MILESTONES

Indian Contribution to Obstetrics and Gynecology

Purandare C. N. • Patel Madhuri A. •
Balsarkar Geetha

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Dr. C. S. Dawn

The introduction of generations of medical students to the subject of Obstetrics and Gynecology was through the books of Dr. Dawn, as he was popularly known.

Dr. C. S. Dawn was born on August 1st, 1926, at Sherpur in Bardhaman district of West Bengal. A brilliant student of Calcutta University and Medical College

Calcutta, he was awarded 15 gold medals while in the Medical College. After his MBBS degree in 1948, he obtained a postgraduate degree and PhD. He was awarded the fellowship of the Royal College of Obstetricians and Gynecologists in London.

He was Professor and Head of the department of Obstetrics and Gynecology, Eden Hospital Medical College, Kolkata, and Dr. R. G. Kar Medical College from 1969 to 1984. He was also Consultant and Professor, Obstetrics and Gynecology, the Indian College of Maternal and Child Health Group of Hospitals, Calcutta.

A teacher par excellence in Obstetrics and Gynecology and family welfare in various medical colleges for 30 years, he received the Dr. B. C. Roy National award in 1981 from the Medical Council of India.

He made significant contributions to Indian Obstetrics and Gynecology in the form of innovations. He formulated the Standard RCH Care for Medical education to make pregnancy and childbirth safe and the 1–2 child norm. The Mass RCH by Dawn rule of Ten Pictorial calendar bedroom program to eliminate maternal mortality was out of the box thinking.

Ten Times Pregnancy Checkups for high-risk pregnancy and minimum 5 checkups for normal pregnancy by trained health personnel starting in the 10th week. Pregnancy termination (MTP) by the 10th week for unplanned pregnancy. High-risk pregnancy is referred to obstetric specialist.

Ten kg. Mother's weight gain during pregnancy by taking adequate chapati, rice, dal, vegetable, fruits, milk,

Purandare C. N., Ex Professor
Grant Medical College, Mumbai, India

Patel M. A., Professor & HOD
ESI-PGIMSR, MGM Hospital, Parel, Mumbai, India

Balsarkar G. (✉), Professor
Department of Obstetrics and Gynecology, Nowrosjee Wadia
Maternity Hospital and Seth G.S. Medical College,
Parel, Mumbai, India
e-mail: gdbalsarkar@yahoo.com

and boiled water (to prevent jaundice) to get 3 kg baby. Husband becomes a partner of wife's RCH care.

Ten hours Rest and sleep (2 h afternoon rest, 8 h sleep at night) to help the baby grow.

Ten Gram percent Blood Hemoglobin is tested; raised to 11 gm by taking one iron folic acid capsule a day by mouth from the 5th month of pregnancy and also during first 3 months of breast feeding. Other Lab. Tests done are blood ABO Rh group, post-meal blood glucose, urine analysis.

By Ten months, inj. Tetanus Vaccine first dose in the 18th week, second dose in the 24th week of pregnancy. NON-IMMUNIZED husband is also simultaneously given 2 doses of inj. Tec. Vac. with wife.

Ten–Twelve Hours normal labor management in the first pregnancy, 5–6 h in the second pregnancy on keeping the DAWN partography chart by trained birth attendant in a clean delivery room. High-risk labor cases are referred to obstetric specialist.

Ten Apgar Score baby (crying baby) is delivered in a warm room. High-risk baby is referred to Pediatrician.

By Ten Weeks, Contraceptive to handover Cu-device or oral pill or inj. depoprovera (by woman) or condom (by husband) for 4 years of delay in the second child birth. On these spacing methods, go for one–two child family. Tubectomy or vasectomy is advised following the second birth.

Ten Months breast feeding for the baby with solid food from the 4th month.

By Ten months, Infant Immunization is completed inj. BCG by the 1st month. Oral polio in the 2nd, 3rd, and 4th month, along with inj. Triple antigen 3 doses (2nd, 3rd, 4th month) and inj. Measles in the 10th month. Infant can have pulse polio within 5 years.

Prof. Dawn's innovations include Dawn's etiology of Preeclampsia, Antenatal fetal weight determination by pelvimeter, Dawn uterine maturity score for induction of labor in post-dated pregnancy, procedure of picking fallopian tube, and minilap tubectomy. All the above works are published in national and international Journals.

His other significant contribution is The Text book of Obstetrics and neonatology which was in its 14th Edition in 2000 and the Textbook of Gynecology and contraception which was in its 13th edition in 1999. He has written various other books in obstetrics and gynecology in English and Bengali, both for the common man and for the undergraduate and postgraduate students. He was devoted to mass education and believed that only that was the answer to reduce maternal mortality.

He occupied various positions in the Bengal Obstetric and Gynecological society and was its elected President. He also went on to become the President of The Federation of Obstetric and Gynecological societies of India in the year 1983–1984. He was also the founder fellow and, later on, Chairman of the Indian College of Obstetricians and Gynecologists.

He was an excellent organizer and very good administrator. In 1975, he became founder President of the National Association of Reproductive and Child health of India (NARCHI) and nurtured this association to its present eminence. In 1990, he founded the Dr. C. S. Dawn Indian College of Maternal and Child health and conducted its affairs very efficiently till his last breath. He was also a member of the executive board of the International Federation of Gynecology and Obstetrics (FIGO).