

IMPORTANCE OF YOGA AND DIET IN INFERTILITY**Dr. Priti Kumari¹, Dr. Deepak Kumar², Dr. Anupam Pathak³ and Dr. Yogesh Jakhar⁴**¹PG Scholar Deptt of Swasthvrita²PG Scholar Deptt of Sarir Rachana³Professor & H.O.D. Deptt of Swasthvrita⁴Assistant Professor Deptt of Swasthvrita

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ABSTRACT

Infertility is the most common gynecological problem which many couples in 21st century are facing. According to Mayo Clinic USA about 20% of cases of infertility are due to the problems in the men. About 40 to 50% of the cases of the infertility are due to problems in both men & women. Increasing rate of infertility has become challenging for gynecologists. As the allopathic treatment developed upon hormone supplementation, surgical procedure & artificial reproductive technique, it's the turn of ayurved & yoga to give solution & active conception by natural method to give healthy offspring. Yoga is one among oldest system of health care in the world which uniquely perceived an intimate relationship between lifestyle of an individual to its health & disease. In Yogasutra, Achary Patanjali explained various asanas. These asanas are very helpful in controlling the mind as well as other element of the body. By the regular practicing the asanas the reproductive organs get strengthened & the neuro-muscular co-ordination improve. Also hormonal imbalance gets corrected. Nitya sevaneeya aharas are mentioned for daily dietary consumption in Ayurveda. It includes food items which can promote the health and fertility and maintain the balance of sevaneeya ahara make a balanced diet.

KEYWORDS: Infertility, yogasanas, reproductive organ, Nitya sevaneeya aharas, balance diet.**INTRODUCTION**

Reproduction is one of the most important biological functions for all life forms. For most couples having children is a somewhat primal need & inability to reproduce can be divesting individuals and couples. There are certain myths about infertility. One of them is that infertility is not a problem in countries with high fertility rates. Paradoxically countries with higher fertility rate also have high prevalence of infertility. Another myth is the common belief that infertility is a women's problem. However, research evidence indicates that the best result for infertility treatment are obtained when both partners are investigated together. Another myth is the belief that infertility neither preventable nor treatable. Infertility is a major reproductive health concern. It affects an estimated 50 to 80 millions couples globally. Generally world wide it is estimated that one in seven couples have problems concaving with incidence similar in most countries independent of the level of countries development roughly half of fertility problems with the men & half due to women. However about one in five cases of infertility have no clear diagnosed cause. Male factor infertility accounts for 25% of infertile couple, while 25% remain unexplained 50% are female

cause with 25% being due to anovulation & 25% tubal problems. Infertility is the most common gynecological problem which many couples in 21st century is facing. The increasing rate of infertility has become challenging for the gynaecologists¹. As the allopathic treatment develop upon hormone supplementation, surgical procedure & artificial reproductive technique it's the turn of Ayurved & yoga to give solution and achieve the conception by natural method to give healthy offspring. In today's era yogashstra gives us a helping hand, With the help of certain asanas, bandha, mudras nerves are stimulated results in activated nerve work co-ordination. It improves physiological cleaning process blood congestion is removed by various positive pressure, local circulation in region where the sex organs & sex glands are situated improves. Hence the reproductive system function well. Infertility is an ailment which affects the physical, emotional, mental and social dimensions of health. There are multiple reasons for occurrence in fertility which can broadly be divided into physical, structural, hormonal, sexual, environmental and dietary factors. Diet is an ignored factor during treatment of infertility. As per reports of study it has been found that unhealthy eating behaviors of reproductive age are

increasing in the present era deficiency of micronutrients and anti-oxidants play an important role in INFERTILITY. Nitya sevaneya aharas, dhatu, tridosa, Malnutrition Infertility is an ailment which affects the physical, emotional, mental and social dimensions of health. While at the same time intake of healthy food items rich in antioxidant improve fertility. Ayurveda recommends the use of 'ahara' for daily dietary consumption. The sevaneeya ahara dravyas are meant for health promotion and preservation. 2

AIMS & OBJECTIVES

1. To study the concept of infertility according to ayurved
2. To evaluate the role of yogasanas in infertility.
3. The present study is a review prepared with the purpose of highlighting the importance of diet in reproductive health.

Types of infertility

1. Primary infertility: It denotes those patients who have never conceived. Prevalence of primary infertility is 3% in India.
2. Secondary infertility: It indicates previous pregnancy but failure to conceive subsequently. Prevalence of secondary infertility in 8% in India.

Ayurvedic view

Achary Charak has mentioned both male & female after observing the advocated dietic regimen & ejaculated unvitiated shukra passing through healthy yoni reaches healthy grabhashay & gets mixed with disease free shonit, then conception as definite. (ca. Saa. 8/17)³ According to Achary Sushrut four essential factors for the conception are similar as the germination of seed (sau.Saa.3/6)⁴ (a) Rutu (ovulation period) – fertile period (b) Kshetra – Reproductive organs in healthy state (c) Ambu – Proper nourishment, adequate hormonal level & proper nutrition to genital organs. (d) Beej – adequate ovum & spermatozoa Essential Factors for fertility.

Importance of diet

There is strong evidence that healthy pre conception dietary patterns among both men and women of reproductive age have a beneficial effect on fertility. A dietary pattern consistent with the recommendations forth by the U.S. Dietary Guidelines for Americans, which recommends a high consumption of whole grains, monounsaturated or polyunsaturated oils, vegetables, fruits, and fish,^[6] has been associated with improved fertility in women and higher semen quality in men.^[5] In the Nurses' Health Study (NHS) II, a large prospective cohort, women who had the highest intake of a "fertility diet" comprised of plant protein from vegetable sources, full-fat dairy foods, iron, and monounsaturated fats, during the preconception period, were found to have a 66% (95% CI, 52, 77%) lower risk of infertility related to ovulatory disorders and a 27% (95% CI, 5, 43%) lower risk of infertility due to other causes compared to women with the lowest intake of this diet pattern,

controlling for age, body mass index (BMI), alcohol intake, coffee intake, smoking, and oral contraceptive use.^[7] Population attributable risk calculations based on this sample suggest that not following the "fertility diet" was the attributable factor in 46% of cases of infertility, which was higher than all other independent risk factors (e.g., BMI, physical activity).^[7] In another study of college-educated women in Spain, those in the highest quartile of adherence to a Mediterranean-style diet, which similarly included high intake of vegetables, fish, and polyunsaturated oils, had 44% (95% CI, 35, 95%) lower odds of seeking medical help for difficulty getting pregnant compared to women in the lowest quartile.^[8] The Mediterranean diet yielded similar benefits on achieving clinical pregnancy and live birth among non-obese women in Greece, but only for those below the age of 35.^[9] Furthermore, data indicate that a healthy diet, consisting of the aforementioned food groups, improves measures of semen quality, including morphology, motility, and concentration.^[10]

Importance of yog

Health & fitness are essential for all persons. Yog is one among oldest system of health care in the world which uniquely perceived an intimate relationship between lifestyle of an individual to its health & disease. The asanas which are useful for infertility are as follows. 1. Vajrasan (Thunderbolt pose): Vajrasan improves the blood circulation in the lower part of abdominal region and maintains the health of the genital area. 2. Paschimottanasan (Forward bend pose): Unnecessary blood accumulation in the lower abdomen is eliminated. It eliminates the disorders arising from excessive indulgence in sex and thereby improves the health of the sex glands. 3. Padmasanasth yog mudra (Lotus pose): The sex life of men and women become healthy and fulfilling. Seminal weakness and nocturnal emission in youths and problem of excessive menstruation in young women is eliminated by practicing over a period of time. It is one of the most important meditative asan posture. Blood is made to flow more towards pelvic region. 4. Viparitkarani mudra (Legs up the wall pose): This mudra specially benefits women the tendency and possibility of displacement of the uterus is considerably reduced. For healthy gestation and smooth delivery, it is used. Keeps the muscles of abdomen and sex organs optimally elastic. 5. Halasan (Plough Pose): The functioning of thyroid & parathyroid glands is improved because of the pressure exerted on these throat glands. Due to this endocrinal harmony is maintained & improved, resulting in conception. 6. Suptavajrasan (Reclined Thunderbolt pose): It activates & tones up large group of nerves which arises in the lower lumbar region which supplies the buttock & back of the thigh. 7. Bhadrasan (Gracious or blessed position): It is useful in genito- urinary deformities. It indicated in impotency. It is a purely meditative posture. 8. Siddhasan (Expert sitting position): It is purely meditative posture. Pelvic region gets larger blood supply. 9. Kukutasan (Cock Pose): It strengthens the pelvic organs. 10. Sarvangasan

(Shoulder stand pose): It corrects the improper function of thyroid. Due to chin lock thyroid & parathyroid glands are well nourished & there will be an increase in blood flow through the body. It is indicated in mental distress. 11. Naukasan (Boat pose): It facilitates suitable stretching compressing & relaxation to the uterus and toned it. More or less, it strengthens the all the system of body like hormonal system. 12. Shalabhasan (Locust pose): It strengthens the abdominal organ & low back region. Thus increases the blood supply to the reproductive organs. 13. Dhanurasan (Bow pose): It strengthens the groins & abdominal organs. It cures menstrual disorders. It helps in stimulating the reproductive organs. 14. Shirshasan (Head stand pose): It stimulates & regulates the body system. It relaxes mind & releases anxiety. 15. Sinhasan (Lion pose): It stimulates the thyroid gland & also abdominal organs. 16. Trikonasan (Triangle pose): It is used for stress management. It strengthens the muscles of thighs, hips & back. 17. Ushtrasan (Camel pose): It stimulates the thyroid gland and also abdominal organs. 18. Chakrasan (Wheel pose): It strengthens the back & abdominal muscle. It tones the organs in the abdomen including the reproductive organs. 19. Hastapadasan (Standing forward bend pose): It is helpful to receive the menstrual problems. 20. Janushirshasan (Head knee pose): It calms the nervous system. The gentle abdominal squeeze in this stretch, aids increasing blood flow to the abdominal organs.^[11,12]

CONCLUSION

The incidence of infertility is increasing in the present era. A majority of infertile couples do conceive irrespective of weather or not they were treated for infertility. For example 38% of infertile couples conceive before treatment began, another 27% conceived before completion of treatment. Balance diet & yogic management can be the better alternative. Usually yog seems to be associated more with the practice of asanas & pranayam without considering that there are two limbs of yog & work together with the others. Yogasan has effect on the whole personality. By doing yogasanas one get better functioning of all the systems of the psychosomatic structure. It brings integrity in these functions & develops the wholeness. By doing yogasanas nerves are stimulated & the activated nerves work in co-ordination. This strengthens the conscious mind & improves the balancing of the parasympathetic & sympathetic nervous system resulting in the harmony amongst the various endocrinal glands. On account of pressure manipulation, the blood circulation in the region where the sex organs & sex glands are situated improves, hence the reproductive system functions well. Hence we can conclude that yogasanas can be very effective in infertile couples. Modern science had given many treatment for infertility, but it may cause side effect & costly, where as ayurved & yog has mentioned many treatment like basti, various drug combination, yogasanas with minimum side effects & are cost effective. So can be used as first line of treatment. Review suggested that yogasanas a part of yoga therapy

plays significant role in treating the infertility. This review summarizes existing evidence on the relationship between fertility and nutrition. While there is a well-characterized association between high intake of folic acid, polyunsaturated fats, and plant-based foods on fertility, studies examining the combined effects of diets of both male and female partners on fertility. Despite recent progress in the amount of literature on the relationship between fertility and diet.

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