

D.A.G.O: 1st YEAR

1. SUBJECT: MATERNAL ANATOMY AND PHYSIOLOGY

☐ Introduction to Maternal Anatomy and Physiology

1. Overview of Maternal Health and Its Importance
2. Understanding the Reproductive System: Female Anatomy
3. Role of Maternal Physiology in Pregnancy and Childbirth

☐ Female Reproductive System Anatomy

1. External Genitalia: Vulva, Labia, Clitoris, Perineum
2. Internal Genitalia: Vagina, Uterus, Ovaries, Fallopian Tubes
3. Hormonal Regulation of Female Reproductive System
4. Structure and Function of the Ovaries and Ovum Development

☐ Physiology of Menstrual Cycle

1. Phases of the Menstrual Cycle: Follicular, Ovulatory, Luteal
2. Hormonal Regulation: Estrogen, Progesterone, LH, and FSH
3. Disorders Related to Menstrual Cycle: Menorrhagia, Dysmenorrhea

☐ Female Pelvis Anatomy and Function

1. Anatomy of the Pelvic Cavity: Bony Structure, Ligaments, and Joints
2. Muscles and Fascia of the Pelvic Floor
3. Role of Pelvis in Childbirth: Mechanisms of Labor and Delivery

☐ Physiology of Pregnancy

1. Physiological Changes in the Female Body During Pregnancy
2. Cardiovascular System: Increased Blood Volume, Heart Rate, and Cardiac Output
3. Respiratory System: Changes in Breathing and Oxygen Demand
4. Digestive System: Nausea, Vomiting, and Gastrointestinal Changes
5. Renal System: Increased Renal Blood Flow, Glomerular Filtration Rate
6. Endocrine System: Hormonal Changes in Pregnancy (hCG, Estrogen, Progesterone)

❓ Changes in the Uterus During Pregnancy

1. Uterine Growth and Development
2. Blood Supply and Nutrient Transport to the Fetus
3. Changes in the Cervix During Pregnancy and Pre-labor

❓ Maternal Cardiovascular and Respiratory Changes

1. Cardiovascular Changes: Increased Blood Volume and Blood Pressure
2. Respiratory Changes: Increased Oxygen Consumption and Lung Capacity
3. Role of Circulatory and Respiratory Systems in Fetal Oxygenation

❓ Physiological Changes in the Musculoskeletal System

1. Alterations in Posture, Balance, and Mobility During Pregnancy
2. Changes in the Ligamentous and Joint Structures of the Pelvis and Spine
3. Impact of Pregnancy on Maternal Musculoskeletal Health

❓ Immune System and Pregnancy

1. Maternal Immune System Adaptations to Pregnancy
2. Role of the Immune System in Protecting the Fetus
3. Immune Tolerance and Prevention of Rejection of the Fetus

❓ Physiology of Lactation

1. Anatomy and Physiology of Mammary Glands
2. Hormonal Regulation of Milk Production: Prolactin and Oxytocin
3. Lactation and the Immune System: Colostrum and Immunoglobulins
4. Benefits of Breastfeeding for Both Mother and Baby

❓ Endocrine System and Pregnancy

1. Hormonal Regulation During Pregnancy: hCG, Progesterone, Estrogen
2. Role of Placenta in Hormone Production and Fetal Development
3. Hormonal Adjustments Postpartum: Return to Menstrual Cycles

❓ Impact of Pregnancy on the Digestive System

1. Nausea and Vomiting in Pregnancy (Morning Sickness)
2. Gastrointestinal Disorders During Pregnancy: Heartburn, Constipation

3. Dietary Considerations for Maternal Health and Fetal Growth

❑ **Physiological Adaptations in the Nervous System**

1. Nervous System Changes During Pregnancy: Stress and Emotional Well-being
2. Effects of Pregnancy on Sleep, Mood, and Cognitive Function
3. Maternal Mental Health and Its Impact on Fetal Development

❑ **Labor and Delivery Physiology**

1. Mechanisms of Labor: Uterine Contractions, Cervical Dilation, and Descent of the Fetus
2. Stages of Labor: Early, Active, and Transition Phases
3. Physiological Changes During Labor: Maternal Pain, Hormonal Involvement
4. Postpartum Physiology and Recovery

❑ **Postpartum Physiological Changes**

1. Immediate Postpartum Changes in the Uterus, Hormones, and Cardiovascular System
2. Return to Non-pregnant State: Involution of Uterus, Resumption of Menstrual Cycles
3. Physical Recovery and Psychological Adaptations

❑ **Maternal Health in the Postpartum Period**

1. Postpartum Care: Management of Common Complications (Bleeding, Infections)
2. Postpartum Exercise and Rehabilitation
3. Emotional and Psychological Support During the Postpartum Period

❑ **Ayurvedic Perspective on Maternal Anatomy and Physiology**

1. Ayurvedic View on Female Reproductive Anatomy and Function
2. The Role of Doshas in Pregnancy and Childbirth
3. Ayurvedic Approaches for Balancing Maternal Physiology During Pregnancy and Postpartum

❑ **Ayurvedic Management for Maternal Health**

1. Herbal and Ayurvedic Therapies for Maternal Health during Pregnancy

2. Lifestyle and Dietary Guidelines According to Ayurveda for Pregnant Women
3. Postpartum Ayurvedic Care and Rejuvenation (Rasayana Therapy)

2. **SUBJECT: AYURVEDIC TREATMENTS FOR VARIOUS DISEASES**

- ☐ Ayurvedic Treatments for Various Diseases
- ☐ Ayurvedic Approach to Gynecological Disorders
- ☐ Common Gynecological Conditions & Their Ayurvedic Management
- ☐ Irregular Menstruation (Artava Vyapad)
- ☐ Dysmenorrhea (Kashtartava)
- ☐ Cervical Disorders (Garbhashaya Mukha Vikara)
- ☐ Endometriosis (Garbhashaya Asthi Vikara)
- ☐ Vaginal Vault Prolapse (Yoni Vyapad)
- ☐ Diseases of the Vulva (Yoni Kandu, Yoni Daha, etc.)
- ☐ Ayurvedic Perspective on Gynecological Disorders
- ☐ Importance of Ayurvedic Lifestyle (Dinacharya & Ritucharya) in Women's Health
- ☐ Detailed Case Taking in Ayurveda (Rogi-Roga Pariksha)
- ☐ Diagnosis (Nidan) and Pathogenesis (Samprapti) of Gynecological Disorders
- ☐ Successful Ayurvedic Treatments for:
 - ☐ PCOD (Polycystic Ovarian Disease)
 - ☐ Ovarian Cyst (Granthi Vikara)
 - ☐ Uterine Fibroids (Garbhashaya Arbuda)

3. SUBJECT: INFERTILITY AND GARBH SANSKAR

❖ Complete Study of Infertility

- ✓ Introduction to Infertility: Definition and Causes
- ✓ Concept of 'Vandyatwa' (Infertility) in Ayurveda
- ✓ Ayurvedic Approach to Understanding Reproductive Health
- ✓ Types of Infertility: Primary and Secondary

❖ Concept of 'Vandyatwa' in Ayurveda

- ✓ Detailed Exploration of 'Vandyatwa' in Ayurvedic texts
- ✓ Dosha Imbalance and its Impact on Fertility
- ✓ Role of Ojas, Shukra, and Beej in Reproduction

❖ Introduction to Male and Female Infertility

- ✓ Overview of Male Infertility
- ✓ Overview of Female Infertility
- ✓ Common Causes of Male and Female Infertility
- ✓ Ayurvedic Perspectives on Male and Female Reproductive Health

❖ Investigation and Examination in Female Infertility

- ✓ Diagnostic Approach to Female Infertility
- ✓ Understanding Ovulatory Disorders and Hormonal Imbalances
- ✓ Diagnostic Tests: USG, HSG, Laparoscopy, and others
- ✓ Role of Ayurveda in Diagnosis and Treatment

❖ Ovarian Factors and Female Infertility

- ✓ Role of Ovarian Health in Fertility
- ✓ Conditions Affecting Ovarian Function: PCOS, Ovarian Cysts, etc.
- ✓ Ayurvedic Treatments for Ovarian Health

❖ **Repeated Pregnancy Loss and TORCH Infections**

- ✓ Causes of Recurrent Pregnancy Loss
- ✓ TORCH Infections and their Impact on Fertility
- ✓ Ayurvedic Remedies for Preventing Miscarriages

❖ **Endometrial Factors Interrupting Fertility**

- ✓ Role of Endometrium in Pregnancy and Fertility
- ✓ Ayurvedic Treatment for Endometrial Issues: Thin Endometrium, Endometritis, etc.

❖ **Congenital Uterine Anomalies**

- ✓ Types of Uterine Anomalies and Their Impact on Fertility
- ✓ Ayurvedic Management of Uterine Anomalies

❖ **Anatomical Anomalies with Advanced Management Options**

- ✓ Tubal Blockage, Tuberculosis Endometrium, and AUB (Abnormal Uterine Bleeding)
- ✓ Habitual Abortions and Tubal Blockages
- ✓ Low AMH, Donor Egg, Recurrent IUI, and IVF Failures
- ✓ Ayurvedic Approach to Treating Advanced Female Infertility

❖ **Investigation and Examination in Male Infertility**

- ✓ Diagnostic Approach to Male Infertility: Semen Analysis, Hormonal Evaluation
- ✓ Causes of Male Infertility: Oligospermia, Asthenospermia, Teratospermia, Azoospermia
- ✓ Ayurvedic Management for Male Infertility

❖ **Male Infertility Management**

- ✓ Ayurvedic Treatments for Male Infertility
- ✓ Erectile Dysfunction, Retrograde Ejaculation, and Premature Ejaculation
- ✓ Ayurvedic Herbology and Remedies for Male Infertility

❖ **Sexual Dysfunctions and Infertility**

- ✓ Impact of Sexual Dysfunctions on Infertility
- ✓ Ayurvedic Treatment for Sexual Disorders in Men and Women

❖ **Recent Modern Advancements in Infertility Management**

- ✓ Integrating Modern Medicine with Ayurvedic Treatments
- ✓ IVF, IUI, and Assisted Reproductive Techniques (ART) in Ayurveda

❖ **Shamana Chikitsa (Palliative Treatment)**

- ✓ Role of Shamana Chikitsa in Infertility Treatment
- ✓ Application of Shamana in Restoring Hormonal Balance and Reproductive Health

❖ **Shamana Chikitsa Rasayana in Clinical Practice**

- ✓ Rasayana Therapy for Improving Fertility
- ✓ Rejuvenative Therapies for Enhancing Sperm and Ovum Health

❖ **Diet, Lifestyle, and Pathyapathya in Infertility Management**

- ✓ Importance of Diet and Lifestyle in Ayurvedic Infertility Treatment
- ✓ Role of Pathyapathya in Fertility Restoration

❖ **Role of Panchakarma in Vandyatwa and Sthaniya Chikitsa**

- ✓ Panchakarma Therapies for Detoxification and Rejuvenation
- ✓ Specific Panchakarma Techniques for Male and Female Infertility

❖ **Role of Vajeeekarana in Male Infertility**

- ✓ Ayurvedic Aphrodisiac Treatments for Male Infertility
- ✓ Herbs and Therapies for Enhancing Male Fertility

❖ **Clinical Experience Sharing and Case Discussions**

- ✓ Two Classes for Real-life Case Study Discussions
- ✓ Interactive Sessions on Infertility Cases
- ✓ Garb Sanskar (Preconception Care and Pregnancy Care)

❖ **Complete Knowledge about Garbh Sanskar**

- ✓ Introduction to Garbh Sanskar: Significance and Benefits
- ✓ Psychological and Physical Aspects of Garbh Sanskar

❖ **Psychological Counseling for Couples in Beeja Sanskar and Garbh Sanskar**

- ✓ Pre-conception Counseling for Couples
- ✓ Importance of Mental and Emotional Wellness in Pregnancy

❖ **Clinical Importance of Rajaswala Charya**

- ✓ Ayurvedic Guidelines for Menstrual Health
- ✓ Role of Rajaswala Charya in Preparing for Conception

❖ **Beej Suddhi (Preconception Care) for Couples**

- ✓ Cleansing and Detoxifying the Reproductive System
- ✓ Pre-conception Diet and Lifestyle Modifications for Couples

❖ **Lifestyle Modifications for Beeja Suddhi**

- ✓ Dietary Guidelines and Herbal Recommendations for Couples
- ✓ Ayurvedic Therapies for Enhancing Fertility

❖ **Sutika Paricharya (Postpartum Care)**

- ✓ Ayurvedic Guidelines for Postpartum Care and Recovery

❖ **Garbhini Charya & Mausam Anusaar Chikitsa**

- ✓ First Trimester (Part 1): Nourishing the Developing Fetus
- ✓ Second Trimester (Part 2): Ensuring Healthy Growth and Development
- ✓ Third Trimester (Part 3): Preparing for Delivery and Mother's Health

❖ **Management of Complications During Pregnancy**

- ✓ Managing Common Complications: High Blood Pressure, Stress, Constipation, Vomiting, etc.
- ✓ Ayurvedic Treatments and Remedies for Pregnancy Complications

❖ **Yoga in Garbh Sanskar**

- ✓ Role of Yoga in Enhancing Fertility and Pregnancy
- ✓ Yoga Practices for Mother and Fetus Health
- ❖ **Diet According to Mausam Anusaar Vridhhi of Fetus**
 - ✓ Ayurvedic Nutritional Guidelines During Pregnancy Based on Seasonal Changes
- ❖ **Garbhini Charya & Mausam Anusaar Chikitsa During Prasava**
 - ✓ Safe Pregnancy Care Practices and Safe Childbirth (Sukha Prasav)
 - ✓ Role of Panchakarma in Preconception and Prenatal Stages
- ❖ **Music Therapy in Garbh Sanskar**
 - ✓ The Role of Music and Sound Healing in Pregnancy and Fetal Development
 - ✓ Ayurvedic Perspective on Music Therapy for Emotional and Physical Well-being
- ❖ **Role of Yoga in Garbh Sanskar and Health of Mother and Fetus**
 - ✓ Ayurvedic and Modern Yoga Practices for Pre-conception, Pregnancy, and Postpartum Health
 - ✓ Specialized Yoga for Fetal Development and Maternal Health

D.A.G.O: 2nd YEAR

1. SUBJECT: AYURVEDIC CONCEPT OF PRASUTI AND STRI ROGA

📖 Introduction to Prasuti and Stri Roga

1. Overview of Prasuti (Obstetrics) and Stri Roga (Gynecology) in Ayurveda
2. Importance of Women's Health: Concept of Dosha, Dhatu, Mala

📖 Prasuti (Obstetrics) in Ayurveda

1. Definition and Importance of Prasuti
2. Pregnancy as a Tridoshic Condition
3. Garbhini Paricharya (Care during Pregnancy)
4. Prasava (Labor and Delivery): Stages and Mechanism

☐ **Stri Roga (Gynecology)**

1. Overview of Female Reproductive System Disorders
2. Menstrual Disorders (Dysmenorrhea, Amenorrhea, etc.)
3. Leucorrhea, Infertility (Vandyatwa), Fibroids
4. Ayurvedic Management: Shodhana (Purification) and Shamana (Palliative) Therapies
5. Herbal Remedies (Ashoka, Shatavari)
6. Diet and Lifestyle Modifications

☐ **Menstrual Health in Ayurveda**

1. Artava (Menstruation) and Its Disorders
2. Ayurvedic Treatments for Menstrual Irregularities
3. Role of Vata, Pitta, and Kapha in Menstrual Health

☐ **Ayurvedic Management of Female Reproductive Disorders**

1. Pathophysiology Based on Dosha Imbalance
2. Treatments for Common Disorders: Leucorrhea, Ovarian Cysts, Endometriosis
3. Role of Panchakarma: Basti, Virechana, Yoni Prakshalan

☐ **Infertility (Vandyatwa) in Ayurveda**

1. Concept of Vandyatwa and Beej (Sperm and Ovum)
2. Ayurvedic Diagnosis and Treatment: Herbal Remedies, Lifestyle Changes
3. Role of Vajeeekarana in Male and Female Infertility
4. Use of Panchakarma for Fertility Enhancement

☐ **Garbhini Paricharya (Pregnancy Care)**

1. Diet, Lifestyle, and Psychological Care During Pregnancy
2. Prevention and Management of Pregnancy-related Disorders
3. Postpartum Care: Sutika Paricharya

📖 Clinical Application and Case Studies

1. Case Discussions on Stri Roga and Prasuti Disorders
2. Practical Treatment Approaches in Ayurveda

D.A.G.O: 2nd YEAR

2. SUBJECT: LAW AND ETHICS FOR GYNECOLOGISTS

❖ Introduction to Medical Law and Ethics

- ✓ Overview of Medical Law and Ethics
- ✓ Definition and Importance of Ethics in Medicine
- ✓ Key Concepts: Rights, Duties, and Responsibilities of a Gynecologist
- ✓ Medical Jurisprudence and Professional Conduct

❖ Legal Framework for Gynecologists

- ✓ Medical Ethics and Legal Responsibilities
- ✓ Laws Pertaining to Medical Practice in India
- ✓ Medical Council of India (MCI) and its Regulations
- ✓ Indian Medical Association (IMA) Guidelines
- ✓ Licensing and Registration of Gynecologists
- ✓ Rights and Duties of Patients and Doctors

❖ Medical Negligence and Liability

- ✓ Definition of Medical Negligence and Legal Implications
- ✓ Civil and Criminal Liability of Gynecologists
- ✓ Role of Consent in Medical Procedures

- ✓ Case Studies on Medical Negligence in Gynecology

❖ **Consent and Confidentiality in Gynecology**

- ✓ Informed Consent: Legal and Ethical Aspects
- ✓ Role of Consent in Obstetric and Gynecological Procedures
- ✓ Maintaining Patient Confidentiality: Legal Obligations
- ✓ Ethical Dilemmas in Patient Disclosure

❖ **Laws Relating to Reproductive Rights**

- ✓ Legal Framework on Reproductive Rights in India
- ✓ MTP Act (Medical Termination of Pregnancy)
- ✓ ART (Assisted Reproductive Technology) and Surrogacy Laws
- ✓ Ethical Issues in Family Planning and Contraception
- ✓ Legal Rights of Women in Reproductive Health

❖ **Women's Rights and Protection**

- ✓ Domestic Violence Act and Its Relevance in Gynecology
- ✓ Protection of Women's Rights in Health Care
- ✓ Rights of Women During Pregnancy, Labor, and Postpartum
- ✓ Ethical Handling of Sensitive Issues like Gender Discrimination

❖ **Ethical Guidelines in Obstetrics and Gynecology**

- ✓ Principles of Beneficence, Non-Maleficence, Autonomy, and Justice in Gynecology
- ✓ Ethical Considerations in Decision Making for High-Risk Pregnancies
- ✓ Ethical Approach to IVF, Surrogacy, and Assisted Reproductive Technologies
- ✓ Managing End-of-Life Care in Obstetrics

❖ **Professional Conduct and Medical Ethics in Daily Practice**

- ✓ Building and Maintaining Trust with Patients
- ✓ Conflict of Interest in Gynecology Practice
- ✓ Professionalism in Handling Medical Emergencies
- ✓ Handling Complaints and Legal Cases

❖ **Current Issues and Trends in Medical Ethics**

- ✓ Ethical Challenges in Modern Gynecology
- ✓ Trends in Laws Affecting Gynecology and Obstetrics
- ✓ Ethical Guidelines for New Technologies and Procedures in Gynecology
- ✓ Managing Medical Errors: Ethical and Legal Aspects

❖ **Case Studies and Real-World Application**

- ✓ Analysis of Landmark Court Cases Related to Gynecology
- ✓ Discussion of Legal and Ethical Dilemmas in Gynecological Practice
- ✓ Role Play and Case Discussions on Ethical Situations in Obstetrics and Gynecology

3. SUBJECT: AYURVEDIC TREATMENT FOR GYNECOLOGICAL DISORDERS

❖ **Introduction to Gynecological Disorders in Ayurveda**

- ✓ Overview of Women's Health in Ayurveda
- ✓ The Role of Doshas in Gynecological Health
- ✓ Classification of Stri Roga (Female Disorders) in Ayurveda
- ✓ General Ayurvedic Approach to Diagnosis and Treatment

❖ **Menstrual Disorders**

- ✓ Dysmenorrhea (Painful Menstruation)
- ✓ Ayurvedic Understanding: Vata and Pitta Imbalance
- ✓ Treatment Approaches: Herbal Remedies, Diet, and Lifestyle Modifications
- ✓ Amenorrhea (Absence of Menstruation)
- ✓ Types of Amenorrhea: Primary and Secondary
- ✓ Ayurvedic Treatment: Use of Medhya Rasayana, Shatavari, Ashoka
- ✓ Irregular Menstruation (Artavavikriti)
- ✓ Ayurvedic Classification of Menstrual Disorders
- ✓ Herbal Formulations and Panchakarma for Regulation

❖ **Leucorrhea (Shveta Pradar)**

- ✓ Ayurvedic Concept and Classification of Leucorrhea
- ✓ Treatment Modalities: Yoni Prakshalana, Herbal Douches, and Internal Medicine
- ✓ Role of Diet and Lifestyle in Prevention

❖ **Infertility (Vandyatwa)**

- ✓ Concept of Infertility in Ayurveda
- ✓ Vata, Pitta, and Kapha's Role in Reproductive Health
- ✓ Ayurvedic Diagnosis: Beej (Sperm & Ovum) Analysis
- ✓ Female Infertility
- ✓ Ovarian Factors: PCOD, Ovarian Cysts, and Endometriosis
- ✓ Uterine Factors: Endometrial Health, Uterine Anomalies
- ✓ Ayurvedic Treatment: Vajeeekarana (Fertility Enhancement), Panchakarma
- ✓ Male Infertility
- ✓ Male Factor Infertility: Oligospermia, Azoospermia, etc.
- ✓ Ayurvedic Management: Rasayana Therapy and Diet Modifications

❖ **Pelvic Inflammatory Diseases (PID) and Endometriosis**

- ✓ Ayurvedic Understanding of Pelvic Infections and Inflammation
- ✓ Treatment Strategies: Shodhana (Purification), Herbal Formulations, Panchakarma
- ✓ Management of Endometriosis: Ayurvedic Remedies and Lifestyle Adjustments

❖ **Fibroids and Cysts**

- ✓ Ayurvedic Classification and Understanding of Uterine Fibroids
- ✓ Herbal Treatments: Ashoka, Lodhra, and Guggulu
- ✓ Treatment Plan for Ovarian Cysts and Uterine Fibroids

❖ **Menopausal Disorders**

- ✓ Ayurvedic Approach to Menopause: Vata Dosha Imbalance

- ✓ Symptoms of Menopause: Hot Flashes, Irritability, Vaginal Dryness
- ✓ Treatment: Medhya Rasayana, Herb-Based Remedies (Shatavari, Ashoka)
- ✓ Diet and Lifestyle Modifications for Menopausal Health

❖ **Prolapse of Uterus (Yoni Prakopa)**

- ✓ Types of Uterine Prolapse: Symptoms and Causes
- ✓ Ayurvedic Treatment Approaches: Herbal Formulations, Kegel Exercises, and Diet
- ✓ Role of Panchakarma: Vasti and Basti Therapy

❖ **Sexual Dysfunction in Women**

- ✓ Ayurvedic Understanding of Female Sexual Health
- ✓ Disorders like Dyspareunia, Loss of Libido, and Vaginal Atrophy
- ✓ Treatment Protocols: Medhya Rasayana, Herbal Aphrodisiacs, and Psychological Counseling

❖ **Role of Panchakarma in Gynecological Disorders**

- ✓ Introduction to Panchakarma and its Role in Treating Female Disorders
- ✓ Specific Panchakarma Therapies: Basti, Virechana, Yoni Prakshalana, and Nasya
- ✓ Detoxification and Rejuvenation for Female Health
- ✓ Treatment Protocols for Different Gynecological Disorders

❖ **Ayurvedic Diet and Lifestyle in Gynecological Health**

- ✓ Importance of Ahara (Diet) and Vihar (Lifestyle) in Women's Health
- ✓ Diet for Menstrual Health, Pregnancy, and Menopause
- ✓ Lifestyle Recommendations for Maintaining Hormonal Balance and Preventing Disorders

❖ **Case Studies and Clinical Application**

- ✓ Case Discussions on Common Gynecological Disorders: Menstrual Irregularities, Infertility, PID
- ✓ Practical Application of Ayurvedic Treatments in Clinical Settings
- ✓ Role of Patient Counseling and Communication in Treatment

📖 Practical:

❖ Yoni Vyapt and Ayurvedic Treatments

1. Vataja Yoni Roga

- ✓ Disorders of the vagina caused by an imbalance of the Vata dosha.

2. Pittaja Yoni Roga

- ✓ Disorders of the vagina caused by an imbalance of the Pitta dosha.

3. Kaphaja Yoni Roga

- ✓ Disorders of the vagina caused by an imbalance of the Kapha dosha.

4. Sannipataja Yoni Roga

- ✓ Disorders caused by a combination of all three doshas (Vata, Pitta, and Kapha).

5. Rakta Yoni

- ✓ Vaginal diseases related to blood disorders, often involving excessive bleeding.

6. Arajaska Yoni Vyapat

- ✓ Abnormal conditions affecting the vagina due to improper conduct or habits.

7. Acharana Yoniroga

- ✓ Vaginal disorders caused by inappropriate lifestyle choices.

8. Aticharana Yonivyapat
 - ✓ Disorders arising from excessive sexual activity.
9. Prakcharana Yoniroga
 - ✓ Disorders caused by improper hygiene or lack of care.
10. Upapluta Yoniroga
 - ✓ Vaginal disorders resulting from excessive vaginal discharge.
11. Paripluta Yoniroga
 - ✓ Vaginal disorders caused by infection or stagnation.
12. Udavartini Yoniroga
 - ✓ Disorders caused by reverse flow of menstrual blood.
13. Karnini Yoni Roga
 - ✓ Vaginal disorders that affect the ear canal (indicating systemic involvement).
14. Putraghni Yoniroga
 - ✓ Disorders that affect fertility or the ability to conceive.
15. Antarmukhi Yoni Roga
 - ✓ Vaginal disorders associated with a inward-focused personality or condition.
16. Soochimukhi Yoniroga
 - ✓ Conditions that cause itching or irritation in the vaginal area.
17. Shushka Yoni Roga
 - ✓ Dryness of the vagina due to imbalance in the bodily humors.

18. Vamini Yoni Roga

- ✓ Vomiting disorders associated with vaginal conditions.

19. Maha Yoni

- ✓ Serious or chronic vaginal conditions that require advanced treatment.

20. Shandi Yoni Rog

- ✓ Disorders associated with the combination of internal and external causes.

PUNSAVAN SANSKAR: COMPLETE KNOWLEDGE

📖 Exploring the Concept of Pumsavana for Pre-Conception

- ✓ Pumsavana is an Ayurvedic pre-conception ritual aimed at enhancing fertility and ensuring the birth of a healthy child. The procedure involves specific rituals, herbs, and treatments to balance doshas and promote a favorable environment for conception.

📖 Recurrent Pregnancy Loss – An Ayurveda Perspective

- ✓ Ayurveda offers insights into recurrent pregnancy loss by addressing underlying imbalances in the body's energy (doshas). The treatment approach focuses on restoring balance, optimizing hormonal levels, and improving uterine health to prevent future losses.

📖 Practical:

- ✓ Practical sessions on Pumsavana and the use of Ayurvedic herbs and therapies to support a healthy conception process.

❖ Role of Panchakarma in Gynecological Problems

- ✓ Panchakarma therapies play a crucial role in cleansing the body, balancing doshas, and restoring reproductive health. These treatments help address various gynecological conditions and enhance overall fertility.

❓ Procedure and Local Treatments for Gynecological Problems

1. Yoni Dhavana (Vaginal Washing)
 - ✓ A cleansing procedure to maintain vaginal health by removing toxins and promoting hygiene.
2. Yoni Avachurnan (Vaginal Powder Application)
 - ✓ A treatment involving the application of medicinal powders to soothe and rejuvenate the vaginal area.
3. Yoni Dhoopana (Vaginal Fumigation)
 - ✓ Involves the use of medicated smoke or vapors to treat vaginal infections and imbalances.
4. Yoni Pichu (Vaginal Tampon Treatment)
 - ✓ This method involves the insertion of medicated tampons to treat infections, inflammation, or dryness in the vaginal area.
5. Yoni Pottali (Vaginal Poultice)
 - ✓ The application of a medicated poultice to the vaginal region to heal and rejuvenate tissues.
6. Yoni Varti (Vaginal Suppositories)
 - ✓ Medicinal suppositories are used to treat gynecological issues like infections, inflammation, and dryness.

7. Agni Karma (Cauterization Therapy)
 - ✓ A therapeutic procedure involving controlled heat application to treat chronic gynecological conditions, such as cysts or fibroids.
8. Kshar Karma (Alkaline Therapy)
 - ✓ A treatment technique involving the application of alkaline substances to promote healing in the reproductive system.
9. Clinical Uttar Basti (Therapeutic Insertion)
 - ✓ A clinical procedure for both males and females involving the insertion of medicinal oils or liquids into the body to promote healing and balance.

❖ **Male Factor – Infertility**

- ✓ Understanding the causes and treatments for male infertility, focusing on how imbalances in the male reproductive system can impact fertility.
1. Clinical Perspective: Anatomy & Function of Male Reproductive Organs
 - ✓ Detailed study of the anatomy and physiology of the male reproductive organs, including the testes, prostate, seminal vesicles, and penis, and their roles in fertility.
 2. Evaluation of Male Infertility
 3. Basic Investigations
 - ✓ Overview of tests and diagnostic procedures used to evaluate male infertility, such as semen analysis, hormone tests, and genetic testing.
 4. Semen Analysis
 - ✓ Techniques and importance of semen analysis in determining fertility, including sperm count, motility, and morphology.

5. Interpreting Semen Analysis Results
 - ✓ Guidelines on how to assess semen quality, including sperm concentration, motility, morphology, and overall health.
6. Factors to Investigate
 - ✓ Key factors that affect male fertility, including lifestyle, diet, environmental influences, and genetic conditions.
7. Other Laboratory & Non-Laboratory Investigations
 - ✓ Additional diagnostic tools such as hormone tests, ultrasound, and genetic screening.
8. Ayurvedic Beej Parikshana (Sperm Analysis)
 - ✓ Ayurvedic methods to assess the quality of sperm and its vitality, focusing on Beej (seeds) health and their role in fertility.
9. Case Taking & Patient Counseling
 - ✓ Techniques for effective case-taking and counseling of male infertility patients. Understanding their health history, lifestyle, and emotional well-being to tailor personalized treatment plans.
10. Different Semen Abnormalities
11. Aspermia
 - ✓ Complete absence of sperm in the semen.
12. Azoospermia
 - ✓ No sperm in the semen, possibly due to blockage or absence of sperm production.
13. Asthenozoospermia

- ✓ Low sperm motility, affecting fertility.

14. Teratozoospermia

- ✓ Abnormal sperm morphology.

15. Oligoasthenoteratozoospermia

- ✓ A combination of low sperm count, poor motility, and abnormal morphology.

16. Pyospermia

- ✓ Presence of pus cells in semen, indicating infection.

17. Leukocytospermia

- ✓ Elevated white blood cell count in semen, often associated with infection or inflammation.

18. Necrozoospermia

- ✓ Presence of dead sperm in semen, affecting fertility potential.

19. Genetic Morbidity and Other Factors

- ✓ Examination of genetic conditions and their impact on male fertility, including chromosomal abnormalities and inherited disorders. Understanding other environmental and lifestyle factors that contribute to infertility.