

A Research on the Effect of Yoga on Unexplained Infertility: An Ayurvedic Perspective

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Abstract – Infertility is a prevalent problem affecting about 10-12% of the couples worldwide. Infertility refers to the failure to conceive a child even after two or more years of regular & unprotected coitus or to carry a pregnancy to full term. There are many causes of infertility such as –obesity, improper diet, smoking, alcohol, infections, environmental pollutants, various medications, lifestyle disorders, stress, family history, endocrinal problems etc. In men, infertility is basically because of less number or poor quality of sperms or any problem in male reproductive system. When fallopian tubes damaged, blocked, proper ovulation does not occur or sperms can't reach the eggs, then also infertility occurs. Unexplained infertility pertains to those couples who have no physiological & pathological anomalies, yet do not conceive. A great many years prior yoga started in India, and in present day and age, a disturbing mindfulness was seen in health and common cures among individuals by yoga and pranayama which has been demonstrated a viable technique for enhancing health notwithstanding counteractive action and management of illnesses. With expanding logical research in yoga, its restorative perspectives are additionally being investigated.

INTRODUCTION

Infertility has been defined as failure to conceive after frequent unprotected sexual intercourse for one or two years in the reproductive age group. Sub-fertile means less fertile than a typical couple with Fecund ability rate of 3-5% and these couples have unsuccessfully tried conceiving for a year or more. Unexplained infertility pertains to those couples who have no physiological anomalies and are pathologically healthy, yet do not conceive. Almost 20% suffer from this unexplained infertility.

The burden of infertility includes psychological, social and physical suffering and there are many obvious consequences such as anxiety, depression, lowered life satisfaction, frustration, grief, fear, guilt, marital distress, economic hardship, social status, physical violence etc.

There are many other causes of infertility eg. anovulation (no formation of egg), endocrinal abnormalities (Amenorrhoea, Hypothyroidism, Hyperprolactinaemia, premature menopause), sexual dysfunction (lack of libido, vaginismus, dyspareunia), pathological defects (tight hymen, cervical stenosis, cervical polyp etc.), diseases like T.B., Chocolate cyst, Endometriosis, systemic problems such as age, obesity, addiction, psychological, immunological problems etc. This study, however, is focused on unexplained fertility.

In modern science there are many treatments in the form of oral medications, injections, hormonal treatment cycles and assisted reproductive techniques like IUI, IVF etc. However, modern medicine does not consist of any counselling based therapy for unexplained infertility. It is important for couples to understand how fertility problems can be prevented in the first place. Ayurveda gives infertile women the ability through treatment to become fertile and to improve the overall health to be able to conceive naturally without the use of western medicine.

Ojas is the essence of all the body tissues and directly influences physical, mental and emotional and spiritual life of a person. They are the bodies' natural immunity and sustainers of life. According to Charak Smahita Ayurvedic perspective of women's fertility i.e. true healing of any condition, "Prakriti Sthapan" means to restore the mind, body and spirit to their naturally balanced states. According to Charak, factors affecting fertility in women are as shown in the figure below.

Infertility is a reproductive disease which has an enormous impact on the quality of life for millions of patients. It affects 1 in 5 of all couples, and most patients undergo extensive diagnostic and treatment interventions on their journey to create a family. Infertility has a myriad of causes including endocrine disorders, gynecological disease, infectious disease,

circulatory disease and aging and cellular health. Autoimmune disorders are also implicated in reproductive disorders and may especially play a role in unexplained cases of infertility.

It is known that autoimmune diseases such as diabetes, autoimmune thyroiditis and systemic lupus erythematosus are linked to decreased fertility. Other causes of infertility such as premature ovarian insufficiency, endometriosis and polycystic ovarian syndrome include autoimmune components. In many unexplained cases of infertility, inflammatory processes may be involved or antibodies may be directed against hormones, clotting factors, or reproductive tissues such as the ovaries or testes. The research into autoimmune infertility is just in its beginning, but as naturopathic physicians there are valuable tests and treatments we can provide to our patients who present either with known autoimmune disorders and difficulty conceiving, or with the ever enigmatic diagnosis of "unexplained infertility".

Infertility is the failure to normally consider a tyke or to convey a pregnancy to full term. Normal trusts that it is anything but difficult to have a kid and is regularly amazed when the lady does not fall pregnant when they begin striving for a child. The shot of getting pregnant in each menstrual cycle (every month) is high. Be that as it may, it might take a long time to consider, regardless of whether everything is looks ordinary, since some may simply be somewhat feeble. Eight out of each ten women striving for an infant will fall pregnant inside the initial a half year. Women who do end up pregnant with no medical help for the most part do as such inside 8 months of endeavoring. Usually for couples to look for help and guidance if there is trouble considering.

By and large, around 15 percent (one out of six) of all couples will look for help. The time when they might need to look for help will rely upon different components. For instance, in the event that they are more than 35 years old or in the event that they have any stressing indications, for example, inconsistent periods et cetera, the couple should look for help after around a half year of endeavoring.

There are sure fantasies about infertility. One of them is that infertility isn't an issue in nations with high richness rates. Incomprehensibly nations with higher ripeness rate additionally have high commonness of infertility. Another legend is the regular conviction that infertility is a women's concern. Nonetheless, explore proof shows that the best outcome for infertility treatment are gotten when the two accomplices are researched together. Another fantasy is the conviction that infertility neither preventable nor treatable. Infertility is a noteworthy conceptive health concern. It influences an expected 50 to 80 million couples internationally.

For the most part overall it is evaluated that one of every seven couples have issues turning inward with occurrence comparative in many nations autonomous

of the level of nations development generally 50% of richness issues with the men and half because of women. Anyway around one out of five instances of infertility have no reasonable analyzed reason. Male factor infertility represents 25% of barren couple, while 25% stay unexplained half are female reason with 25% being because of anovulation and 25% tubal issues. Infertility is the most widely recognized gynecological issue which numerous couples in 21st century is confronting. The expanding rate of infertility has turned out to be trying for the gynecologists. As the allopathic treatment create upon hormone supplementation, surgery and counterfeit regenerative procedure it's the turn of Ayurved and yoga to give arrangement and accomplish the origination by characteristic strategy to give healthy posterity. In today's time yogashstra gives us some assistance, With the assistance of specific asanas, bandha, mudras nerves are invigorated outcomes in actuated nerve work co-appointment. It enhances physiological cleaning process blood blockage is expelled by different positive weight, neighborhood dissemination in area where the sex organs and sex organs are arranged makes strides. Subsequently the regenerative framework work well.

Infertility and issues in origination have been a worry through the ages. Infertility in men is the failure to treat develop ova in the wake of mating with female accomplice, while, in women it is the powerlessness to normally consider a youngster or to convey a pregnancy to full term. There are numerous reasons why a couple will be unable to imagine, or may not be skilled to consider without medical guide. The possibility of getting pregnant in each menstrual cycle is high and it has been accounted for that eight out of each ten women striving for an infant will fall pregnant inside the initial a half year.

ROLE OF YOGA IN FERTILITY

Yoga supports working of regenerative framework. There are sure yoga asanas and stances that particularly focus on the conceptive organs and the pelvic zone. These asanas increment blood course what's more, invigorate the vitality in these regions. Individuals with infertility issues regularly report feeling much improved, more grounded, all the more intense and certain about their body after yoga hone. Yoga centers around enhancing healthy body Yoga is a perfect personality body therapy that is indigenous and one that can be viably connected in the Indian situation to upgrade the mental milieu of the sub rich experiencing treatment.

Fruitfulness yoga is a kind of yoga that is intended to help couples who are experiencing issues getting pregnant. Yoga for richness enhances both male and female ripeness limit by limiting pressure, which in religious recluse balances the hormones of the body and mental health. In yoga, forward bowing might be helpful because of relationship with the lower abdomen and pelvic territory, the home of second chakra¹⁵ It is otherwise called essential vitality focus

and controls the stream of vitality from the lower vessel of the wood spine and also the sexual organ.

Yoga and reflection can help women encountering the difficulties of infertility. When one comprehends and can achieve physical unwinding, one tends to rest easy thinking about the body itself, and starts to treat the body with more regard. This comprehension can prompt healthier way of life propensities and additionally expanded affectability with respect to side effects and body forms. This is advantageous to both specialist and patient as the patient can report with greater lucidity and sense cycles and physical issues all the more promptly. Research has demonstrated that yoga balances the hypothalamic pituitary gonadal hub, balances the hormonal profile and lessens the level of pressure and enhances the general personal satisfaction. In this manner, Yoga applies its impact on various spaces of life.

Honing yoga does enhance the nature of eggs as well as is fantastic for prostrate health and sperm quality and motility. Yoga treats gentle erectile brokenness by diminishing pressure and tension. Yoga is helpful since youth. Yoga enables youngsters to create continuance, balance, adaptability and quality. It assumes a pivotal job throughout pubescence which is a time of quick conceptive development and sexual development in both young men and young ladies. As men develops, the accentuation of yoga movements to support of health. Because of expanded pressure and nervousness, erectile brokenness is regular in grown-ups. Yoga is valuable in elderly also by advancing sufficient working of cardiovascular health, invulnerable framework, endocrine and circulatory frameworks, discharges pressure and tension. Additionally controlled preliminaries of yoga rehearse have exhibited improvements in temperament and quality of life for elderly, individuals thinking about patients with dementia, bosom growth survivors, and patients with epilepsy.

YOGA AS A MEDICINE

Looks into spotlight on yoga as an old Indian reasoning. The utilization of yoga with the end goal of helpful mediation started from the get-go in the twentieth century and exploits the different psychophysiological advantages of the segment rehearses and is considered as a characteristic personality body medicine. The physical activities (asatias) may expand patient's physical adaptability coordination, and quality, while the breathing practices and contemplation may quiet and center the brain to create more prominent mindfulness and decrease tension, bringing about higher personal satisfaction. Other useful impacts may include a decrease of misery, circulatory strain, and improvements in flexibility, inclination, and metabolic control.

INFERTILITY ISSUES THAT MAY BE HELPED BY FERTILITY YOGA

Given the benefits listed above that can be received when practicing fertility yoga, there are many fertility imbalances that yoga may help you better cope with. If you are experiencing fertility imbalances, fertility yoga may help to re-balance your reproductive system and help improve your chances of conception. And not only that, fertility yoga also helps to prepare your body for pregnancy, so that your pregnancy goes smoothly. By performing fertility yoga, you are strengthening your reproductive organs and muscles that are used during pregnancy and childbirth, which makes it quite beneficial for those women looking to become pregnant.

While fertility yoga can help with fertility issues all by itself, it is best used in conjunction with other fertility treatment programs, such as fertility cleansing, fertility massage, medical fertility treatments, and a healthy fertility diet. All of these treatments will not only help with fertility, but your overall health as well. By using all of these treatment programs, you will have a new-found energy that will improve every aspect of your life.

CONCLUSION

Normally yoga is by all accounts connected more with the act of asanas and pranayam without thinking about that there are two appendages of yog and cooperate with the others. Yogasan has impact all in all identity. Audit contemplate reasoned that cutting edge way of life and stress are mostly in charge of strange condition like infertility. Survey recommended that yogasanas a piece of yoga therapy assumes critical job in treating the infertility.

In this day and age the most exceedingly bad difficulties looked by couples is Infertility. Yoga can enable individuals to adapt to the difficulties of infertility. Straightforward postural, breathing, unwinding and contemplation practices would prompt enhancement of ripeness. The practices incorporate particular stances, mantras and breathing procedures. These activities improve richness by animating hormone levels and enhancing blood and supplements supply to regenerative organs like ovaries, eggs, tubes, uterus, testicles and prostate.

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