

# Academic Brochure for Certificate Course in Striroga Sthanika Chikitsa



**Department of Prasutitantra and Striroga  
NATIONAL INSTITUTE OF AYURVEDA  
Deemed to be University (De Novo)  
(Ministry of AYUSH, Govt. of India)  
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**2023**



## **NATIONAL INSTITUTE OF AYURVEDA**

The National Institute of Ayurveda was established on 07-02-1976 by the Government of India as an apex Institute of Ayurveda in the country to develop high standard of teaching, training and research in all aspects of Ayurvedic System of Medicine with a scientific approach. The Institute is engaged in Teaching, Health care services and Research at Under-Graduate, Post-Graduate and Ph.D. level and was affiliated to Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University, Jodhpur. Now the institute is upgraded to Deemed to be University under De Novo Category.

The Institute imparts UG, PG and Ph.D. Education and also Diploma Course in Ayurveda Nursing and Pharmacy and Certificate courses of different durations. The UG Course of Ayurvedacharya (BAMS) is of 5½ year duration divided into three professional courses of 1½ years each i.e. 4½ years of the main course and 1 year Internship. The PG Course of MD/MS(Ay.) is available in 14 Specialties, viz. Agadatantra, Dravyaguna, Kayachikitsa, Kaumarbhritya, MaulikaSiddhanta, Panchakarma, Prasutitantra & Striroga, Rogaand VikritiVigyan, Rasa Shastra, ShariraRachana, ShariraKriya, Shalyatantra, Shalakyatantra and Swasthavritta.

The Institute has a 354 Bedded NABH accredited Hospital providing OPD, IPD and Primary Emergency Care Unit services. Post Graduate Department of Prasutitantra and Striroga is having 49 bedded Inpatient ward, a well equipped labour room, a minor procedures room, Operation Theater (Sharing with Department of Shalyatantra) and equipped with necessary infrastructure and instruments to provide various local therapies (sthanika chikitsa) for the management of various Gynecological and Obstetrical diseases. Large number of patients are getting benefited at OPD and IPD levels for a wide range of gynecological disorders like Vandhyatva (Female Infertility), Yonibhramsha (genital prolapse), Swetapradara (Leucorrhoea including chronic, resistant cases), Yonivyapada (genital tract disorders like Genital prolapsed, Cervical erosion, Vulvo-vaginitis, Cystocele etc.), Artavavyapada (Menstrual disorders), Artavadushti (PCOD), Jirna shronishoola (Chronic Pelvic Pain), Stanagranthi/arbuda (benign conditions of breast) and so on. Department is also providing full length Antenatal, Intranatal and Post-natal care, contraceptive facilities on the Obstetric front. An exclusive Garbhasanskara clinic and Garbhadana sanskara clinic is also running to provide a comprehensive Ayurvedic pre-conceptional and Prenatal care.

Department is also having specialized equipments like Colposcope, CTG machine, Hystero-salpingography instruments, advanced microscope, to diagnose various gynecological, Obstetric disorders. Prasutitantra and Striroga wing is fully equipped with all necessary instruments and machinery to provide different in-situ treatments like Uttaravasti, Yoniprakshalana, Ksharakarma, Agnikarma, Yonidhupana, Stanalepana, Yonisankochana treatments.

### **Certificate course in Striroga Sthanika Chikitsa (In-situ procedures) for Ayurvedic doctors**

The Ayurvedic system of medicine is serving the humanity since times immemorial and female health care is not exception to that. Majority of the gynecological disorders are local in nature and needs to be treated at local level i.e. in the vaginal canal, cervix, uterus etc. Treatment provided by the existing modern system of medicine is failed to produce complete cure in cases of simple vaginitis, leucorrhoea, cervical erosion, fallopian tubal block, bacterial vaginosis, bartholin abscess, genital prolapse etc. Majority of the times, leaving unattended, these simple problems lead to chronicity, recurrence, poor reproductive outcome and finally sometimes end with malignant changes. In contrast, Ayurveda has lot to offer for the complete cure of said conditions through a variety of local/in-situ therapies. Sthanika chikitsa or in-situ treatments are purificatory cum minimal invasive procedures. These are found safe, efficacious and economically sound methods for gynecological diseases like Yonivyapad (Diseases of external and internal genitalia), Artavavyapad (Menstrual disorders), Vandhyatwa (Infertility) etc.

Keeping the necessity in view a 45 days Striroga Sthanika chikitsa Certificate Course is being offered by P.G. Department of Prasutitantra and Striroga, National Institute of Ayurveda. This course is specially designed for Ayurvedic graduates, Practitioners, Medical Officers, Ayurvedic teachers, Researchers.

#### **Aims and Objectives of the Course:**

- ✓ To provide applied knowledge of local procedures like Yoniprakshalan, Yonipichu, Ksharakarma, Agnikarma, Yonipottali, Yoni kalkadharana, Sthanika Snehana and Swedana, Yonivarti, Yonipralepa, Yonidhupan, Matrabasti, Madhutailika basti, Niruha basti and Uttarabasti in the management of gynecological diseases.

**Type of the course:** 45 days Certificate course is a learning programme with hands on training followed by periodical assessment.

**Outcome of the Course:** The candidate will learn from the most experienced and best faculty along with exposure to instruments and procedures. Every candidate undergoing the course will be confident and perform the Striroga Sthanika chikitsa (Local therapies) after the completion of course.

### **Admission in Striroga Sthanika Chikitsa Certificate Course:**

**Eligibility for admission:** Completion of BAMS from any recognized University.

**Duration of course:** 45 Days

**Selection Procedure:** On first come first serve basis of the eligible candidates.

**Medium of Instruction:** English and Hindi

**Seats:** 30 participants per batch

**Timing:** Class timing during working hours

**Practical:** OPD & IPD Postings: 9:00AM to 2:00 PM

**Theory:** 3:00 PM to 4:00 PM

**Certificate:** 3 assessments will be done after every 15 days. Certificate will be provided to the trainees after completion of the course.

Theory and Practical Examinations will be conducted after completion of the course. Minimum Passing Marks in Theory as well in Practical will be 50%. Certificates will be awarded to the qualified students by the Institute.

**General Rules and Regulations:** As per the rules and regulations of NIA.

**Hostel facility:** No hostel facility shall be provided by NIA for the students enrolling for this certificate course.

**Boarding and Lodging:** Participants will arrange by their own.

**Dress:** White Apron is mandatory during practical classes.

### **Course Scope:**

This Course will help one to learn, get practically trained in treatment of gynecological disorders like Vandhyatva (Female Infertility), Yonibhramsha (genital prolapsed), Svetapradara (Leucorrhoea), Cervical erosion, Artavavyapad (Menstrual disorders), Artava dushti (PCODs), Jirna shronishoola (Chronic Pelvic Pain), Stanagranthi/arbuda (benign conditions of breast) etc.

The candidate will become confident in sthanika chikitsa (Local Gynecological Procedure). After completing the course, following Scope for the technical assistants/Experts:

1. They can have better opportunities of clinical practice in private and government sector both.
2. They can perform the procedure described in classics with standard protocols.
3. They can employ the available modern amenities/equipments for Ayurvedic procedures.
4. They can have sound knowledge in diagnosis and therapy of gynecological disorders.

## COURSE CURRICULUM

### Theory

(Per day 01 hour theory class for 45 days)

S.No.	TOPIC	HOURS
1	Basic Concepts of Gynecology In Ayurveda	01
2	Applied Anatomy of Reproductive Organs	03
3	Applied Physiology of Reproductive Organs	03
4	Diagnosis of Gynecological Diseases	03
5	Pharmacological Aspects of Drugs Used In Striroga	03
6	Pharmaceutical Aspects of Drugs Used In Striroga	03
Assignment-I		01
7	Basic Concepts of Sthanika Chikitsa	02
8	Applied Aspects of Sthanika Chikitsa	03
9	Yoni Prakshalan	01
10	Yonipichu	01
11	Ksharakarma	02
12	Agnikarma	02
Assignment-II		01
13	Yoni Pottali (Yoni Kalkadharana)	01
14	Sthanika Snehana and Swedana	01
15	Yonivarti	01
16	Yonipralepa	01
17	Yonidhupana	01
18	Matra Basti	01
19	Madhutailik Basti	02
20	Niruha Basti	01
21	Uttarabasti	03
22	Research Works Done on Kshara Karma, Agnikarma Uttaravasti, Yoniprakshalana etc. with special reference to Gynecology,	03
Assignment-III		01
	Total	45 hrs.

## Practical

(Per day 04 hours practical for 45 days)

S.No.	TOPIC	Hours
1	Introduction to Sthanika Chikitsa in Prasuti tantra evum Striroga	05
2	Diagnosis of Gynecological Diseases	10
3	Preparation of materials/drugs for Sthanika chikitsa	10
4	Basic Concepts of Sthanika Chikitsa	10
5	Applied Aspects of Sthanika Chikitsa	10
6	Yoni Prakshalan	10
7	Yonipichu	08
8	Ksharakarma	12
9	Agnikarma	12
10	Yoni Pottali (Yoni Kalkadharana)	10
11	Sthanika Snehana and Swedana	10
12	Yonivarti	08
13	Yonipralepa	10
14	Yonidhupana	10
15	Matra Basti	10
16	Madhutailika Basti	10
17	Niruha Basti	10
18	Uttarabasti	15
<b>Total Hours</b>		<b>180</b>

### Filling up of Application Form

- Application forms can be filled and submitted only online mode from our website <http://www.nia.nic.in/>
- Forms submitted in any other mode will not be considered and summarily rejected.
- Application Fee: Rs 1000/-
- Application Fee once paid will not be refunded under any circumstances.

### How to apply

- Candidates are required to apply in online application portal available on our website <http://www.nia.nic.in/>
- Institute will not consider any another format or application proforma. Application completed in all respects uploading self-attested copies of all certificates, mark sheets, educational qualifications.

**Invalid Applications:** Candidates are advised to read all instructions carefully

before applying for online portal otherwise their applications are likely to be rejected on one or more of the following reasons in terms of the notifications.

- Applications received after the closing date.
- Candidates not having the required qualification.
- Applications, which are incomplete/illegible in any manner.
- Applications without the prescribed Application Fee (as applicable).
- Applications send via any other mode other than online portal.

**Last Date of receiving application:**

Closing date of receipt of application form: **30<sup>th</sup> July 2023**

**FEE STRUCTURE FOR THE COURSE**

The candidates found eligible and selected for the certificate course will be admitted only after payment of course fee.

**Course Fee –**

- **Indian Nationals-(In Indian Rupees) Total Fee:20,000.00**
- **SAARC AND BIMESTAC COUNTRIES:** Fee structure same as Indian National total amount to be deposited at the time of admission.

**Dr. Jyotsna Thakur**

Co-ordinator

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**Prof. Bharathi k. Manglam**

Head of Dept.

(Mobile – 9799997940)



# NATIONAL INSTITUTE OF AYURVEDA, JAIPUR

## APPLICATION FORM

### Certificate Course in Striroga Sthanika Chikitsa (45 Days)

#### A. PERSONAL INFORMATION-

1. Name (CAPITAL letters): \_\_\_\_\_
2. Age - \_\_\_\_\_
3. Gender \_\_\_\_\_
4. Date of Birth \_\_\_\_\_
5. Father's/Husband's Name: \_\_\_\_\_
6. Address \_\_\_\_\_ Pincode \_\_\_\_\_
7. Email-ID- \_\_\_\_\_
8. Registration No. \_\_\_\_\_
9. State Board of Registration: \_\_\_\_\_
10. Nationality-(Govt.ID) \_\_\_\_\_
11. Category (Foreign National/General/SC/ST/OBC/PH/EWS/Ex.Serviceman) \_\_\_\_\_
12. Mobile No: \_\_\_\_\_

#### B. EDUCATIONAL QUALIFICATION:

Exam	Specialization	Institute/University	Year of Passing	% Marks/CGPA
10 <sup>TH</sup>				
12 <sup>TH</sup>				
UG				
PG				
Others	_____			

#### C. DETAILS OF EMPLOYER (IF WORKING):

Type of current employer \_\_\_\_\_

#### D. UPLOAD DOCUMENTS:

Candidate image, Sign image, 10<sup>th</sup> marksheet, 12<sup>th</sup> marksheet, UG, Residence proof, Valid Govt ID Proof, Registration certificate, category certificate, NOC/Recommendation from current employer(if applicable)



**E. Application Fee - 1000/-**  
**Course Fee -20,000/-**