

Dr Sitalakshmi A MBBS: MD : DGO : FPSM

Gynecologist & Sexual Medicine Practitioner

- **Innovator of - Dr Sita's Batch therapy**

(a transformative novel holistic therapy for couples struggling with unconsummated marriage & other psychosexual dysfunctions)

- **YouTube Influencer with over 1.3 million subscribers**

- Hypnotherapist

- Sexual Education Advocate

- Seminar Leader for pre- and post-marriage workshops and seminars

- Counselling & Psychotherapy

- Public Speaker on Doordarshan, Josh Talks, and other platforms

- Wellness & Relationship Coach

Affiliations

- Thrissur Obstetrics & Gynecological Society (TOGS)
- Life Member of International Association of Sexual Medicine Practitioners (IASMP)
- Life Member of PCOS Society of India



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Director,
Dr Sita's Mind Body Care
Devikripa Hospital,
Thrissur, Kerala



TREATING VAGINISMUS

Dr Sita's
Mind Body Care

A Comprehensive Approach



Empowering Couples through
Holistic Therapy

Dr Sitalakshmi

*Gynecologist & Sexual Medicine
Practitioner

*Innovator of Dr Sita's Batch Therapy

*Social media influencer with 1.4 million
YouTube subscribers

*Hypnotherapist

*Public Speaker

OUR EXPERIENCE OF managing Vaginismus



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01

Management before and
during covid time

02

My Initial Admission
Therapy

03

Evolution and current
status of Dr Sita's Batch
Therapy

04

Some audio and pictorial
testimonials

05

Statistical data

**During & before
Covid time..**

COVID-19



HOW MANY PATIENTS?

Around 150 to 200



Plus some suggestions for quality time & for foreplay

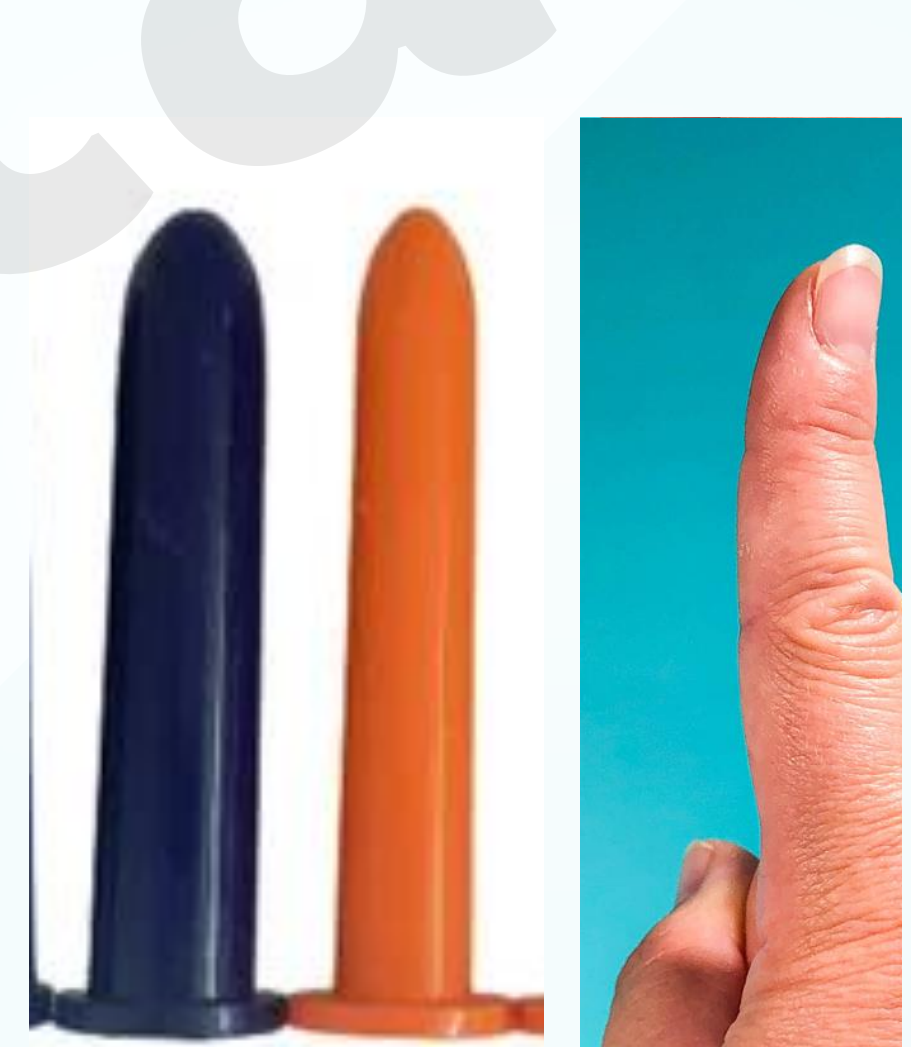
Thigh & wall exercises



kegel Exercise



Vaginal Insertion





Total duration of treatment

10 weeks to 5 months



Success rate?

- Not very sure.
- Roughly around 50 to 60 %



**BUT I WAS VERY
HAPPY....**



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THEN WHAT HAPPENED?



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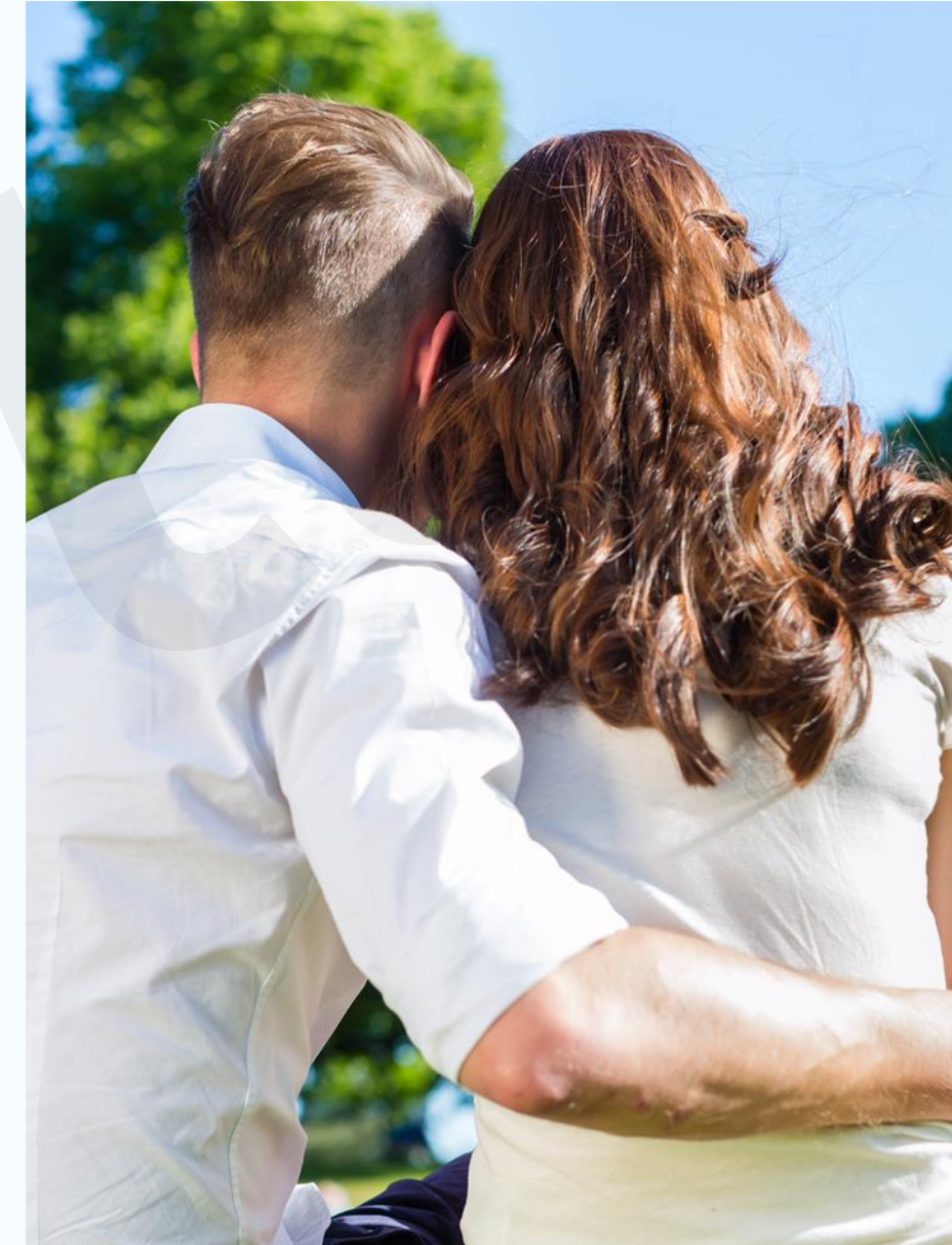
MY INITIAL ADMISSION THERAPY



RAJU & DEEPA..

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- A staff nurse couple from UK
- MS 5 yrs
- Vaginismus as per history
- tried several treatment measures in India & UK
- had PCOS and other issues too
- absolutely no libido, foreplay
- were on four weeks leave , wanted admission therapy in August 2022



I was like_____



**Tried my best to find
excuses,**



**But they insisted that
they want treatment
from me....**

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So, with a sigh started reading and planning as to what to do.



read a lot



made notes_



Sita

By the time Raju and Deepa arrived,

I had aphthous ulcers in my
mouth...
Was looking haggard due
to loss of sleep...



**LAST!
CHANCE!**



I WAS TRANSPARENT



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Reassured each other

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**All three of us would
do breathing
exercises together**



In one week's time,

Sensate focus to a good extent

Sensate focus to a great deal of thigh and fingering exercises good extent

Mon

Tue

Wed

Thu

Fri

Sat

Sun



**Both parties became
confident of**

SUCCESS



Raju and Deepa motivated other patients too

YES YOU CAN!





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**THEY COULD SUCCESSFULLY
CONSUMMATE ON THE 17TH DAY
OF TREATMENT.**

Our entire clinic rejoiced...

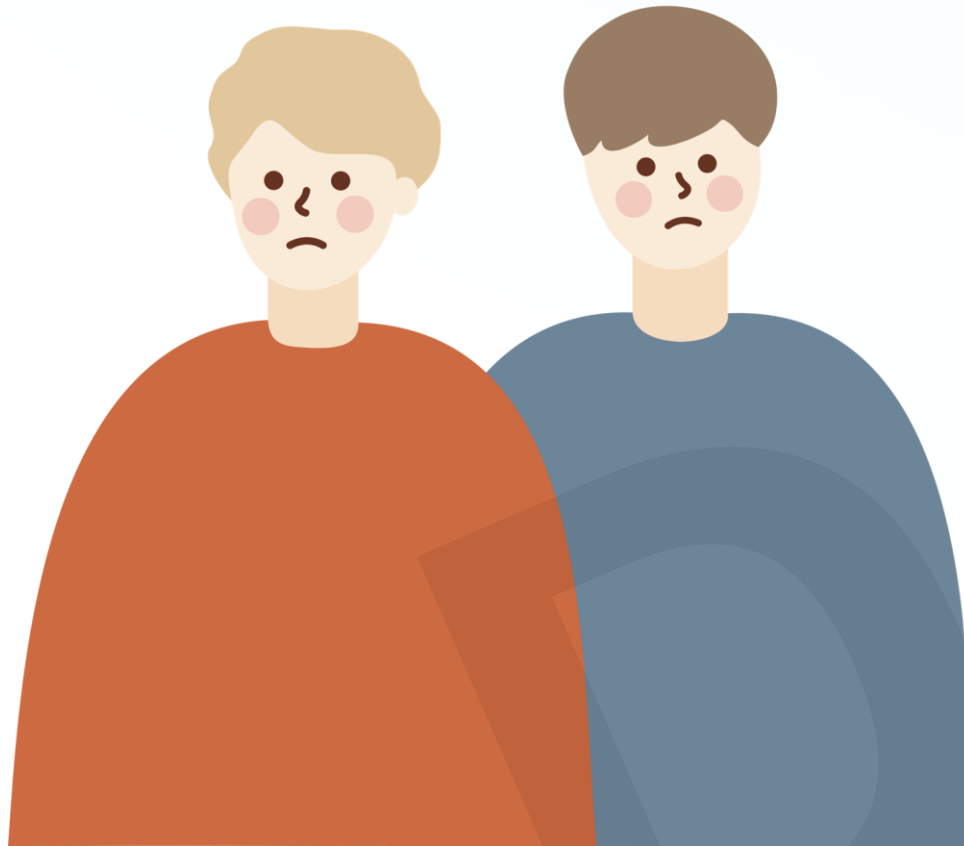


Three more patients got successful



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1st couple
partly outpatient/partly
inpatient



2nd couple
uncomplicated



3rd couple
both vaginismus and erectile
dysfunction







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Waiting couples

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EVALUTION AND CURRENT STATUS of Dr Sita's Batch Therapy



**We have modified 10 rooms in our hospital where the couples
have privacy and feel **safe** and **supported**.**



**FROM DEC 2022 TO
AUGUST 2024**

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13 BATCHES

82 COUPLES

**2
YEAR**

AVERAGE DURATION OF TREATMENT OF

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OUR THERAPY

16- 17 DAYS



SUCCESS

AT THE TIME OF DISCHARGE

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100%

**So.... how can we/how do
we guarantee 100 %
success at the time of
discharge?**

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Careful selection of couples important

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**Sexual Intimacy cannot happen as
a stand alone form of intimacy
and striving to focus on
improving it alone is not enough.**



Initial consultations and management

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- Detailed history taking
- Managing physical co-morbidities
- Managing mental co-morbidities
- Managing relationship-co morbidities

IMPORTANT!

of both the husband

Before Admission

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- nutraceuticals, aphrodisiacs, Vitamins etc
- medications to alter period cycle
- a group call to introduce the batch mates
- WhatsApp group
- chance to net work/communicate with seniors-
community building

After Admission

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Almost all the exercises have to be done by both the partners.

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The principles underlying our treatment

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- Self Love & Acceptance
- Partner love and Acceptance
- Building up stamina and flexibility
- Eating and sleeping properly
- Improving mental & emotional health
- Learning relationship skills
- Sex education
- Improving sexual intimacy
- Herbal supplements, nutraceuticals, medications

We do the following to ensure success.

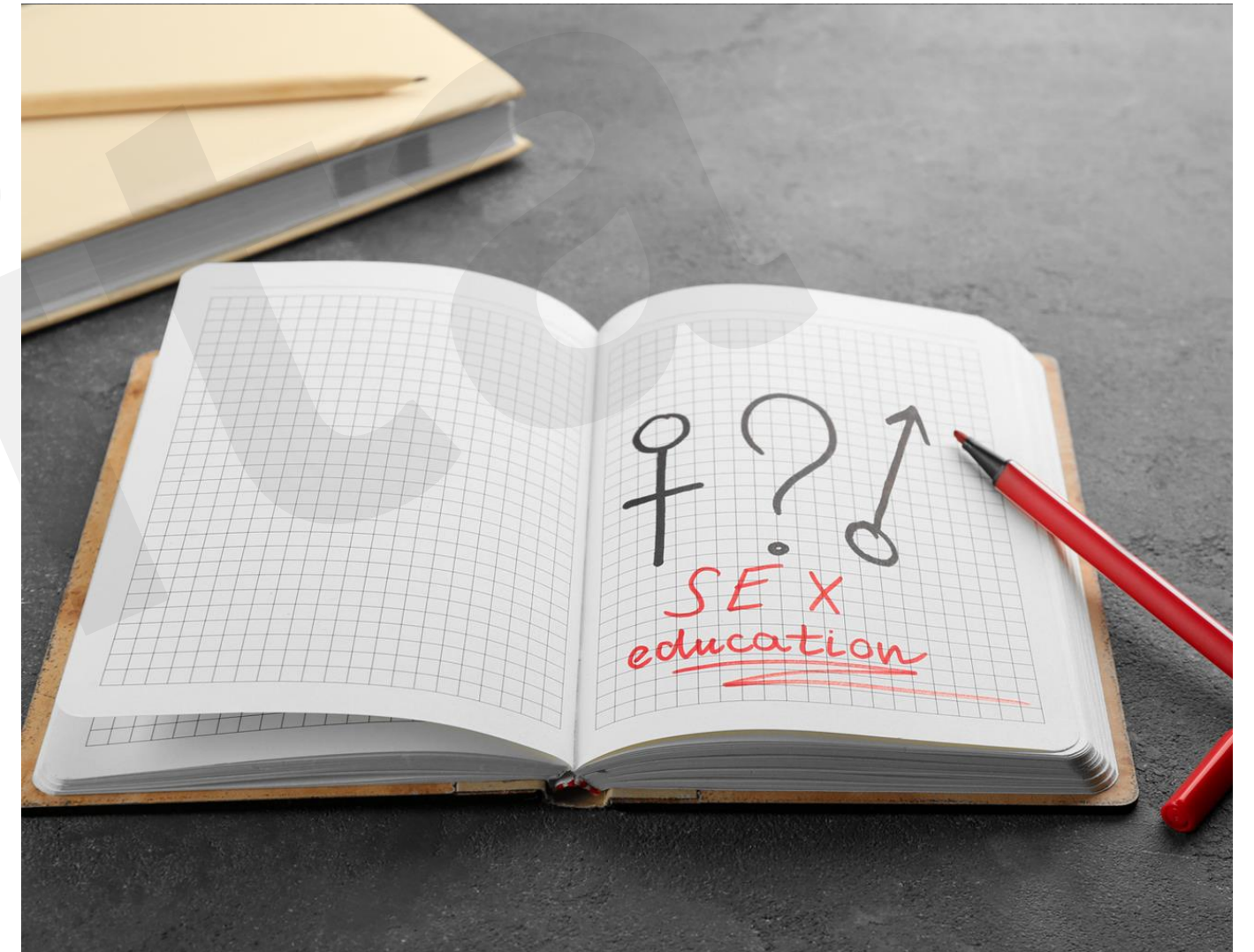
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- Psychosexual education
 - Sensate Focus Therapy:
 - Pelvic Floor Physical Therapy (PFPT):
 - Yoga and Thigh Exercises:
 - Systematic Desensitization:
 - Mindfulness and Breathing exercises:
- Medications:.
 - Cognitive Behavioral Therapy (CBT):
 - Hypnotherapy(in indicated cases)
 - Acupuncture(in indicated cases)
 - Interactive group Sessions:
 - Dietary Consultation:
 - Recreational Activities:

Psychosexual education

- crucial role
- throughout the treatment

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Couple sensate focus therapy

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- involves a series of structured touching exercises
- non-genital touch → genital touch → penetrative act
- The primary goal is to focus on the sensations of touch rather than on performance.
- effectiveness depends on commitment & proper guidance



developed by Masters and Johnson

Different types of touch in sensate focus

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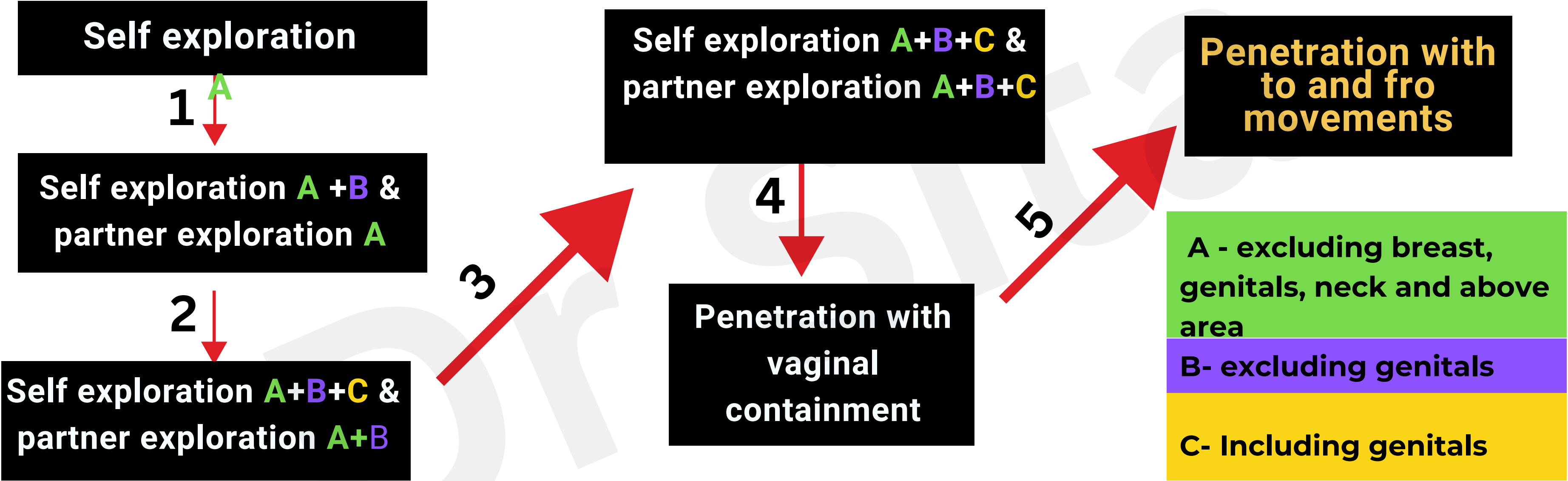


MODIFICATIONS

To be completed in

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I have made



Pelvic Floor Physical Therapy (PFPT) & Kegel exercise

- muscle relaxation techniques
- gradual desensitization
- strengthening exercises

Help gain control over pelvic
floor muscles



Yoga and Thigh Exercises:

Can help stretch and relax the pelvic region, thighs etc.

We have daily morning yoga sessions from 6.30 am to 8.00 am



Morning Yoga Sessions



Yoganidra : the best loved part!

Dr. Mind

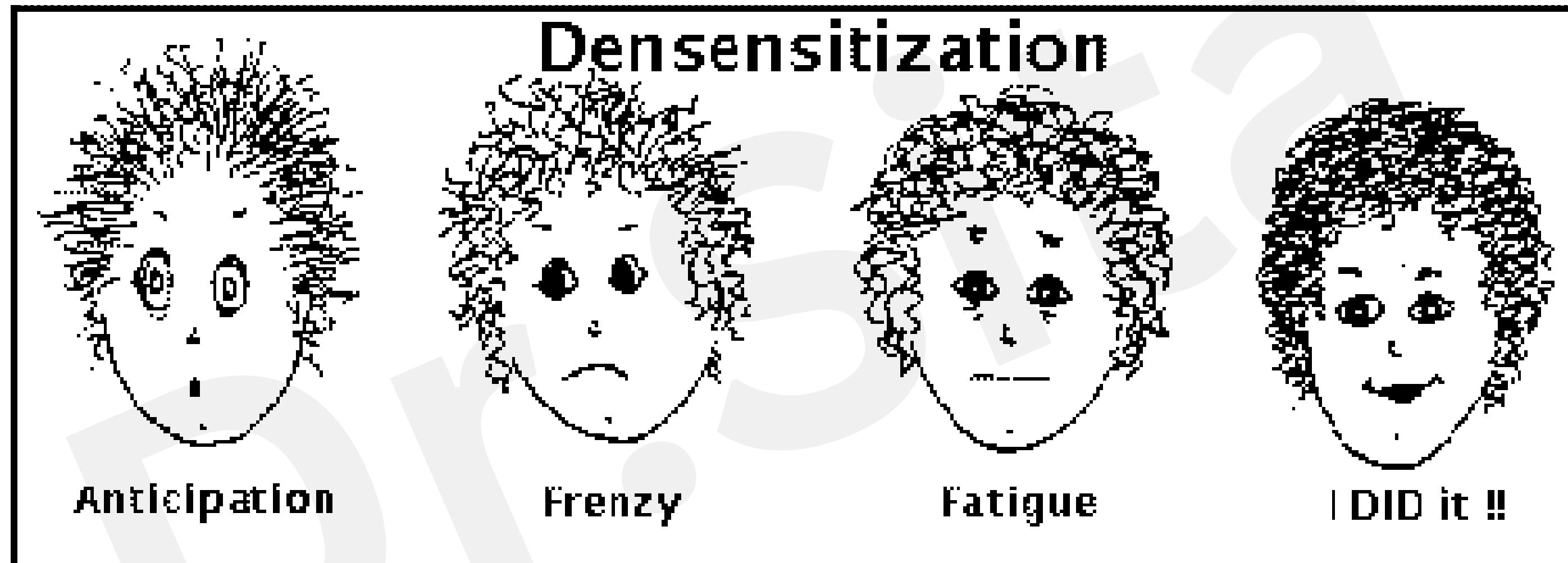
Yoganidra/ Shavasan



Systematic Desensitization:

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Through gradual exposure and relaxation techniques



Mindfulness and Breathing Exercises:

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Mindfulness-crux of the
treatment



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Medications:

- Antidepressants
- Anxiolytics
- Muscle relaxants
- Nutraceuticals & Supplements
- local anaesthetic gel
- PDE5 inhibitors for husband



Cognitive Behavioral Therapy (CBT)& other psychotherapies

Helps to change thought patterns and behaviors

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Dietary modifications

A balanced diet including adequate hydration supports overall physical and emotional health, which is crucial for managing vaginismus.



Group interactions and group sessions

The crux of the treatment

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Classes & Interactive Group Sessions

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Classes & Interactive Group Sessions

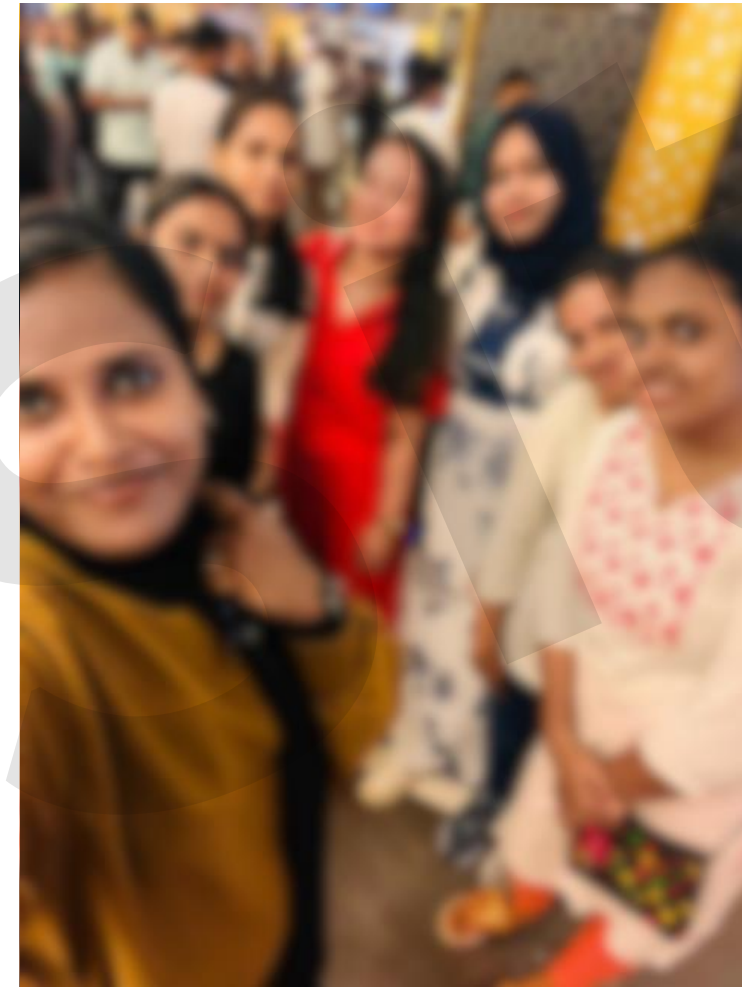
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Recreational activities can foster relaxation and joy



Recreational activities can foster relaxation and joy



Hypnotherapy for indicated cases

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Acupuncture





Shopping Beauty parlour



Mehandi



Beach Therapy

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posing for pictures



Dinner treat



And then finally the D day!



A woman with dark hair tied back, wearing a bright red dress with a small white pattern, is walking across a traditional Japanese stone bridge. The bridge is made of flat, grey stone slabs and is flanked by railings made of bamboo poles and dark wooden posts. The bridge spans a narrow, shallow stream with dark water and some fallen leaves. The surrounding area is lush with green moss and foliage. In the bottom left corner, there is yellow text, and in the top right corner, there is white text on a teal background.

Never looked
back after
that.....

Dr Sita's batch therapy

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we trust the process

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THANK

YOU

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**This couple consummated on their 4th
wedding anniversary**



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Baby Shower



purpose

Vaginismus

Erectile dysfunction

Discrepancy issues

Unsatisfactory sexual life

From Dec 2022 to Aug 2024

Batch Number	Number of Couples
1st Batch	7
2nd Batch	6
3rd Batch	4
4th Batch	6
5th Batch	6
6th Batch	7
7th Batch	5

Batch Number	Number of Couples
8th Batch	6
9th Batch	9
10th Batch	8
11th Batch	6
12th Batch	4
13th Batch	8
Total number of couples	82

From Dec 2022 to Aug 2024

Different Conditions	Number of Couples
Vaginismus Alone	50
Both Vaginismus & Primary ED	5
Vaginismus and ED Secondary	12
ED alone	15

From Dec 2022 to Aug 2024

Category	Sub category	Number of Couples
Marriage Type	Love Marriage	53
	Arranged Marriage	29
Marriage Duration	Less than 3 Years	22
	More than 3 Years	60
	More than 7 Years	25
Age of Wife	Between 20 and 30 Years	28
	Above 30 Years	54

From Dec 2022 to Aug 2024

Treatment and Relationship Issues	Took Some Form of Treatment	50
	No Significant Relationship Issues	55
	Mild to Moderate Issues	25
	Severe Issues	2
Primary Aim of Therapy	To Have a Baby	32
	To Have a Good Sexual Life, Then Try for a Baby	50
Quality of Sexual Life	Good Sexual Life	45
	Okayish Sexual Life	30
	Not So Good a Sexual Life	5
Separation		2

Log Book

no	Exercise	Date taught	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	1st thigh exercise								
	2nd thigh exercise								
	3rd thigh exercise								
	1st wall exercise								
	2nd wall exercise								
	3rd wall exercise								
	4th wall exercise								
	Pelvic tilt								

Log Book

	Buttocks squeeze								
	ardha shalabhasana								
	shalabasana								
	baddha konasana								
	vajrasana								
	Bhujangasana								
	Shavasana								
	Mountain pose								
	Standing on toes								
	Wall press								

Log Book

no	Exercise	Date taught	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Squeezing exercise								
	Self fingering & squeezing								
	Fingering by husband-1								
	Fingering by husband-2								
	Self stimulation A								
	Self stimulation B								
	Self stimulation C								
	Partner stimulation A								
	Partner stimulation B								
	Partner stimulation C								

Log Book

	PE oil massage								
	Body massage								
	Aroma oil massage								
	Scalp massage								
	Positive <u>handriding</u>								
	Negative <u>handriding</u>								
	Spooning								
	Eye binding								
	Finger stimulation								

Log Book

no	Exercise	Date taught	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	cues								
	Partial stimulation								
	Permission for S thoughts								
	1,2,3 dilators								
	4th dilator								
	Positioning 1								
	Positioning 2								
	Positioning 3								
	Positioning 4								
	Positioning 5								

Log Book

no	Exercise	Date taught	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Self hug/rocking/stroking								
	5-5-5-5 breathing								
	Tapping & breathing								
	Palate exercise								
	Worry time								
	Self Affirmations								
	Sorry								
	thanks								
	please								







Thank You!!

