



Swarnnim Startup and Innovation University, Gandhinagar

Aarihant Ayurvedic Medical College

VALUE ADDED COURSE(2022-23)

Prasuti Tantra Evum Stree Roga department

Course name – Importance of Prasuti Tantra Evum Stree Roga in medical practice.

Organizing Department – Prasuti Tantra and Stree Roga Department.

Course code – PTSRMP1

Course co-ordinators – Dr. Aishwarya and Dr. Sapana Bhamre.

Duration – 38 hours

Date – 5th Sept.2022 to 14th nov.2022

Preamble

Prasuti Tantra & Striroga is a significant branch of Ayurveda mainly dealing with child birth /Parturition (Prasuti Tantra /Obstetrics) and Gynecological (Striroga) disorders. Prasuti-tantra deals with complete knowledge of diagnosis, investigation and treatment in antenatal care, pregnancy related complications, delivery and post-delivery care as per Ayurveda and modern context. While Stri-roga deals with Ayurveda management of gynaecological diseases as well as maintenance of reproductive health.

Aims

- To produce the graduates of Ayurveda through timely innovative and creative training program who can excel in patient care.
- To be the premier department of Prasuti Tantra & Striroga (Obstetrics & Gynaecology) in imparting knowledge of health of women of all ages and to conduct quality research on community needs.

Objectives

1. **In-depth Understanding:** Enhance knowledge of Prasuti Tantra (Ayurvedic Obstetrics) and StreeRoga (Gynecological Disorders).

2. **Practical Skills:** Provide hands-on training in diagnosing and treating various gynecological and obstetric conditions using Ayurvedic methods.
3. **Research Orientation:** Encourage research and development in Ayurvedic gynecology and obstetrics.
4. **Holistic Approach:** Promote holistic care practices combining traditional Ayurveda with modern medical insights

Content of the course

Sr.no.	Module	Duration
1.	• Introduction to Prasuti Tantra and StreeRoga	2 hours
2.	• Basic Principles of Ayurvedic Gynecology and Obstetrics	2 hours
3.	• Anatomy and Physiology of Female Reproductive System	2 hours
4.	• Pregnancy and Childbirth in Ayurveda	2 hours
5.	• Menstrual Disorders	2 hours
6.	• Menstrual Disorders continue & PCOS	2 hours
7.	• Infertility	2 hours
8.	• Uterine Fibroids and Ovarian Cysts	2 hours
9.	• Ayurvedic Prenatal Care (GarbhiniParicharya)	2 hour
10.	• Management of Common Pregnancy Complaints	2 hour
11.	• Nutrition and Lifestyle during Pregnancy	2 hours
12.	<ul style="list-style-type: none"> • Ayurvedic Management of Labor (SutikaParicharya) • Postpartum Care (SutikaParicharya) • Breastfeeding Practices in Ayurveda 	2 hours
13.	<ul style="list-style-type: none"> • Panchakarma Therapies for Gynecological Disorders • Herbal Formulations and their Applications 	2 hours

14.	• Yoga and Meditation for Women's Health	2 hours
15.	• Hands-on Training in Clinical Settings	2 hours
16.	• Case Study Presentations and Discussions	2 hours
17.	• Patient Interaction and Counselling	2 hours
18.	• Current Trends and Innovations	2 hours
19.	• Dissertation and Project Work	2 hours

Teaching aids

PPTs, Video, Demonstration, and Discussion.

Assessment criteria

Assessment would be done based on oral examination, presentation, Assignments, and Projects. The certificate would be provided on successful completion of the course.

Eligibility criteria

Medical Students – UG, PG students of BAMS.



A handwritten signature in black ink, likely belonging to the Principal.

Principal
Asrihant Ayurvedic Medical
College and Research Institute