

Dr.SAFEERA .K

MS Prasutitantra and StreeRoga

Specialization-General Ayurveda,Prasutitantra and Streeroga

Focused areas

- Menstrual disorders management including dysmenorrhea, irregular cycles, and abnormal uterine bleeding
- Infertility care and preconception management .PCOS/PCOD and hormonal imbalance management
- Antenatal and postnatal care,Garbha samskara counselling (Garbhini&SutikaParicharya)
- Ayurvedic gynecological procedures
- Uterine and ovarian disorders (fibroids, cysts, endometriosis)
- Adolescent and menopausal health
- Preventive care through Panchakarma, diet, and lifestyle

Languages-

English,Malayalam,Hindi

Conditions treated-

- Menstrual disorders – including dysmenorrhea, irregular cycles, and abnormal uterine bleeding
- Infertility (Vandhyatva) and preconception care
- PCOS / PCOD and hormonal imbalances
- Leucorrhoea and other vaginal infections

□ Uterine and ovarian disorders – including fibroids, ovarian cysts, and endometriosis

Procedures performed-

Ayurvedic Therapeutic Procedures

- Uttar Basti (uterine therapy)
- Yoniprakshalana (vaginal douche)
- Yoni Pichu (medicated tampon therapy)
- Virechana& Basti in gynecological disorders
- Panchakarma

Faculty profile-Assistant Professor in Prasutitantra and Streeroga
Ashtamgam Ayurveda vidyapeetam and cikitsalayam

Medical education-

BAMS-Vaidyaratnam P.SVarrier Ayurveda College, Kottakkal

MS-Government Ayurveda College, Trippunithura

Academic Papers

- Paper presented on the topic “ Recent trends and Advances in Infertility Management” organized by the Government.Ayurveda Medical College and Postgraduate Research Centre, Bellari
- Presented a paper entitled “Ayurvedic management of Neurological problems in Menopause” in the SAMSTHITHI National seminar at Government Ayurveda college, Tripunithura.

- Paper presentation, Prajna seminar series, -Government Ayurveda college, Tripunithura.
- Paper presentation entitled “A Pilot Study On Ayurvedic Management Of Genitourinary Syndrome Of Menopause” in 5th Global Ayurveda Festival ,Kerala GAF-2023

Publications

- Ayurveda-Based Therapeutic Approaches in the Management of Symptomatic Adenomyosis : A Case Report International journal of Ayush case reports (IJA- CARE) 2024/ISSN-2457-0443
- Significance of Ayurveda regimen in Maternal health Swasthya-National Ayush Mission Kerala News letter