

Academic Brochure on Certificate Course in Striroga Sthanika Chikitsa



2026



Department of Prasuti tantra and Striroga
NATIONAL INSTITUTE OF AYURVEDA
Deemed to be University (De Novo)
(Ministry of AYUSH, Govt. of India)
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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, Maulika Siddhanta, Panchakarma, Prasutitantra & Striroga, Roga and Vikriti Vigyan, Rasa Shastra, Sharira Rachana, Sharira Kriya, 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 is getting benefited at OPD and IPD levels for a range of gynecological diseases like Vandhyatva (Female Infertility), Yonibhramsha (genital prolapse), Svetapradara (Leucorrhoea including chronic, resistant cases), Yonivyapad (genital tract disorders like Genital prolapsed, Cervical erosion, Vulvo-vaginitis, Cystocele etc.), Artavavyapad (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 in 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 having specialized equipment like Colposcope, CTG machine, Hystero-salpingo graphy 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 chronic diseases, recurrence, finally sometimes end with malignant changes. In contrast, Ayurveda has lot to offer for the complete cure of said conditionsthrough its various local/in-situ therapies. Sthanika chikitsa or in-situ treatments arepurificatory cum minimal invasive procedures. These are found safe, efficaciousand economicallysound methodsfor gynecologicaldiseases 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.

Aim:

- ✓ The main aim of this course is to equip the participants with comprehensive knowledge and skills in performing the local therapeutic 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 field of Stree roga & Prasuti Tantra.

Objectives:

1. Impart comprehensive knowledge and skills about the local therapeutic procedures in Stree roga & Prasuti Tantra.
2. Foster an understanding of essential therapeutic procedure techniques related to women's reproductive health.
3. Develop proficiency in utilizing medical equipments and drugs relevant to Stree Roga & Prasuti Tantra.
4. Provide hands on training opportunities allowing participants to develop competency in performing various therapeutic procedures.

Learning Outcomes-

At the end of the program, the learner should have acquired the listed knowledge and skills.

- Explain the concept and fundamental principles of Sthanika Chikitsa related to Prasutitantra and Striroga.
- Develop proficiency in diagnosing and managing common gynecological disorders.
- Develop proficiency, competence and skills in doing all therapeutic procedures related to striroga sthanik chikitsa.
- Awareness and knowledge about traditional practices regarding different paricharyas like Rajaswala paricharya, garbhini paricharya, sutika paricharya.
- Awareness and knowledge of biomedical waste disposal and infection control policies and procedures.
- Develop ability to communicate effectively with patient and their relatives.

Type of the course: 45 days Certificate course is a learning program with hands on training followed by periodical assessment. This course is being run twice a year with intake capacity of 30 participants per batch.

Course designed by: This Course has been designed by the faculty of Department of Prasuti Tantra Evam Stri Roga of NIA DU.

Admission in Striroga Sthanika Chikitsa Certificate Course:

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

Duration of course: 45 Days (220 hours)

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: 2:00 PM to 3:00 PM

Evaluation-:

- Pre-test will be conducted on the first day of the course to assess the baseline knowledge of the participants.
- Periodic assessments (Theory and Practical) will be conducted on the 15th day and 30th day to evaluate the participants' progress.
- A Final Assessment/Post-test, comprising both Theory and Practical examinations, will be conducted at the end of the course.
- Participants must secure a minimum of 50% marks separately in both Theory and Practical examinations to successfully complete the course.
- Certificates will be awarded to participants who successfully qualify in the final assessment.

The following tools would be used for final assessment:

1. **Practical Assessment:** This comprises of assessing candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. and is ascertained by observation in procedure rooms, OPD,IPD.
2. **Viva/Structured Interview:** This tool is used to assess the conceptual understanding and the behavioral aspects with regard to the specific task at hand. It also includes questions on safety, quality, environment, and equipment, etc.
3. **Written Test:** Question paper consisting of 30 MCQs with questions from each element of course curriculum.

Policy for Faculty Engagement:

All the theory and practical classes will be taken by the regular faculty of NIA.

Roles and Responsibilities of faculty members:

- The roles and responsibilities of faculty members shall be as defined in the Institute's Standard Operating Procedures (SOPs).

Policy for Low Performing Attributes:

- a) Theory and Practical Examinations will be conducted after completion of the course.
- b) Minimum Passing Marks in Theory as well in Practical will be 50%.

- c) If the candidate leaves the course in the middle for unavoidable reasons, they will be permitted to rejoin the course within 2 years tenure to complete the course and after completion, the examination will be conducted.
- d) Candidates who do not qualify in the final assessment may reappear for the examination within 15 days from the date of declaration of results, without payment of any additional examination fee.

Intervention plan: For Low performing participants faculty will provide structured constructive feedback on areas needing improvement.

Student support services:

a) Mentor-mentee System

The Institute follows a Mentor–Mentee Policy, wherein each student will be assigned a faculty mentor for regular guidance, academic support, performance monitoring, and timely counseling throughout the duration of the course.

b) Student Appeal Process

To ensure fairness and transparency in academic evaluations, the course offers a formal appeal process for participants who wish to contest decisions related to assessment, attendance, or certification eligibility. Participants may submit an appeal based on:

- Discrepancy in marks or evaluation
- Misinterpretation of attendance or participation
- Perceived bias or unfair treatment during assessments
- Any other valid academic concern

Procedure of submission: Submit a written appeal addressed to the Course Coordinator within 7 working days of receiving the evaluation result. Include relevant supporting documents (e.g., assignment copies, attendance records). Clearly state the issue and the resolution being sought.

Review Mechanism: Appeals will be reviewed by the Grievance Addressal Committee of the institute and final decision will be made within 10 working days of submission. Participants will be notified in writing regarding the outcome of their appeal.

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: A white apron and OT Dress is mandatory during practical classes.

Code of Conduct

All participants enrolled in the Certificate Course are expected to maintain the highest standards of professional ethics, discipline, and conduct throughout the duration of the programme.

Adherence to the following guidelines is mandatory:

- Attend all scheduled theory, practical, clinical, and assessment sessions punctually and in the prescribed dress code/clinical attire.
- Maintain a minimum of 75% attendance in both theory and practical components to be eligible for the final assessment and award of the certificate.
- Demonstrate professionalism, integrity, and mutual respect while interacting with faculty members, staff, fellow participants, patients, and attendants.
- Participate actively in all academic, clinical, and skill-based learning activities.
- Maintain strict confidentiality of patient information and clinical records in accordance with institutional policies and ethical standards.
- Obtain prior permission from the concerned faculty before taking any photographs, videos, or recordings within the institute or during clinical procedures. Unauthorized photography or videography is strictly prohibited.
- Adhere to all institutional Standard Operating Procedures (SOPs), infection prevention and control measures, patient safety protocols, and NABH quality standards during clinical postings and practical sessions.
- Handle institute property, equipment, instruments, and learning resources responsibly. Any loss or damage due to negligence may attract disciplinary or financial liability.
- Promptly report any clinical incident, adverse event, safety concern, or breach of protocol to the concerned faculty or course coordinator.
- Maintain academic honesty and refrain from plagiarism, cheating, falsification of records, or any form of academic misconduct during assignments and examinations.
- Refrain from any form of harassment, discrimination, bullying, violence, substance abuse, or behaviour that disrupts the learning environment.
- Comply with all rules, regulations, and directives issued by the Institute and the Course Coordinator from time to time.
- Violation of the Code of Conduct or institutional regulations may result in disciplinary action, including suspension or removal from the course, withholding of examination results or certification, or any other action deemed appropriate by the Institute.

Infection Control Policy for Students

To ensure a safe and hygienic learning and clinical environment, all students are required to strictly adhere to the following infection control measures:

- Always use clean gloves, face masks, and aprons during patient interaction and procedures.
- Maintain clean and short nails; wear fresh, ironed uniforms daily.
- Use hand sanitizer or wash hands thoroughly before and after each therapy or patient contact.
- Follow NABH safety and cleanliness standards in therapy rooms.
- Disinfect equipment and surfaces after each use as per SOPs.

- Use only sterilized instruments and disposables in clinical practice.
- Segregate and dispose of waste strictly in color-coded bins.
- Do not leave used dressings, gloves, or cotton on treatment tables or open surfaces.
- Report immediately if any spills, cuts, or needle-stick injuries occur.
- Report any fever, cough, sore throat, skin infections, or exposure to communicable diseases to the faculty immediately.
- Students with active infections may be temporarily restricted from clinical areas to prevent transmission.
- Non-compliance with infection control protocols may lead to suspension from clinical postings or disciplinary action.
- Serious breaches affecting patient or peer safety will be escalated to the Course Coordinator and Institute Head.

Post-Course Feedback Plan

To promote continuous improvement and maintain academic excellence, all participants are encouraged to share their experiences and suggestions after completing the course.

- The form includes evaluation of teaching quality, clinical exposure, infrastructure, course content, and overall satisfaction.
- Both rating-based and open-ended responses will be collected for meaningful analysis.
- Constructive suggestions for enhancement will be welcomed and anonymized.
- Feedback will be compiled and reviewed by the course coordinator and insights from the feedback will guide curriculum upgrades, faculty training, and logistical improvements.

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

WEEKLY MODULE FOR THEORY CLASSES

Week	Module Content	Learning Objectives	Expected Outcomes
Week I Foundation of Stree Roga Sthanik Chikitsa	-Introduction to Stree Roga -Applied Anatomy & Physiology of female reproductive system -History taking and Diagnosis of gynecological disorders	To familiarize with female reproductive structure and function. To introduce diagnostic methods in Stree Roga.	Able to describe basic female anatomy and physiology. Able to perform diagnosis using diagnostic parameters.
Week II Therapeutic Principles And Formulations In Stree Roga	Sthanik Chikitsa: Principles & Practices - Basic & Applied Aspects - Pharmacological & Pharmaceutical aspects of drugs used in SR	To explain the fundamentals of Sthanik Chikitsa. To identify the drugs and to know their pharmacological properties and actions in Stree Roga. To Know the method of preparation of different formulations	Able to discuss principles and therapeutic relevance of Sthanik Chikitsa. Able to list and describe commonly used drugs and their actions. Able to prepare different ayurvedic formulations
Week III Sthanik Chikitsa Therapies And Techniques	Detail study of each Sthanik Chikitsa Procedures including: - SOPs, Indications, Contraindications - Benefits and Mode of action	To teach step-wise clinical execution of local procedures. To understand case-based indication and contraindication for therapies.	Able to demonstrate clinical skills as per SOPs. Able to select appropriate procedure based on patient need.
Week IV Exploring Parasurgical Interventions In Stree Roga	Detail study of Para-surgical Procedures including Uttarbasti, Kshara Karma, Agnikarma	To impart practical knowledge of Ayurvedic para-surgical interventions.	Able to safely perform para-surgical therapies. Able to explain their applications and post-care.
Week V Clinical skills in	Detail study of Basti Therapies: Poorvakarma-	To understand and apply specific basti protocols in	Able to plan and execute basti

Sthanik chikitsa	Snehan,Swedan Pradhan karma- - Anuvasana /Sneha Basti, Niruha Basti & Ksheer basti ,Madhutilika Basti	gynecological conditions.	chikitsa in clinical settings. Able to manage related gynecological conditions.
Week VI Safety Ethics And Standard Protocols	-Demonstration of different gynecological procedures -possible complications and safety measures and management in sthanik chikitsa -Preventive gynecology in ayurveda -Patient counselling and communication skills -Identification and functioning of instruments used in stree roga	To empower students with preventive and promotive aspects of womens health in ayurveda To develop communication skills and ethical sensitivity	Able to plan preventive regimes for menstrual and reproductive health Capable of conducting patient education sessions effectively.
Week VII Research evidence and NABH Protocols	Research Updates on different sthanik chikitsa procedures Case Management, Documentation and Reporting guidelines - NABH Safety Protocols,infection control policies and biomedical waste management	To align with research-based practice. To understand NABH protocols	Able to document cases scientifically. Able to follow safety protocols.
			Total-40 hrs

WEEKLY MODULE FOR PRACTICAL CLASSES

S.NO.	Practical Topic	Hours
WEEK I		
	Pre Test	1 hr
1.	Female reproductive anatomy using models/simulators/cadavers	3hrs
2.	Physiology charts and animations	4 hrs

	(hormonal cycles, etc.)	
3.	History taking & case sheet preparation	4 hrs
4.	Pelvic examination (dummy/simulator-based)	4 hrs
5.	Diagnostic tools: USG, lab reports, pap smear	4 hrs
6.	Orientation to Sthanika Chikitsa setup and protocol	4 hrs
7.	Case-based learning	4hrs
WEEK II		
8.	Identification of raw drugs used in Stree Roga	4 hrs
9.	Demonstration of panchvidh Kashaya kalpana	4 hrs
10.	Case-based learning and demo wrap-up	4 hrs
11.	Case-based learning and demo wrap-up	4 hrs
12.	Case-based learning and demo wrap-up	4 hrs
13.	Hands on training on pharmaceutical preparations	4 hrs
14.	Case-based learning	3 hrs
	Assessment -I	1 hr
WEEK III		
15.	Yonipurana & Yonipottali application	4 hrs
16.	Yonipralepa & Yoniavachurnana	4 hrs
17.	Yoni Prakshalan protocol and demonstration	4 hrs
18.	Yonipichu demonstration and Hands on training	4 hrs
19.	practical demonstration of yonivarti application	4 hrs
20.	Yoni Dhoopan demonstration	4 hrs
21.	Case-based learning	4 hrs
WEEK IV		
22.	Uttarbasti setup and aseptic precautions	4 hrs
23.	Uttarbasti demonstration	4 hrs
24.	Ksharakarma demonstration	4 hrs
25.	Agnikarma tools and demonstration	4 hrs

26.	Case based learning on Uttarbasti	4 hrs
27.	Case based learning on Kshara Karma & Agnikarma	4 hrs
28.	Case-based Learning	4 hrs
WEEK V		
29.	Sthanika Snehana & Swedana demonstration	3 hrs
	Assessment -II	1hr
30.	Anuvasana Basti demonstration	4 hrs
31.	Niruha and Ksheera Basti demonstration	4 hrs
32.	Madhutailika Basti demonstration	4 hrs
33.	Mutramarga Uttarbasti demonstration	4 hrs
34.	Various Basti pattern demonstration	4 hrs
35.	Group activity: Basti chart preparation	4 hrs
WEEK VI		
36.	Case based discussion on Yonivarti, Yonipichu, Yonipottali	4 hrs
37.	Discussion on complications and their management	4 hrs
38.	Nidan parivarjan in stree roga chikitsa	4 hrs
39.	Instrument identification in Stree Roga	4 hrs
40.	Case documentation	4 hrs
41.	Case documentation and reporting familiarization	4 hrs
WEEK VII		
42.	Hands on training on Sthanik chikitsa procedures	4 hrs
43.	Familiarization with NABH safety protocols	4 hrs
44.	Basic Life Support (BLS) hands-on	3 hrs
	Post Test	1 hr
		Total Hrs. - 180 Hrs

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:Rs1000/-
- 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 performa. Application completed in all respects uploading self-attested copies of all certificates, marksheets, 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 any one 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 sent via any other mode other than online portal.

Last Date of receiving application:

Closing date of receipt of application form is 25 August 2026

FEE STRUCTURE FOR THE COURSE

This course is self -funded course so eligible candidates 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 structures as Indian National Rupee total amount to be deposited at the time of admission.

Dr. Jyotsna Thakur
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