



85 deliveries by Ayurveda

Dept of Prasutitantra and Strirog

Kala Ashram Ayurved Medical College & Hospital

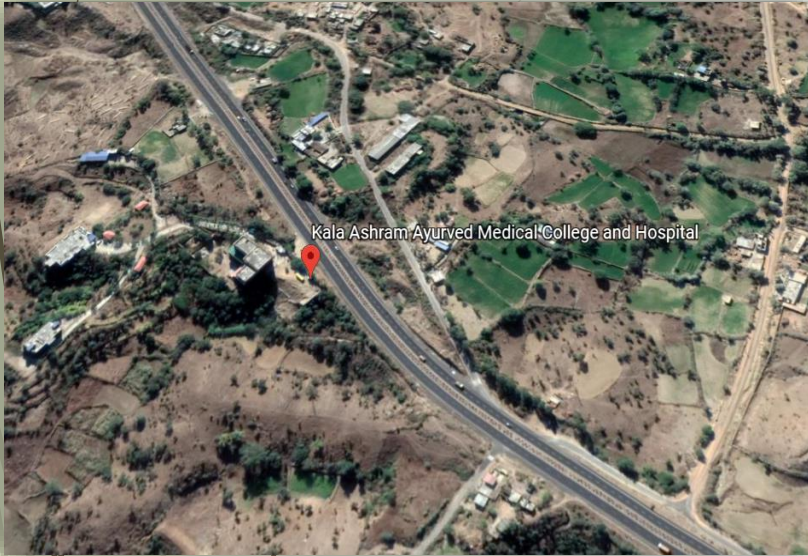
Gogunda, Udaipur, Rajasthan

nupurdk@yahoo.com

kaamcudipur@gmail.com

www.kalaashramayurved.org

About College



- Established in 2014
- Kala Ashram Ayurved Medical College is located at a picturesque location which is easily accessible on National Highway 27, Mount Abu Road, Gogunda, at a distance of about 30 kms from the Udaipur City.

Hospital Facilities



Prasooti and it's development among Ashtangas



- Prasooti, even though not a separate entity in Ashtanga Ayurveda is told along with Bala Chikitsa / Koumarabhritya.
- Each and every Anga getting developed on it's own
- Development of Prasooti not that much fast because of the **Fear Of Many Legal Hurdles** Doctors have to face while conducting the deliveries
 - **Risk of Two Lives**
 - **Lack of confidence**
 - **Fear of Failure**
 - **Fear of Success**
 - **Negative Self Talks**
 - **Procrastination**

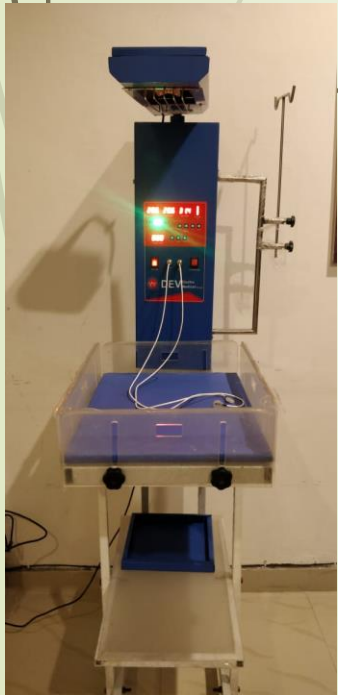
How we tackled these issues at our Hospital ?

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- Regularly conducted **Camps** at various rural villages in and around the college.
- Got in touch with **Ayas** of various villages. They are Co operative.
- **Educated** these Ayas about the seriousness of regular checkups and the need to conduct the deliveries at hospital. They educated pregnant ladies.
- Took details of the pregnant women in their locality and asked to come for **regular check ups** thus bringing the **trust** among the people.
- Nursing staffs **followed up** with the same regularly on phone.
- **Free Transportation** for the needy in our hospital ambulance.
- **Management** is highly supportive – **Free Food, Accommodation and Services** for patient and one bystander. Cheque distributed after delivery Rs.1400 /-
- **Neat and tidy environment** – Attracts the people
- Only concentrating on **Normal Deliveries** (Max possible avoiding CS)
- Gradually **improved our OPD**

Labour Room

- We already had good facilities in our college which is **neat and tidy**.
- We enriched our Labour room again.
- **Baby Warmer**
- All necessary Ayurvedic Medicines were stocked
- Use of Local Snehana and Swedana with help of Panchakarma equipments
- Hand held steamer were used for local Swedana
- Vasti / Enema with Luke warm water and Thaila



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Shifting of the Patient to our hospital

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- Already **given number** to the Local Ayas in every remote villages
- They call us in case of any emergency and we send our **ambulance** to pick up the case and same time our team prepare themselves for the delivery
- Sometimes emergency cases come **by their own vehicles**.
- **24*7 Availability** - Since the Team including Doctors, Nurses, Driver stays inside the campus we are always ready to attend the case at any time



Examinations



- Even after visiting CHC many patients approached us with the **Mamta cards which contained relevant information and tests.**
- After receiving the case fastly go through the **Papers available / Mamta Cards** and check out all the things relate to EDD, LMP, thorough examination of previous blood reports, USG, Viral screen
- Thorough Examination of the patients – **Systemic Examinations**
- **Obstetrical Examinations** – Pelvic Grip, Height of the Uterus, Fundal Grip, Per Vaginal Examination, Assessment of the fetal presentation and lie any CPD, Pelvimetry, Previous Obstetrical History, Fetal Heart with Doppler Aid
- **Confirm if any medicines** has been given by local practitioners before taking up the case.
- Thus we come into a **Conclusion** whether to keep the patient or to refer
- Some cases already in Labour is **Inevitable situation** – **After Proper Counselling, Risk Explanation, Recording, Consents** we are attending
- **Special Counselling** is needed and given in case of High Risk Cases involving fetal risk and mother risk. www.kalaashramayurved.org

Preparedness in emergency

- We already have an **MOU with Pacific Medical College**, where we can refer the cases in such emergency.
- If referred to Pacific Medical College or RNT Government Medical college one of our Doctor, Paramedical staff, Nurse also **accompany with the patient in our own ambulance**.
- They will **return only after safe handing** over the case to referring hospital.
- In Premature delivery immediately shifting the baby and mother to the higher centre by **notifying them in advance**.



Cases we received

➤ Usual Cases

- Primi – With and Without Episiotomy
- Multi / Multi Normal Delivery

➤ Complicated / Emergency Cases

- Brought delivered
- Already active Labour with visible presenting part
- Dry Labour
- Profuse Bleeding

➤ Cases conducted at time of Corona

- All safety measures related to COVID-19 followed
- Screening
- Covid Consent
- Covid Counselling

Primi Cases

A Primi Case brought by the Ayas



A Primi Case - Clinical Examination

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Preparation to conduct delivery



- **Sootigagara Dhoopana** – Kushta, Guggul, Agar, Haridra, Peels of Garlic, Sarshapa, Ghrita
- **Enema** – Given with Luke warm Water
- **Sneha Vasti** with 10 / 20ml Bala Thaila or Dhanwantaram Thaila
- **Cleaning of the external genitalia and abdomen**
- Smearing the area with **Disinfectants / Antiseptics**
- **Snehana** - Local application of Thaila on the Abdomen, Lumbar Region and Thighs with Bala Thaila or Dhanwantaram Thaila
- **Swedana** with **Hand held machine** on these areas
- **Hydration** :- If needed Luke warm water / Milk with Sugar / Juices / Tea / Tender Coconut Water can be given
- Cover the areas with **Sterile Lenin**
- **“Wait and Watch” = Close Monitoring**

Multi Normal Delivery



First Delivery – Female Child – Kala Kunwar 08/03/2019 on International Women's Day



Deliveries at the time of COVID - 19

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Conducting Deliveries at time of COVID - 19



Conducting Deliveries at time of COVID - 19



Conducting Deliveries at time of COVID - 19



A case of Meconium stained liquor / True knots / Cord around neck / Polydactyly / Premature / TEF



Shifting the mother



Registration of Births

- All the births happened in the hospital has been duly registered at Gogunda

कला आश्रम आयुर्वेद मेडिकल कॉलेज एण्ड हॉस्पिटल

राष्ट्रीय राजमार्ग-27, गांव-बांसडा, तहसील-गोगुन्दा, जिला-उदयपुर (राजस्थान)
टेली.नं. +91-294-2412930, मो. +91-94141-57457, +91-94141-63656 टेलीफैक्स: +91-294-2523456
ईमेल: nupurdk@yahoo.com, kaamcudalpur@gmail.com

क्रमांक:

दिनांक:

जन्म प्रमाण-पत्र हेतु आवेदन प्रपत्र

सेवामें,
श्रीमान्
ग्राम पंचायत चोर बावडी
पंचायत समिति, गोगुन्दा
तहसील गोगुन्दा, जिला उदयपुर (राज.)

विषय : शिशु का जन्म प्रमाण-पत्र जारी करवाने के सम्बन्ध में।

आदरणीय,

निवेदन है कि कला आश्रम आयुर्वेद मेडिकल कॉलेज एण्ड हॉस्पिटल, गोगुन्दा में जन्में नवजात शिशु का जन्म प्रमाण-पत्र जारी कराने का कष्ट करावे। जन्म प्रमाण-पत्र के सम्बन्ध में शिशु का विवरण अधोलिखित है :-

1. शिशु का नाम :
2. पिता का नाम :
3. माता का नाम :
4. लिंग :
5. जन्म तिथि :
6. जन्म का समय :
7. धर्म :
8. राष्ट्रीयता :
9. स्थायी पता :

उपरोक्त जानकारी के तथ्यों की पुष्टि हेतु प्रसूता/परिजन सहमति पत्र एवं माता-पिता का आधार कार्ड की सत्यापित प्रति साथ संलग्न है। अतः श्रीमान जी से निवेदन है कि जन्म एवं मृत्यु अधिनियम 1967 की धारा 13(3) के अन्तर्गत जन्म प्रमाण-पत्र निर्गत करवाने का कष्ट करावे।

मुख्य चिकित्साधिकारी
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गोगुन्दा, जिला उदयपुर

Some Medicines used

Ante Natal

- Self Abhyanga with Dhanwantaram thaila / Bala thaila from 7th month onwards
- Dhanwantaram Gutika
- Phala Sarpis
- Madhura, Sheeta Veerya and Jeevaneeya Gana Dravya
- Other medicines depending on the conditions

Post Natal

- Dashamoolarishta
- Jeerakarishtha
- Dhanwantaram Kashaya
- Dhanwantaram Gutika
- Ashwagandha Lehyam
- Vidaryadi Lehyam
- Dhanwantaram thaila for EA
- Devadarvyadi Kashaya

Swarna Prashan for New Born and Appreciation Ceremony for Mothers



Swarna Prashan

- Regular follow up with the deliveries happened
- Camps continued after deliveries
- Swarna Prashan done by the Koumara department



Conclusion

- In 2019- 2020 a total of 85 deliveries were conducted
- Total 40 male and 45 female babies
- Primi – 24
- Multi - 61
- Still Birth - 1