

Certificate Program in Ayurvedic Gynaecology

With Integrated Modern Gynaecology

6 Months
(Part Time)

BAMS or
Equivalent

100%
Online

Parul® University

Canadian College of Ayurveda and Yoga

Program at a Glance

A structured **6 Months** journey bridging classical Ayurvedic Gynaecology with evidence-based modern medicine.

Month 1	1	Striroga Foundations & Reproductive Anatomy
Month 2	2	Menstrual Disorders — Ayurvedic & Modern
Month 3	3	PCOS, Hormonal Disorders & Infertility
Month 4	4	Infections & Yoni Vyapad
Month 5	5	Pregnancy Care & Menopause
Month 6	6	Clinical Integration & Case-Based Learning



Month 1

Introduction to Striroga in Ayurveda & Basic Modern Gynaecology

Ayurvedic Topics

- Female anatomy & physiology: Yoni, Artava, Garbhashaya, Stanya
- Classification of Yoni Vyapad (20 types) — Dosha, Dhatu, Srotas basis
- Tridosha role in female health

Modern Integration

- Female reproductive anatomy & hormonal physiology
- Menstrual cycle physiology: HPO Axis
- Overview of common gynaecological disorders



Month 2

Menstrual Disorders & Their Ayurvedic–Modern Management

Ayurvedic Topics

- Artavavyapad: Kashtartava, Nashtartava, Asrigdara
- Role of Agni, Srotorodha, Avarana
- Chikitsa Siddhanta & formulations

Modern Integration

- Dysmenorrhea, Menorrhagia, Amenorrhea — Causes, Diagnosis & Treatment
- USG & Hormonal Profiles in evaluation
- Role of NSAIDs, OCPs, Iron supplements



Month 3

PCOS, Hormonal Disorders & Infertility

Ayurvedic Topics

- PCOS as Artava Kshaya, Medodushti, Agnimandya
- Vandhyatva: Classification, Hetu, Samprapti, Chikitsa
- Rasayana therapy & Panchakarma in infertility

Modern Integration

- PCOS: Rotterdam Criteria, lab investigations
- Thyroid disorders, Hyperprolactinemia — modern diagnostics
- Infertility workup: Ovulation studies, AMH, HSG, IVF basics



Month 4

Infections & Yoni Vyapad

Ayurvedic Topics

- Shwetapradara, Pradararoga, Kaphaja/Pittaja Yonivyapad types
- Local treatments: Yoni Dhavana, Pichu, Avagaha, Taila use

Modern Integration

- Vaginitis, Candidiasis, PID — Pathogens & Diagnostic tests
- STIs: Trichomonas, BV, Chlamydia — Signs & Treatment
- Antibiotic and antifungal regimens

Optional Recorded Practical: Yoni Dhavana with Triphala/Daruharidra/Lodhra decoctions; Avagaha Sweda (Sitz bath) — indications and technique.

Month 5

Pregnancy Care & Menopause

Ayurvedic Topics

- Garbhini Paricharya — Month-wise care, Pathya-Apathya
- Pregnancy complications: Garbhasrava, Chhardi, Shotha — Ayurvedic management
- Rajonivritti: Menopause & Rasayana therapy

Modern Integration

- Antenatal care guidelines (Trimester-wise)
- High-risk pregnancy: PIH, GDM, IUGR
- Menopausal Syndrome — HRT & Osteoporosis prevention



Month 6

Clinical Integration, Panchakarma & Case-Based Learning



Ayurvedic Topics

- Panchakarma in Gynaecology: Vamana, Virechana, Basti, Uttarbasti
- Clinical management of PCOS, Infertility, Dysmenorrhea, Leucorrhoea
- Documentation & Ayurvedic case sheet formats

Modern Integration

- Clinical interpretation of USG & hormone reports
- Case discussions: PCOS, PID, Infertility — combined Ayurvedic + Modern approach
- Interdisciplinary communication & prescriptions

Final Evaluation

Participants are assessed through a comprehensive three-part evaluation designed to test both theoretical knowledge and clinical reasoning.



1

Online MCQ Test

A structured multiple-choice examination covering all six weeks of curriculum content.

2

Case-Based Viva

Live oral examination conducted via Zoom, assessing clinical application and reasoning.

3

Assignment Submission

One Ayurvedic case report with integrated modern diagnosis demonstrating dual-system competency.

Enroll Today

Take the next step in your Ayurvedic clinical career with this comprehensive, integrative certificate program.

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BAMS or equivalent
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