

## INFERTILITY AND YOGA

## Yoga

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## ABSTRACT

This essay goes in detail about infertility in women. What causes infertility, when can we say that one is infertile, and how to treat the situation, these are some of the questions that will be answered through this essay. It will also talk about yoga, and how its practice can be a huge contributing factor in the prevention as well as the cure for infertility. Yoga also helps in keeping the reproductive system healthy in general. A few asanas for the same will be discussed.

## KEYWORDS



## What Is Infertility?

Most women at some point in their lives, will have the strong desire to conceive a child. It is crucial to know and understand what defines normal fertility and how it has an impact on childbirth. More than 85% of women are able to get pregnant within one year of trying, with conception most likely occurring during the earlier months. As a result, the inability to conceive within 12 months of trying has come to be called, infertility.

Infertility takes a huge toll on a woman's body. It also has effects on her emotions and relationships. It is a very complex situation and has to be handled with utmost care. There are various scenarios that can lead to a woman being unable to conceive. To get pregnant, a woman needs to ovulate. She needs to have open fallopian tubes and a healthy uterus. She needs to have regular sexual relations during her fertile period. A few conditions that can prevent fertility are:

- Known male factor semen abnormalities
- Inadequate levels of certain hormones in both men and women.
- Disorders like PCOS and PCOD. They cause hormonal imbalance, which affects ovulation.
- Formation of uterine fibroids, which are non-cancerous clumps of tissue and muscle on the walls of the uterus.



Any woman, who wants to enhance her reproductive health, can benefit from yoga. It helps improve flexibility and strength. It purifies the energy channels by flushing out toxins from the body. Yoga helps us connect our breath with movement, tune in with our bodies and their rhythms, and to notice physical sensations. Learning to listen and work with our bodies, instead of against them, is an important part of the fertility process.

Stress is a major factor in the fertility process and can be both a cause and effect of infertility. Yoga is the best way to help battle stress organically by helping us slow down, move mindfully, and connect to the rhythm. It suppresses our stress response, and instead activates our parasympathetic nervous system. Reducing stress response can go a long way when wanting to balance our bodies and hormones, which in turn helps optimize our fertility.

Improving blood and energy flow to our reproductive organs is essential for fertility. Practicing yoga helps greatly in improving

circulation. It helps by opening up our hips and increasing that blood flow to our pelvic region and reproductive organs, providing them with fresh blood.

The endocrine system is a whole network of glands that produce different hormones, which include sex hormones. Yoga helps to balance the endocrine system. Hormonal stability is essential for fertility. Yoga works with the monthly menstrual cycle to support hormones and fertility. Practicing yoga will make one feel fresh and lively. It helps to develop a hospitable body and calm mind, thus preparing a woman for childbirth.

Some specific asanas that will enhance and improve fertility in the above-mentioned ways are:

Paschimottasana:



Padahasthasana



Janushirasasana



Baddhakonasana



Sarvangasana



Dhanurasana



Pavanmuktasana



Bhujangasana



Ardha Chandrasana



Marjasana



The effects of regular practice of yoga can be amplified by indulging in Pranayama. Pranayama is a combination of breathing exercises that help purify blood by increasing flow of oxygen to it. It also induces a calm state of mind and body. A few pranayamas that should be practiced are:

- Bhramari Pranayama
- Nadi Shodhan Pranayama
- Kapalabathi

Practicing Yoga Nidra and Meditation helps to balance overall physical and mental health.



#### REFERENCES

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