

Even after reaching heights of success in medical field, Dr. Vyomesh Shah has always been grounded. He has always led a simple life and believed in simplicity. Dr. Shah has actively participated in social programmes and contributed towards upliftment of the society. The kind-hearted doctor is always keen to help financially underprivileged patients. His innovative 'Aqua Dissection' technique in Vaginal Hysterectomy proved to be boon for prevention of uterine cancer in women. Also, to impart his vast knowledge with others, he has trained more than 1200 (gynecologists) for the innovative technique of Aqua Dissection. He has co-authored books like 'Beyond the Boundaries' and 'Vaginal Hysterectomy' with legendary writers.

Courtesy: Dr. J. K. Gandhi



Dr. Vyomesh Shah

the surgeon with golden heart



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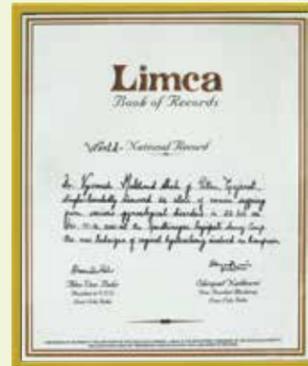
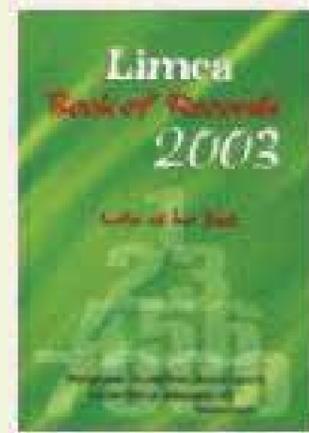
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The Surgeon with
Golden Heart
Dr. Vyomesh Shah



Introductory Section

Medicine is considered to be the noblest profession in the world for reasons more than one. This profession is not mere offering of a service but can be claimed only next to God, saving innumerable lives and enriching the health of millions of people across the globe. Mr. Vyomesh Shah, a Gynaecology & Obstetrics expert, is surgeon



Limca book of world record 2002

and scientist from the Patan district of North Gujarat. Pertaining to such humble roots, the doctor aspired to contribute well to the Indian medical fraternity as well as the public at large. This aspiration took wings with the discovery of Aqua Dissection method in vaginal hysterectomy by Dr. Vyomesh Shah. AQUA DISSECTION TECHNIQUE in vaginal hysterectomy developed by Dr. Vyomesh M. Shah, an Indian scientist is now famous at national level – Dr. Vyomesh Shah is conducting live workshops in different big cities of India, and conducted 108 workshops to teach his technique to all gynaecologist of country. Overwhelming response from fellow gynaecologist has invited him as National faculty for last six years for the same. Dr. Shah is also spreading his knowledge by conducting full orientation based knowledge sharing workshop in his facility. So far three nationwide workshops have been held in order to profess this technique in Gandhi nagar (capital of Gujarat, India) and Bombay. The Aqua Dissection technique has modulated into one of the famous technique thus adopted by a number of gynaecologists across the nation and internationally as well.

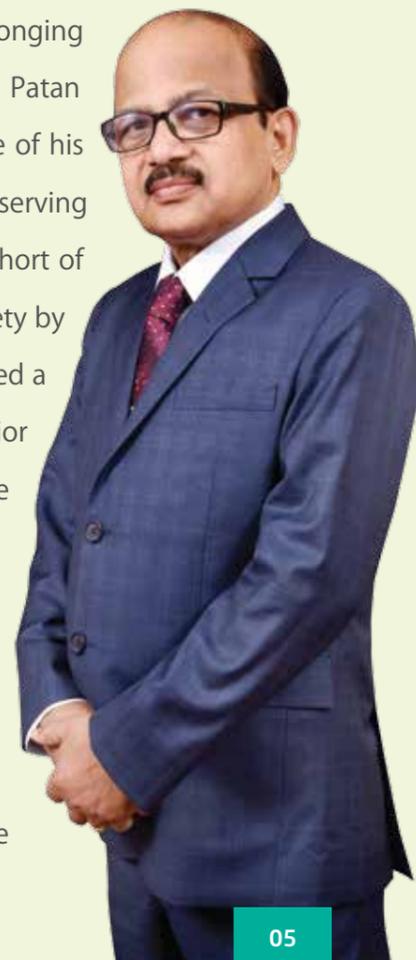


The Divine Profession

The World today is plagued by innumerable diseases that threaten the peaceful existence as well as development of humanity. The medical practice once it sculpted itself into an organised profession with the lifesaving force that it bequeathed from years of technological advancement has so far been the greatest boon for human race. This profession singularly takes credit for increasing overall life expectancy, improved living conditions, trauma care and a healthy lifestyle. The continuous research conducted by medical professionals in a selfless manner result in control of 90% of the epidemics, thereby saving uncountable precious lives.

Let's Know Dr. Vyomesh Shah

A kind hearted human beyond the innumerable honours and felicitations, yearning to serve the society in all means possible for the healthy life of the economically weaker sections - Dr. Vyomesh Shah. The noble doctor was born on October 1954 in a humble family belonging to the Patan district of North Gujarat. After gaining education in the Patan district during his formative years in life. This formed the solid structure of his benevolence toward the economically underprivileged and other deserving candidatures in the society. The simple village living acted as nothing short of transformational in his life to contribute to Himalayan extent to the society by utilising his professional as well as technical knowledge. He had witnessed a number of suffering individuals due to lack of medical facilities in the interior and rural sections of the country and had decided to do his part to alleviate these populace, after equipping himself with the apt professional expertise. Dr. Vyomesh Shah went ahead for higher education and completed his MBBS professional qualification from the prestigious BJMC, Gujarat University. The doctor went abroad to complete his professional training and gain the much needed expertise in obstetrics and gynaecology and upon his successful completion of these efforts and return to practice





Let's Know Dr. Vyomesh Shah

has been carrying the profession in an extremely appreciable as well as successful fashion for the past three decades and more. As disciplined and sincere he is, the doctor went on to set some of the pertinent and extremely vital standards in gynaecology with respect to this country. With his professional expertise par excellence and an attitude towards serving the needy he became institutional in creation of many novel methods in various areas pertaining to administration and surgery with respect to gynaecology, which has been serving the populace of this country for a number of decades till date. The doctor also believes in profession being a continuous learning process and the living proof for that would be his further qualifying to be the numerous fellowships and diplomas from different parts of the world. He commenced private practice as a Gyob surgeon in the year 1984 and there has been no looking back since then. Dr. Vyomesh Shah has been honoured with various awards such as Limca Book of Records for the maximum number of Vaginal Hysterectomy in a day, "Corion Award" by FOGSI 2007 for senior scientist category, Paul Harrison Fellow by Rotary, Out Standing Gynaecologist by Gujarat's Ob.Gy. Society – 2004, honoured by Governor of Gujarat and then Chief Minister Anandiben Patel on 15th August 2015 and Dr. Ganatra Rotary Trophy by Indian Medical Association in 2017 for Best Gynaecologist. His achievements also include a major breakthrough technique invented in the field of Vaginal Hysterectomy.

This booklet is a collation of his contribution towards the medical profession as well as the society at large. This would be an enjoyable treasure box of the highlights and fine points of Mr. Vyomesh Shah's life both professionally and as a responsible human being conscious of the requirements of the society. Any compilation or collection cannot include all the achievements of

Dr. Shah. This is our humble effort to compile major activities and achievements of the honourable doctor. In the beginning, we've touched upon the Dr. Shah's commemorations and contributions towards society. Honourable recommendations, various titles and prestigious awards bequeathed upon Dr. Shah have been covered in the middle part. We've concluded with the doctor's educational as well as research oriented achievements and recognitions.



The Social savior - Dr. Vyomesh Shah

Vyomesh shah belongs to a humble background coming from a small province near the Indian city of Ahmedabad called Patan and through his insatiable love for serving the Indian society as well as creating a conducive and affordable medical environment for the Indian population reeling in a social segment that is not in a position to afford most of the surgeries the cost of which touch the skies in a monetary sense. Dr. Vyomesh Shah commenced his independent practice as a gynaecologist in the year 1984 and there has been no looking back at all both professionally and in his personal ambitions that were clear to cater to the society at large in his mother land. This transcended into the most valuable research conducted by Dr. Vyomesh Shah share in the area of vaginal hysterectomy. Dr. Vyomesh shah had the technical capacity as well as the social intentions to conduct a long and tedious research for invention of the aqua based vaginal hysterectomy method resulting in saving thousands of lives among the rural and urban female populace that would have been lost due to the lack of facilities as well as the reason of not being able to afford this facility.



Avani Hospital



Dr. Vyomesh Shah is an individual of highest order and value system and is not carried away by mere titles only. He believes in utilising every bit of his talent for the benefit of the society at large. He was a MBBS, DGO when the idea of an expensive surgery that was very common in India Women caught his interest. Any normal individual in the medical profession might have looked at this as a lucrative business opportunity but not for Dr. Vyomesh Shah. He observed both the physical difficulty as well as the monetary issues that surrounded this very common procedure among Indian Women and was determined to solve both these issues for the betterment of the society at large not considering his own personal benefits that might arise from this area. The new method also has many advantages such as the surgery is very simple to perform and can be mastered even by the young gynaecologists. The surgery can be completed in a very short span of time, enabling the doctor working in a remote location to complete more surgeries in a short span of time thereby enabling curing more number of patients. The complications that are anticipated in these kind of surgeries dealing with the female anatomy are many, however the new method of surgery reduces the chances of the occurrence of such risk events thereby enabling a safer environment for the surgery. Also there is relatively lesser blood loss in the new method of vaginal hysterectomy invented by doctor Vyomesh Shah thereby reducing the risk of fatigue and related risks in case of female patients. Also the new method has provided opportunities for the doctors to cure different pathological conditions along with the vaginal hysterectomy surgery itself.

Dr. Vyomesh Shah has been providing medical assistance at an extremely subsidised rate as well as

free of cost on his personal account to a number of deserving yet economically down trodden populace in the state of Gujarat. **The one single major contribution of reduction of pelvic cancer by a commendable extent was not satiating enough for this kind hearted great professional. He went ahead to contribute endlessly to the society by creation of way and means to aid the underprivileged. The doctor is well known for his charitable activities towards the education of children, their physical as well as mental well-being and being the saviour for uncountable families in Patan as well as many other parts of the nation.**



66 uterus removed in 22 hours

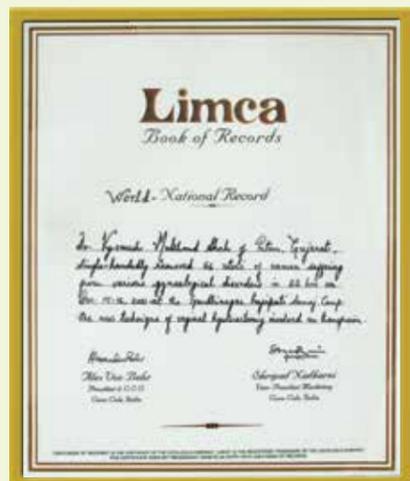


Innumerable Honours Bequeathed on Dr. Vyomesh Shah

The first and foremost title of biggest honour bequeathed by the doctor is the **Limca Book of Records'** for single headedly removing sixty six uteri of women suffering from a number of different gynaecological problems within a short span of 22 hours only on 15 – 16 Dec 2001 at the Gandhinagar Prajapathi Samaj Camp. However the doctor considered his contribution to the society as a true citizen of this country over and above any number of honours that may be bestowed upon him. He has been awarded the most prestigious, **FOGSI CORION Award in the year 2008** in Delhi, recognising of the best scientific research in Obstetrics and Gynaecology. The Federation of Obstetric & Gynaecological Societies of India instituted the awards in 1995 with the assistance of Win-Medicare Ltd. The 23rd FOGSI CORION award was presented for the highly celebrated discovery in the field of Obstetrics & Gynaecology. This is one of the highest recognitions that is bestowed upon a professional in this field in the entire nation.



The rotary foundation international is a gigantic organisation with wide shoulders that is branched out across the world and aims to offer better health care facilitates across the globe. This organisation has recognised



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the tangible and significant assistance offered by Dr. Vyomesh Shah for the better understanding and friendly relations among people of the world. This is an honour of par excellence as the recognition is worldwide and seeks to glorify the able assistance offered by professionals for the noble cause undertaken by this organisation. This honour had bequeathed the most worthy title of **"Paul Harris Fellow"** on the doctor which has been earned only by a rare few in this profession with a socio cultural service bent of mind across the nation. Glorified in the native place is an honour by itself and Mr. Vyomesh Shah had been declared to be the **Out Standing Gynaecologist for the year 2004 by the state of Gujarat**. It is our strong conviction as well as faith that the professional greatness of the doctor cannot be the singular reason for this award being conferred upon the doctor. It extends beyond the professional periphery into the social consciousness of the doctor, the approach towards using the professional expertise to create awareness and positive changes in the society.

Hence, the glory of being the recipient of this award lies in the fact that the doctor has created an inclusive ambition of social awareness and healthcare for the weaker sections imbibed within the other professional duties as a doctor. This has resulted in the doctor being glorified for not only his great achievements in the professional fields by invention of a ground breaking technique in vaginal hysterectomy, but having the social consciousness for reduction of cost of the surgical procedure thereby benefitting thousands of women across the nation. Similarly his professional acumen as well as innumerable and uncountable contribution towards the society has been recognised not only in the state of his domicile but also in other states such as Maharashtra by being awarded with the most prestigious **Outstanding Gynaecologist by the Bombay ObGy society in the year 2003**. A fine example



Dr. Nadkarni Awards for outstanding Gynaecologist 2003-04



of an ethical professional would be Dr. Vyomesh Shah for he had not only simplified the procedure of vaginal hysterectomy by invention of the aqua method but also rendered the procedure to be economically viable making the much needed breakthrough for the financially impacted



Indian Society at large. Even after being bequeathed with a number of honours in various prestigious podiums and honourable stages one award that the doctor considers close to his heart is the **Patan Ratna award conferred by the Lions club of Patan** in his own native soil in the year 2004. It is indeed a matter of immense honour that the doctor has been felicitated by the Lions Club of the place of birth of the doctor. **Cadila Healthcare Gujarat had conferred the Olympian Honour** on Dr. Vyomesh Shah, a cadre of the highest degree. **Rotary club** had realised that human beings as intelligent, but benevolent at the same time striving hard to contribute to the society are born only once in a blue moon and rightly conferred the **“Man of the Millennium”** title on Dr. Shah. Of the innumerable honours that have been conferred upon this honourable doctor, he personally considered two occasions the most impressionable, when he had been honoured by the **Governor and the Chief Minister of Gujarat in 2004. Glory of Gujarat Award - 2017** was conferred to Dr. Vyomesh Shah by the Governor of State, O. P. Kohli. Innumerable Medical Associations across the globe like the **Patan Medical Association, Meditech Services, India Red Cross Society, Adarsh Kelavani Madal Patan**, various bodies of the central government as well as the state government of Gujarat have honoured and conveyed their happiness with respect to the uncountable achievements and contributions by the doctor to the society and Indian populace at large. He had been appreciated under innumerable circumstances by various **ObGyn societies across the country such as Kashmir, Amritsar, Kochi as well as Bangalore and many more. Glory of Gujarat Award - 2017** was conferred to Dr. Vyomesh Shah by the Governor of State, O. P. Kohli.

Vaginal Hysterectomy

Vaginal hysterectomy is a surgical procedure to remove the uterus through the vagina. During a vaginal hysterectomy, the surgeon detaches the uterus from the ovaries, fallopian tubes and upper vagina, as well as from the blood vessels and connective tissue that support it. The uterus is then removed through the vagina. The average cost of vaginal hysterectomy in United States is USD 11,739 and in the Indian Environment the average cost amounts to INR 71,250. The country being predominantly comprised of people that belong to the lower as well as middle class lifestyle, the surgery of vaginal hysterectomy cannot be afforded by more than 80% of the populace. Vaginal hysterectomy is a very common complaint in India especially in the age group of 20 to 50. Rates of various complications with hysterectomy have been reported in the range from 0.5% to 43%. Indications of hysterectomy vary from benign condition to malignancies of genital tract. Hysterectomy can be supracervical hysterectomy or hysterectomy with salpingo-oophorectomy or a part of staging laparotomy or radical hysterectomy. In the southern states the incidents of vaginal hysterectomy have been found to be more in the state of Andhra Pradesh. The basic principle of any surgical technique is to make it simple and more importantly bloodless. It's a widespread belief that vaginal hysterectomy leads to a significant blood loss during surgery. However with the hydro dissection (aqua dissection) technique the blood loss during the surgery can be brought down to negligible.



AWARDS BEQUETHED UPON DR. VYOMESH SHAH



Socio economic boon - Aqua Dissection Technique of vaginal hysterectomy

In this technique we infiltrate about 150 to 250 ml of saline, with or without adrenaline or vasopressin, the drugs which cause vasoconstriction. (I personally add 2-3 drops of adrenaline with a 20 gauge needle in 200 ml of saline, lest there is an absolute contraindication like severe hypertension or previous myocardial infarction). This saline is infiltrated under pressure with a no. 16 or 18 gauge needle, all around the cervix, just under the vaginal mucosa (skin of the vagina). Only about half a centimetre of the needle should go under the mucosa.

This ground breaking technique had one more main advantage that was bequeathed to the populace of India by the very gracious Dr. Vyomesh Shah. The main advantage being reduction in costs of the expenses relating to the surgery as well as care procedures post the surgery also.



Professional Accomplishment and Competency Par Excellence:

Dr. Vyomesh Shah is a member in his professional as well as social service capacity in uncountable associations and organisations. He presently holds chair in the following places in his professional capacity. The doctor has been declared to have matched the record of the famous doctor Prakash of Mumbai with his professional experience as well as unmatched work to this society and the underprivileged populace at large. Doctor was



invited as well as honoured in the conference in Mumbai titled "Gen Next Congress - 2008" as the doctor that could cause a great impression by his professional accomplishments as well as socially acclaimed deeds in the next generation to come. The doctor holds another great record being the accomplishment of operating 24 uterine patients at the Ghatkopar, Mumbai within a very short span

of 10 hours only. The doctor holds a world record in operating with a ground breaking technology called the without stitches technique which is a complete revolution in the field of surgery world over. This world record had for its audience more than 3000 medical consultants as well as 25 doctors from all across the globe and this nation. He has conducted training workshops in more than 180 cities of India.

He had trained more than 1500 Gynaecologists and taught them Aqua Dissection Method. He has been continually invited to national and international conferences as operational faculty

since 20 00. This was telecasted live and has led to quite some honour not only to the doctor but for the state as well as this nation. In a press conference, he addressed that, **generally patients are charged almost 400 times than the cost of the medicine.** He has been providing same d words and

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WR : Five ICSI babies in a day
 Dr. Suresh Kumar Agrawal and his team operated upon three ICSI (Intra Cytoplasmic Sperm Injection) mothers to deliver five transmen ICSI babies within 57 min 55 sec on August 17, 2002 at Anboka Superspeciality Hospital & Research Pvt Ltd, Raipur, M.P. ICSI, an advanced procedure in IVF technology is performed in case of severe male infertility where no or very few sperm are found in semen but sperm are reported in testicular biopsy. The non-motile sperm are aspirated and a single sperm is directly injected into a

between Dec. 15-16, 2001 at Gandhinagar Prajapati Samaj camp hosted by Dr J.D. Prajapati's Hospital, Gandhinagar. None of the patients was transfused with blood. Dr Sanjay Pandey and Dr B.H. Khatri gave anaesthetic support. Post-operative examination and care was carried out by Dr Prajapati after seven days and repeated after 20 days with no complications detected in any patient. Normally, it takes over one hour to remove a uterus. Dr Shah invented a surgical technique — normal saline (N.S.) dissection for vaginal hysterectomy in non-descent uterus — which is a simple, bloodless, day-care procedure involving no stitches.

has been published in a number of medical journals and other media. It is the firm belief of the doctor that a lone individual cannot fathom all the good deeds that he wishes to do and contribute for the wellbeing as well as the development of this society. Dr. Vyomesh Shah is of the opinion that awareness as well as joint efforts of all the affluent sections of the society is needed to accomplish this noble mission and is working for this in a continuous basis

There are a number of hospitals that have been gifted to receive the knowledge transfer and expertise of Dr. Vyomesh Shah in the past 33 years that he had been practicing as an independent gynaecologist. A few of the hospitals that the doctor is associated with / affiliated with in his capacity as a professional in the field are as listed below.

1. Jain Jagruti Center, 1996 - Life Member, Patan, Gujarat, India.
2. Rotary Club of Patan - Life Member, Patan, Gujarat, India.
3. Indian Medical Association - Life Member
4. Indian Redcross Society – Life Member
5. Ahmedabad ObGyn Society – Life Member, Ahmedabad, Gujarat, India.
6. Fellow of International College of Angiology (USA)
7. Fellow of Indian College of Gynaecology & Obstetrics
8. Fellow of Royal Society of Health (London)
9. Life member of National Association for Reproductive & Child Health of India(NARCHI)

The main differentiating characteristic that the doctor possesses as compared to the other practitioners in the field is the compassion which acts as the primary motivation to provide affordable services for critical ailment such as uteri related issues. Thus, the doctor in addition to his responsibilities as a successful professional has also associated himself with a number of associations and causes that were particularly concentrating on creation of facilities in the field of gynaecology at an affordable pricing to save the life and health conditions of innumerable women across the country. A few affiliations that have been undertaken by Dr. Vyomesh Shah at present are presented below.

1. Ex. President ObGy Society, Patan, Gujarat, India.
2. Director of Long Life Hospital, Paldi, Ahmedabad, Gujarat, India.
3. Director of Shree Mahavir Multispeciality Hospitals Pvt.Ltd-Ahmedabad

4. President, Mahavir Jain Vidhyalay Alumini Association, North Gujarat, India.

5. Visiting Gynaec Surgeon – Apollo Hospital, India.

6. Vice President – IMAGES, Mumbai, India

7. Visiting Gynaec Surgeon – Apollo Hospital, Ahmedabad, Gujarat, India.

8. Ex. President SOGOG-2015 Contence - Janta Hosuital, Patan, Gujarat, India.

Conclusion

This document cannot become a complete summary of the noble deeds and professional achievements of this noble and great doctor Dr. Vyomesh Shah but is a humble effort to collect and present many of them. In summary we would wish to state that a noble soul is not born but is sculpted stone by stone by the deeds it purports and executes for the upliftment and development of the fellow beings. The professional achievements of Dr. Vyomesh Shah in being a professional par excellence in the field of OBGYN is by all means a greatness to be celebrated. However, this is outweighed by the perspective of the great doctor behind the invention of Aqua Dissection method for the benefit of the economically underprivileged women in the nation. This intention and relentless service that is being offered by this very noble professional certainly deserves awards and recognition of the highest orders. This would not only serve as a recognition and a trend setter but also motivate the youth of this generation to soar to great heights for making this nation and its citizens great and noble.



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Dr, Vyomsh shah with differant Legendary Doctors and Dignitaries

