara |  |  |
|  | Prevention and management of Garbhini Pandu |  |  |
|  | Prevention and management of Garbhini Prameha (GDM) |  |  |
|  | Prevention and management of Abnormal Vaginal discharge during pregnancy (PariplutaYonivyapath) |  |  |
|  | Prevention and management of Garbhasrava and Garbhapata |  |  |
|  | Prevention and management of Garbhashosha, Upavoshtaka and Leena Garbha |  |  |
|  | Prevention and management of abnormalities of amniotic fluid |  |  |
|  | Post-natal Care in ayurveda and prevention of abnormal puerperium |  |  |
|  | Prevention and management of Lactational failure and Stanya Dushti |  |  |
|  | Prevention and management of difficulties during feeding |  |  |
|  | Prevention and management of Sutika Jwara |  |  |
|  | Prevention and management of Sutika Shotha |  |  |
|  | Prevention and management of SutikaMakkala |  |  |
|  | Role of yoga and pranayama in PTSR |  |  |
|  | Role of Pathya and apathya in PTSR |  |  |

**B) Hands on training**

Number of Procedures done by Candidates

| **SL. No** | **Procedure** | **Observation** | **Assisting** | **Independent** | **Total** |
| --- | --- | --- | --- | --- | --- |
| 1 | Yoni Prakshalana | 3 | 2 | 1 | 6 |
| 2 | Yoni Pichu | 3 | 2 | 1 | 6 |
| 3 | Yoni Dhupana | 3 | 2 | 1 | 6 |
| 4 | Kshara karama | 3 | 2 | 1 | 6 |
| 5 | Agni Karma | 3 | 2 | 1 | 6 |
| 6 | Uttara basti in Female | 1 | 1 | 1 | 3 |
| 7 | Uttara basti in male | 1 | 1 | 1 | 3 |
| 8 | Yoni Varti | 3 | 2 | 1 | 6 |
| 9 | Yoni varti preparation | 3 | 2 | 1 | 6 |
| 10 | Episiotomy wound care | 3 | 2 | 1 | 6 |
| 11 | Matra Basti | 3 | 2 | 1 | 6 |
| 12 | PS examination | 3 | 2 | 1 | 6 |
| 13 | PV examination | 3 | 2 | 1 | 6 |
| 14 | Antenatal care and examination | 3 | 2 | 1 | 6 |
| 15 | PAP smear  | 3 | 2 | 1 | 6 |