

**Dr. Simantini Sathe**

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Gynaecologist

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Indira Gandhi Medical College, Nagpur  
MBBS  
1984

Indira Gandhi Med, Nagpur  
DGO  
1988

Indira Gandhi Medical College, Nagpur  
Diploma in Child Health (DCH)  
1990

**Languages**

English  
Hindi

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### **Dr. V. Sethuraman**

MD - Dermatology , Venereology & Leprosy, MBBS  
Dermatologist  
today

Laser hair removal is a permanent hair removal method that makes use of laser beams to reach the hair follicles before the light from the beam is absorbed by the same. This method is preferred by people who do not want to go in for traditional methods like waxing, tweezing and epilating as these require regular sessions and may not always be convenient.

Laser surgery for facial hair removal helps your skin look younger and healthier by treating aging, acne, and blotches, scars, wrinkles, lines or excess hair on the face.

**This surgery comes with its own share of benefits, which are:**

- First of all, laser hair removal is precise. The laser only targets the pigmented area of the skin on your face, such as the hair follicle. This is why only the hair follicle is burned and not the skin surrounding the area, making it a safe procedure.
- Laser hair removal removes unwanted hair from your face at the speed of light. The laser is designed to treat several hairs in a large surface area, all at the same time. There is no downtime after the service and no sticky residue left behind.
- The pain factor varies from person to person because every person has a different level of pain tolerance. Laser surgery is described as feeling like a gentle pinch or like the snap of a warm rubber band.
- Laser hair removal is most effective on the hairs in the early part of the hair growing stage. A concentrated beam of light is aimed at the hair follicle. The laser then converts its energy into heat and heats up the hair follicle preventing it from growing any further.
- Laser hair removal has many benefits that make it a viable option for many people to permanently deal with unwanted hair. You can ask many questions during your consultation to make sure you fully understand the procedure they use and how they deal with the treatment of pain.

4 Thanks



### **Dr. Pratik Bhoite**

MD, Bachelor of Ayurveda, Medicine and Surgery (BAMS),  
PGDEMS, DNHE, DYB  
Ayurveda  
today

Hair loss can be harrowing for both men and women, especially if it tends to be above normal for extended periods of time. Losing more hair than that can signify problems within the body such as hormonal changes, ageing, life style related issues etc.

**Lifestyle change tips to avoid hair fall:** Even before getting into Ayurvedic remedies to control the loss of hair, it is important to reduce the problems which may be contributing to the problem in the first place. Some of the things that you may be required to do are:

1. Maintain or start off on a healthy diet and cut fatty, oily and processed foods from your diet.
2. Start exercising to ensure that your body is in the best shape it possibly can be and thus everything within, is functioning optimally.
3. Start doing yoga, breathing exercises and other meditative techniques to ensure that your stress levels are kept under control.
4. Get head massages regularly as they improve blood circulation within the scalp
5. Quit smoking, excessive alcohol consumption and inculcate good sleep habits which help prevent hair loss problems.

### **Controlling hair loss with Ayurvedic tips:**

1. Indian gooseberry or amla: A pack of amla, bramhi and henna powder can be made with curd and water. Apply it and keep it for a couple of hours and then wash it off. Amla juice mixed with lemon juice can be massaged on the scalp after the wash. This will make the follicles on your scalp stronger.
2. Ritha: An age old solution to hair problems, Ritha is also known as soapberry as it contains naturally foamy and cleansing agents. Crush the Ritha seeds and keep them soaked in water overnight. Wash your hair with the mixture in the morning and continue for a month to see visible results.
3. Aloe vera with cumin seeds: Mix about one third cup of aloe vera juice with a little bit of cumin or Jeera powder. Use this mixture at least twice a day, for a few months to see results in the prevention of hair thinning.
4. Bhringaraaj: One of the most effective Ayurvedic herbs used in many medicines, it can be taken internally to help the system repair the hair related problems, or applied externally as Bhringaraaj oil to encourage hair growth and stopping hair loss.
5. Brahmi oil: Considered brain food in its herb form, Brahmi oil is known to be very good for hair related ailments and is very effective at stopping hair loss and help new hair growth.

9 Thanks



**Dr. M.Kaushik Reddy**

MS Orthopaedics MRBS



Debilitating inflammation in the joints and its surrounding tissue usually characterize arthritis. This ailment can greatly weaken the body. At the point when joints are seriously influenced by joint pain, there are a number of treatment methods that may be available for the patient. Pain relievers, physiotherapy and other forms of treatment can help in offering relief. Yet, when these methods fail, one can go in for replacement surgery of the affected joint. This may not just lessen or eliminate the pain experienced but it can also reestablish better strength in the joint. Hip, knee, and shoulder joint substitutions are a portion of the more normal surgeries suggested when managing joint pain.

**Joint Replacement Surgery for Various Joints:** Arthritis can affect a variety of joints in various ways. In the shoulder, this can be found in the humerus (the upper arm bone) and a bit of the scapula (the shoulder bone). In the knee, it includes the finishes of the femur and tibia (the thigh bone and shin bone, separately) and the patella (the knee top). In the hip, the influenced zones are the femur and the attachment in the pelvic bones in which it rests (the hip bone socket). In simple words, an aggregate joint trade or replacement for joint pain includes replacing the harmed joint surfaces with simulated segments artificially.

**Ideal Candidate:** In the event that your joint pain is progressed yet you are generally healthy, joint substitution might be a choice. Notwithstanding, you should take the advice of an accomplished orthopedic pro who can give you moderate treatment choices and other negligibly intrusive ways to deal with the condition before resorting surgery.

As a rule, you may not be a decent candidate of the replacement if:

- You have inadequately controlled diabetes
- You are a chain smoker
- You are extremely chubby
- You have encountered contaminations in the influenced ligament joint before
- The best contender for a ligament joint replacement surgery includes patients who:
  - Have joint pain that is extreme
  - Are encountering a debilitating effect in their personal life due to the painful symptoms
  - Have discovered moderate medicines, for example, mitigating drugs and non-intrusive treatment to be ineffectual
  - Are willing to effectively and regularly participate in a recovery program after surgery

The accomplishment of a joint substitution surgery relies on upon the stability of the remaining parts of the joint. In the event that the joint

has endured a few diseases, or in the event that it has experienced a few surgeries, it may not be sufficiently solid to withstand a joint replacement procedure. What's more, if you there are immune system disorders or long ailments like diabetes at play, then there may be little chance of aligning with the new joint.

1 Thanks

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### **Ms. Geetha.G**

Master Of Science In Counseling & Psychotherapy

Psychologist

yesterday

Do you or someone you know lash out in aggressive verbal and violent behavior at the slightest provocation? This could be a symptom of a behavioral disorder called Intermittent Explosive Disorder or IED. Intermittent Explosive Disorder is characterized by repeated, sudden bursts of anger which are disproportionate to the situation. These outbursts also have no discernable reason behind them. These outbursts can have a negative impact on your relationships, work and finances. If left untreated, this chronic condition can continue for years.

The exact cause for IED is unknown, but research shows that a number of environmental and biological factors play an important role in triggering such behavior. Genes may also play a role in triggering this behavior as such aggressive behavior is found to run in families. Children and teenagers are most commonly affected by this condition. Children who have been exposed to violent behavior in their early childhood years are more likely to exhibit such behavior as they grow older. There are various symptoms exhibited by the people suffering from other psychological disorders such as bipolar disorder, ADHD or antisocial personality disorder; some of the symptoms to look out for are:

- 1. Bursts of anger that last 30 minutes or less**
- 2. Chronic irritability**
- 3. Racing thoughts**
- 4. Tightness of the chest**
- 5. Tremors and tingling sensation**
- 6. Physical aggression**

People suffering from this condition often feel relief or fatigue after such an episode. However, later they are filled with feelings of guilt and embarrassment. If such episodes occur repeatedly, it is best to consult a doctor. By conducting a thorough physical and psychological examination the doctor will be able to diagnose your condition and treat you accordingly.

There is no one set course of treatment that applies to all cases of this condition. Treatment usually involves medication and psychotherapy. Medication in these cases may include antidepressants and mood stabilizers. This medication should not be stopped unless your doctor

advises this. Also do not use alcohol or any mood altering drugs along with it.

When it comes to psychotherapy, the patient may benefit from individual or group therapy. It aims to identify situations that trigger such behavior and teach the patient how to manage their anger. Practicing relaxation techniques such as deep breathing and yoga can also help keep you calm. Psychotherapy also enhances the patient's ability to communicate with others and find alternate ways of getting out of a frustrating situation.

9 Thanks

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**- Dr. Poosha Darbha**

PhD Human Genetics  
Sexologist  
2 days ago

Here are symptoms, causes, myth and treatment of Night Emission

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**- Dr. Niraj Kumar**

DM (CARDIOLOGY), MD (MEDICINE), MBBS

Cardiologist

2 days ago

Menopause brings about a lot of changes in a woman's body. It not only signifies the end of her fertility and child bearing days, but it is a sign of growing age and the body progressing in a new direction of aches, pains and vulnerability. While some of these are natural, others can prove to be dangerous as it significantly increases the risk of heart disease (unlike common myths, women do get heart attacks). The risk factor is also goes up if the woman suffers from diabetes, obesity and high blood pressure. One of the widely known, but well ignored fact remains that women with a sedentary lifestyle increase their risk and vulnerability to all of these diseases. A family history in heart disease can also turn into a risk factor when menopause sets in.

The natural age of menopause is considered to be around 50 and when a woman reaches this age, the estrogen levels in her body experience a sharp drop. This hormone is partly responsible in maintaining heart health in women. Other factors that are triggered during menopause include changes in body fat distribution from a gynoid to an android pattern, reduced glucose tolerance, abnormal plasma lipids, increased blood pressure, increased sympathetic tone, endothelial dysfunction and vascular inflammation.

### **Experiencing menopause? Here's how you can lower your risk of heart disease**

A healthy lifestyle never comes by accident, only by choice. And this is an essential key in controlling diseases that come as a side effect of menopause too. Here are some thing you can do:

1. **Walk / Exercise:** This isn't a 5-day week practice. You need to exercise throughout the week in order to maintain heart health. It helps your heart to pump blood through your body and also reduces risks to other diseases like high blood pressure and cholesterol. One key benefit is that it helps keeps the weight off - that should be good reason to walk an extra mile.
2. **Choose a healthy diet:** Most people mistake a diet to be about not eating the things you really like. A good diet can be made very tasty and can also be portioned in such a way that it leaves less room for craving. As always avoid the junk, deep fries and extra helping of cheese.
3. **Hormonal therapy:** There has been contradicting evidence on hormonal replacement therapy for estrogen can lower the risk of heart disease. Some women continue to be advised this treatment based on their particular case history, especially for women who undergo surgical menopause (when the uterus and other reproductive organs many have to be removed due to life threatening conditions like cancer).

900 Thanks



**- Dr. Saurabh Joshi**

MD - Radio Diagnosis/Radiology, MBBS

Radiologist

2 days ago

A breast lump is a restricted swelling, projection, lump or knot in the breast that doesn't feel like a breast tissue. There are diverse reasons why breast lumps occur.

Not all lumps are cancer. These can also be breast conditions that are not harmful and which can be easily curable. Knots that feel harder or are not the same as the rest of the breast need to be checked. This kind of irregularity might be an indication of breast cancer.

A self-examination should be your starting point. This is how you can detect a lump on your own:

**Step 1:** Begin by taking a look at your breast in the mirror. Keep your shoulders straight and your arms on your hips.

#### **This is what you need to search for:**

1. Breasts that are their typical size, shape, and shading
2. Breasts that are uniformly formed without distortion or swelling

In the event that you see any of the changes mentioned below, convey them to your doctor:

1. Dimpling, puckering, or protruding of the skin
2. A nipple that is not in its initial position
3. Redness, rash or swelling

**Step 2:** Now, raise your arms and look for the changes mentioned above.

**Step 3:** While you're in front of the mirror, search for any indications of liquid or blood discharge from the nipples.

**Step 4:** Next, examine your breasts while resting. Use Your right hand to feel your left breast and use your left hand to feel your right breast. Cover the whole breast from your collarbone to the highest point of your mid-region, and from your armpit to your cleavage to search for any lumps.

**Step 5:** Examine your breasts while either standing or sitting. Many women find that the easiest approach to examine their breasts is when their skin is wet, so this step could be done while taking a bath as well.

#### **Diagnosis:**

- **Mammogram:** Mammography is a technique using X-rays to diagnose and locate tumours of the breasts.
- **Breast ultrasound:** Breast ultrasound utilises sound waves to create pictures of the breasts from the inside.
- **Breast MRI:** This involves using an effective and attractive field, and radio frequency pulses to create photos of the insides

of the breasts.

- **Ultrasound-guided biopsy:** During this sort of biopsy, utilising ultrasound imaging to discover the bump, a radiologist will give you anesthesia and afterward insert a needle into the lump to evacuate some tissue for assessment under a magnifying lens. Stereotactic biopsy and an X-ray-guided biopsy may also be used.

### Possible treatments:

1. In case the knot turns out to be cancerous, surgery is typically performed.
2. You may have a few discussions with different doctors for additional treatment, including radiation treatment and chemotherapy or hormone treatment.

364 Thanks

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- **Dr. Susmitha Sarath**

BPT/BPT

Physiotherapist

2 days ago

Running is proven to be one of the most efficient forms of exercise as it has a ton of benefits attached to it. For instance, running helps you in maintaining your body weight by cutting down that unwanted or extra body fat, and helps in keeping you slim and trim. It also aids in improving your metabolism. Regular exercising will keep you energised, and increase your stamina.

Before starting with this physical activity, there are certain things you should know about. These are:

1. **Be patient:** Patience is key! Now, we all know that nothing can change in a day. You won't notice any signs of improvement on the first day. So, the best thing to do is work out every single day with dedication, and you'll notice the results in a month or so.
2. **Be Comfortable:** It is very necessary to feel comfortable before you start your exercise. If you are going to run with your high heels or slippers on, it's never going to work out. So, it is very important to dress in your most comfortable attire before you start running.
3. **Eat well:** A healthy diet packed with all the essential nutrients is an absolute must if you plan to take up running as a regular exercise. Do not starve yourself at any cost or skip any meal. Running will take up a lot of your energy and a healthy diet is a must if you intend on being fit and strong.
4. **Drink lots of water:** It is very essential to drink lots of water and keep yourself hydrated throughout the day. Pro tip: Gulp down some water after your run, as we tend to lose water and minerals from our body in the form of sweat.
5. **Run with music on:** Recent studies have proven that running with music on is the better alternative. Music helps us focus more on our goal and also helps us stay calm.
6. **Consistency:** You have to be consistent in your workout and only then will you be able to notice a significant change in your health. Running at least once a day is recommended. Some people tend to run twice a day too, but that depends from person to person. Do not burden yourself too much. Running is an exhausting exercise and you should not force your body too much.
7. **Calm your body and mind:** Running or jogging in the morning can have a positive impact on you as it reduces stress and keeps you calm and sound throughout the day.

1558 Thanks



**Dr. Nalini Gupta**  
M.Sc, MD, MBBS  
Gynaecologist  
2 days ago

As much as physical intimacy is pleasurable at the same time it also affects the health of the woman's reproductive organs in a number of different ways during intercourse. A few of the effects and factors responsible for these effects are listed as below:

1. **Vaginal secretion:** When you are aroused during sex, the blood vessels supplying the vagina expand immediately. The blood flow increases to lubricate the vaginal walls (rugae). The rugae unfold and the space increases. These secretions are important because, women who are sexually inactive for a long time at a stretch, experience dryness that leads to urinating difficulties and rashes.
2. **Unusual discharge:** Apart from natural lubricants, vagina secretes some fluids, the process being termed as 'female ejaculation'. A tiny amount of white fluid made of prostate plasma cells, is produced just before you climax and discharged with some quantity of urine. Sometimes, prostatic specific antigen (PSA) and prostatic acid phosphatase (usually found in semen) are also found in the secretion.
3. **Changing size of the vagina:** The vagina is designed to be elastic and adjustable. So, no permanent change in size is possible but it does undergo temporary changes in sizes as effects of sex. The inner walls of the vagina enlarge during sexual intercourse and during childbirth. Tissues in the clitoris puff out and harden, this also causes an expansion in size. It takes a while to get back to its normal size.
4. **Vaginal pain:** A lot of women report the experience of pain and discomfort inside or around the vagina during and immediately after sex. The pain can result from repeated sex within a short period of time or reduced secretion of natural lubricants. If the pain is too severe, you should see a doctor because yeast infections or chronic vulvodynia can also be responsible for the pain sensation.
5. **Infections in the urinary tract:** The friction caused by sexual intercourse may cause small cuts which enable bacteria to pass from the vagina to the urinary bladder through the urethra. This causes infection in the bladder, the urinary tract and the vagina. These can be avoided by using a condom or by urinating before and after having sex.

307 Thanks



**Dr. Sonal Kumar**  
fellow in Obstetric Medicine , MS - Obstetrics and Gynaecology,  
FMAS, DMAS, MBBS  
Gynaecologist  
3 days ago

The uterus or womb, is a muscular structure and is held in place by

ligaments and pelvic muscles. If these muscles or tendons become weak, they cause prolapse and are no longer able to hold the uterus in its place.

Uterine prolapse happens when the uterus falls or slips from its ordinary position and into the vagina or birth waterway. It could be complete prolapse or even incomplete at times. A fragmented prolapse happens when the uterus is just hanging into the vagina. A complete prolapse depicts a circumstance in which the uterus falls so far down that some tissue rests outside of the vagina. Likewise, as a lady ages and with a loss of the hormone estrogen, her uterus can drop into the vaginal canal. This condition is known as a prolapsed uterus.

**Risks:** The risks of this condition are many and have been enumerated as follows:

1. Complicated delivery during pregnancy
2. Weak pelvic muscle
3. Loss of tissue after menopause and loss of common estrogen
4. Expanded weight in the stomach area, for example, endless cough, constipation, pelvic tumors or accumulation of liquid in the guts
5. Being overweight
6. Obesity causing extra strain on the muscles
7. Real surgery in the pelvic zone
8. Smoking

**Symptoms:** Some of the most common symptoms of prolapse involve:

1. Feeling of sitting on a ball
2. Abnormal vaginal bleeding
3. Increase in discharge
4. Problems while performing sexual intercourse
5. Seeing the uterus coming out of the vagina
6. A pulling or full feeling in the pelvis
7. Constipation
8. Bladder infections

**Nonsurgical medications include:**

1. Losing weight and getting in shape to take stress off of pelvic structures

2. Maintaining a distance from truly difficult work
3. Doing Kegel workouts, which are pelvic floor practices that strengthen the vaginal muscles. This can be done at any time, even while sitting down at a desk.
4. Taking estrogen treatment especially during menopause
5. Wearing a pessary, which is a gadget embedded into the vagina that fits under the cervix and pushes up to settle the uterus and cervix
6. Indulging in normal physical activity

**Some specialists use the following methods to diagnose the problem:**

1. The specialist will examine you in standing position keeping in mind you are resting and request that you to cough or strain to build the weight in your abdomen.
2. Particular conditions, for example, ureteral block because of complete prolapse, may require an intravenous pyelogram (IVP) or renal sonography. Color is infused into your vein, and an X-ray is used to view the flow of color through your urinary bladder.
3. An ultrasound might be utilised to rule out any other existing pelvic issues. In this test, a wand is used on your stomach area or embedded into your vagina to create images of the internal organ with sound waves.

1228 Thanks

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