

SYSTEMIC REVIEW OF YOGA IN INFERTILE COUPLE.....CURRENT STATUS AND FUTURE DIRECTION VD.

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ABSTRACT

In present time reproductive health problems are continuously increasing along with infertility. Nowadays, many technologies have been developed to solve such type of problems, but common people cannot afford the cost of these technologies and procedures. In our Ayurveda, a lot of herbal medicines and yoga are mentioned as scientific system for altering the brain and body chemistry to support heightened state of sensitivity and clarity. Yoga can create a positive mindset. Certain yoga technique as well as poses that specifically target certain glands, can bring the hormonal system back in balance. Yoga can be an effective approach to overcome general problem of

infertility.

KEYWORD: Infertility, Yoga, Ayurveda.

INTRODUCTION

Yoga is one of the basic and easy ways to relieve stress and self-discovering practice originated around 5000 year back in India.

Yoga means “union” or connection of the mind and body. In present time, stress is believed to be potential cause of infertility amongst both men and women. Yoga is a great way to reduce stress levels and this could help to become more reproductive. Yoga for infertility treatment involves certain specific poses that increases the fertility naturally. Yoga therapy is inexpensive, natural and also safe. It is the ancient form of exercise that has contributed in the holistic living of individuals in the most natural and trusted way since years. Yoga is like a

spiritual route to a relaxed mind and healthy body.

Infertility is a condition of male and female reproductive system and is the inability to conceive or carry a pregnancy to full term after one year of trying or six month for women over 35 or if the women suffers multiple miscarriages. About 84% of couples would conceive within one year of trying for a pregnancy. Another 8% would conceive in the next year giving a cumulative pregnancy rate of 92% at the end of two year.

Since the beginning of time, humans have employed rituals, folk medicines and various techniques performed by healers or revered members of their culture in an effort to enhance their ability to conceive. Recently, complementary or alternative therapy is often employed for the same perseverance with the intent to enhance the probability of conception and augment a healthy pregnancy with a positive outcome.

In this processes, yoga is best alternative medicine. Yoga is reported to reduce stress and anxiety, improve autonomic function by triggering neuro hormonal mechanisms and suppression of sympathetic activity.

Researchers at the fertility center, discovered that couples who practice yoga tend to be more determined and can overcome the stress related to invitro fertilization (IVF) procedure. As relaxation is a key factor in improving the likelihood of conceiving, relaxing the muscles lower abdomen and the mind can greatly aid the in vitro fertilization (IVF) procedure.

INFERTILITY: COMMON CAUSE

LIFESTYLE – EFFECT ON OVULATION AND SPERMATOGENESIS

In this time living pattern of everyone have been completely changed. Everyone is eating only carbohydrates and fat rich diet and physical work of body become zero. so input is much greater than output that's why body weight increases so much. Sleeping pattern has been also changed, now everyone is doing late night work. And all people are have very much struggle and competing for managing future life. All these things are increase stress and disturb hormonal system of body. Due to disturb in hormonal system, surge of follicular stimulating hormone(FSH) and luteinizing hormone (LH) are not occur. the combined LH/FSH mid cycle surge is responsible for the final stage of maturation, rupture of the follicle and expulsion of the oocyte.

OBESITY

Obesity is an important lifestyle – dependent factor that adversely affects spermatogenesis and ovulation. This will have an increasing effect on male and female infertility.

ADDICTION

Any type of addictions like smoking, alcohol intake or tobacco chewing, can decrease fertility of both man and women.

THERAPEUTIC WAYS OF YOGA

In yoga we are advised a lot of asana and pose who is specially target the reproductive system, pelvic areas and increase vascularity in that area. Different posture of yoga creates pressure on different endocrinal gland and stimulate them for normal hormonal secretion. as infertility is very stressful condition for couple there is no any alternative for physical and mental exercise other than yoga practice. for that every infertility couple should undergo or above set asana practice regularly in day to day life.

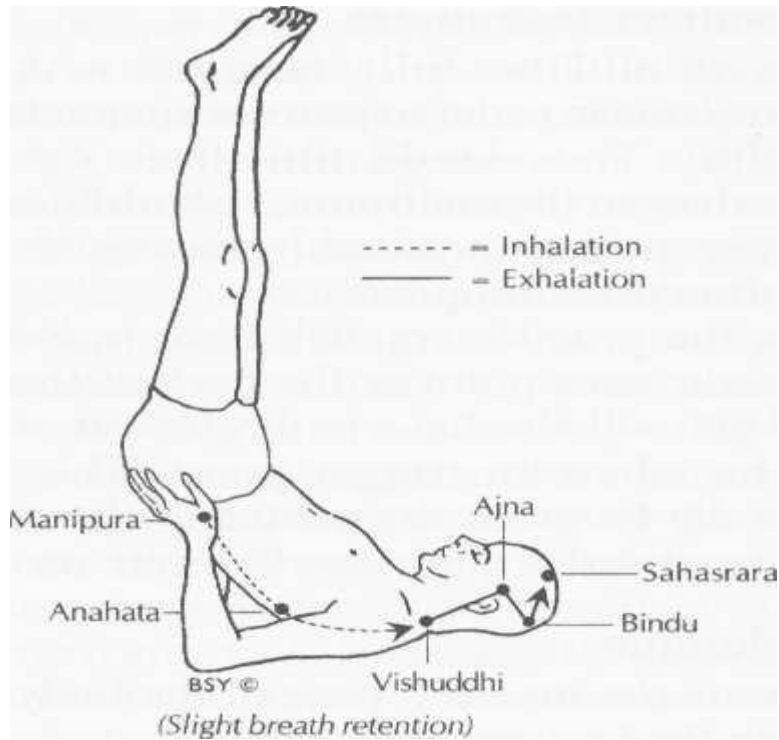
Harvard medical school published a report in fertility and sterility showing that women are 3 times more likely to conceive by practicing yoga and other relaxation exercise than women who don't. For those who have opted for the invitro fertilization (IVF) procedure.

YOGO POSES FOR FERTILITY

COBRA POSE



VIPARITHKARNI



SUPPORTED BRIDGE POSE



BUTTER FLY POSE



WIDE ANGLE POSE



LOTUS POSE

*Lotus Pose
Padmasana*



CHILD POSE



CAT COW POSE**SARVANG AASAN****DISCUSSION**

This review was taken in R A PODDAR AYURVEDIC MEDICAL COLLEGE OPD. We had advised regular follow up for yoga posture and meditation in infertility couple. After review it was noted that 90% patient don't follow yoga practice in their regular routine practice so number of obesity, pcos, high levels of cholesterol, Irregular of menses etc. in female and oligospermia, oligoazoospermia, azoospermia, erectile dysfunction, obesity etc. like condition in men are increasing very much in this time. By the time, not only the infertile couple should follow the yoga practice but every one should have the daily routine of yoga in day to day life for healthy and wealthy life.

CONCLUSION

After reviews these patient were told to attained daily yoga practices, conducted by hospital itself or where possible for them. we took follow up after 3 month. 30% to 40% patient join for yoga practice. but near about 50% to 60% patient could not join because of different cause like job issues, long distance of resident, non-faithful view about yoga.

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