



Review of effect of Yoga in infertility.

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ABSTRACT:

Infertility is the most common gynecological problem. Ayurveda has a long tradition of supporting and promoting pregnancy. There is no any direct link between yoga and fertility, but it is found that yoga does have benefits for those who are trying to conceive. It is not substitute for medicines. A regular yoga practice may improve outcomes for women going through infertility treatment. That is yoga used in concert with conventional medical treatment may increase the chances of conception. Yoga is the ideal *ayurvedic* exercise because it rejuvenates the body, improves digestion and removes stress. Automatically, these supports to relieve from somewhat factors causing infertility like stress, anxiety, fear,

depression, etc and it also regulates the menstrual cycle by balancing the *tridoshas*.

KEYWORDS: Infertility, *Ayurveda*, yoga, *vandhytava*

INTRODUCTION:

Motherhood is one of the joyful experiences in women's life. Unfortunately, not everyone may get to experience it. There has been a steady rise in the number of couples seeking counselling and treatment for infertility. Infertility is on the rise among both men and women. So, *vandhytava* (infertility) is becoming the worldwide issue. Infertility is also defined in specific terms as the failure to conceive after a year of regular intercourse without contraception according to modern science. There are lots of treatments available for treating infertility in

modern science as well as in Ayurveda. But treatments failed in many patients because of some emotional as well as dietary factors which imbalances the *tridoshas* and reregulate life processes. In such cases, yoga performs the best supporting role with the infertility treatment. Yoga does not guarantee conception, it can improve fertility rate and chances of conceiving.

MATERIALS AND METHODS:

Hetu of *vandhyatva* :

As per *ayurvedic* text-

1. *Beejadusti*
2. *Rutukaal*
3. *Mithya aharvihar*
4. *Kshetra* (reproductive organ)

Modern factors:

In females:

1. Congenital anomalies
2. Ovulation disorders
3. Uterine fibroids
4. Blocked fallopian tubes

In males:

1. Value of semen
2. Sperm count – oligospermia, azospermia, necrospermia
3. Motility of sperm
4. Structural defects of sperm – due to vitiated vata dosha
5. Any obstruction in genital tract
6. Erectile dysfunction

In both male and female:

Some emotional factors like anxiety, stress, depression, guilt, etc causes mental disturbances which indirectly affects the fertility rate.

YOGA:

According to *Patanjali muni*, yoga is “*yogas chitta vritti nirodhah*” which means yoga is the removal of the fluctuations of the mind. *Patanjali* also defines the eight limbs of *yoga*, are *yama*, *niyama*, *asana*, *pranayama*, *pratyahara*, *dharana*, *dhyana*, *Samadhi*. These helps in balancing the *tridoshas*, maintains physical as well as mental health. It purifies the energy channels, boost immune system functionality.

In day today life, due to long working hours, demanding schedules and sky high ambitions have ensured that modern lives are stressful. The resultant whirlwind lifestyle has led to fertility issue among the populace. Anxiety, depression, stress, fear, etc can significantly reduce fertility rates. Stress is the main factor that can upset plans of raising a family. So, to get rid of this stress and improve fertility in natural way; yoga may be the answer for it. Yoga is stress and anxiety reducer which can

come in handy. Fertility is equally spiritual and emotional as it is physical, yoga helps equally in spiritual, emotional as well as physical health.

There are four essential elements of fertility:

1. *Rutu*
2. *Kshetra*
3. *Ambu*
4. *Beeja*

Yoga enhances the health of each of these factors, fertility will begin to blossom. Yoga helps develop a hospitable body and calm mind, thus preparing for childbirth. When women get bogged down with infertility issues, yoga boosts their spirits and encourages the positive outlook. The following yogasanas are helpful related to fertility issues:

1. *Janusirsasana*
2. *Setubandha sarvagasana*
3. *Paschimottanasa*
4. *Viprita karani*
5. *Shavasana*, etc.

These asana helps in following ways for issues relating to fertility:

- It stimulates the ovaries and uterus.
- Strengthens and stretches the back muscles

- Flushing out toxins from the body and maintains all the systems
- Makes groin and hips flexible
- Stretches neck muscles and makes spine more flexible
- Maintains nervous system
- Improves blood flow and supply to reproductive organs
- Relives stress and anxiety which helps to sleep deeper
- Reduces tension, mood swings and depression
- Gives inner strength
- Gives lungs room to breath
- Maintains *jatharagni* as well as *dhatvagni*
- Gives peace of mind, etc.

Pranayamas:

The *pranayamas* or breathing techniques can induce a calm state of mind and body. This greatly increases the chances of conception. This are 1. *Nadi shodhana pranayama*

2. *bhramari pranayama*

- calms the mind and body
- releases accumulated stress
- purifies blood by increasing flow of oxygen to it
- relieves tension, anger and anxiety

DISCUSSION:

The present study was aimed to find out the role of yoga in infertility. Yoga is mainly indicated as the part of 'Dinacharya', the *ayurvedic* routine. It is the ideal ayurvedic exercise because it rejuvenates the body, improves digestion and removes stress. Yoga balances all three *doshas* and different poses have different effects. Forward bending postures cool *pitta dosha*, twists are good for *kapha* because they stimulates digestion. Backward poses are heating and thus balancing to *vata* types as long as the person has the strength to do them. Yoga postures tone every area of body and cleanse the internal organ's toxins, which is one of the goal of Ayurveda; helps medical treatment of infertility to work effectively and faster their action.

CONCLUSION:

By this study, yoga eliminates the emotional factors like stress, anxiety, etc from the mind. Regular practice of yoga

gives peaceful acceptance and helps not to focus on negative thoughts. It also helps to maintain a balance in overall physical and mental health. Hormonal balance is crucial which is also maintained by yoga; which regulates menstrual cycle and helps in treating the various menstrual disorders. So, the yoga accordingly supports the medical treatment of infertility. Hence the yoga in daily routine should be practiced for reducing the chances of infertility and for keeping the peaceful mind free from stress, anxiety, depression, etc.

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