

Impact of *Pranayam* and *Yoga* Practice in Case of Unexplained Infertility

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ABSTRACT

Many human beings assume yoga is just exercising and gymnastic postures designed for young human beings in extremely good form. but yoga is a great deal greater than bodily workout and it's far a systematic system of changing the mind and body chemistry to guide a heightened nation of sensitivity and clarity. The strategies of yoga encompass exercising (each gentle and rigorous), respiratory strategies, meditation (visualization, mantra, concentration), and relaxation. As you study on, you'll see how yoga approaches the technology of relaxation and how it is able to assist women in remedy for infertility. certainly, the physical and intellectual nation of relaxation that yoga can result in can assist women thru all transitions of their lives.

Key Words *Pranayam*, Yoga, Infertility

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INTRODUCTION

Infertility is a major health issue worldwide, affecting nearly 8%–10% of couples worldwide¹ of 60–80 million couples suffering from infertility every year, probably between 15 and 20 million (25%) are in India only. Infertility is a worldwide problem, however best a minority of couples get right of entry to assisted reproductive technology (art), along with IVF (In vitro fertilization) because of monetary and sociocultural boundaries. Complementary and alternative medication are seen as every other option². There is constrained proof of the effectiveness of complementary and opportunity

medicine on improving the possibilities of theory and live births. because of the usually sub-optimum fine and heterogeneous nature of the proof, rigorous studies are had to decide the effect of complementary and opportunity medicine on fertility³. Similarly, researchers in one study in India observed that the prevalence of number one infertility increases with the aid of growing older, higher BMI, irregular menstrual sample, and own family records of infertility. The changing trends of society in India which include growing level of education and priorities of life lengthen the age at marriage. most of the literature shows that behind schedule age at

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marriage is one of the factors for primary infertility. weight problems are any other essential risk element for infertility, collectively with associated hormonal imbalance and menstrual disorder, without delay affecting the female reproductive feature. records of infertility among close household, girls having family records of infertility are at higher probabilities of infertility issues specially because of inherent genetic diseases.

Unhygienic menstrual practices including reusing cotton clothes, washing them without soap and with unclean water, social taboos and regulations pressure drying indoors, away from daylight, and open-air predisposes to decrease reproductive tract infections, abnormal menstrual cycles, and in the long run infertility⁴. numerous studies have revealed that tension has a negative impact on fertility. The ladies with long-standing infertility go through greater from nervousness, panic attacks, agitation, and intolerance. Infertility impacts psychological nicely-being of women. these kinds of factors purpose a terrible impact on fertility and also worsen the scenario of infertility. as the length of infertility increases, the level of tension among ladies additionally increases leading to a vicious cycle. Take a look at observed that pressure and despair were notably related to infertility⁵. As in keeping with different studies, the prevalence of pressure amongst infertile women is excessive. In traditional countries like India, childbearing is a critical milestone for healthy marital existence. Infertile women enjoy terrible social result,

including marital instability, stigmatization, and abuse. it is able to have a serious effect on both mental well-being and social status of girls. numerous troubles including health troubles, sexual distress, frustration, emotional distress, and marital problems boom with infertility and build up the stress. The stress levels upward push high as the duration of infertility increases.

Hetu of vandhytava: 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, azoospermia, necrospermia
- 3.Motility of sperm
- 4.Structural defects of sperm –due to vitiated vata dosha
- 5.Any obstruction in genital tract

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

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also defines the eight limbs of yoga, are yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, Samadhi. These helps in balancing the tridoskas, maintains physical as well as mental health. It purifies the energy channels boost immune system functionality.

In day-to-day 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. Paschimottanasana
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 and maintains jatharagni as well as dhatvagni, 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, relieves stress and anxiety which helps to sleep deeper reduces tension, mood swings and depression, gives inner strength, Gives lungs room to breath fresh air, 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.

These 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

Yoga Prana Vidya device is a no-contact and a no-drug energy recovery modality which additionally works at a distance and might

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treatment many bodily or mental problems. it's miles an integrated and a holistic machine which promotes happiness and proper fitness at bodily, emotional and intellectual ranges using respiration, recovery techniques, meditation and yoga in the restoration techniques, the healer removes the diseased, grimy or the used-up electricity from the affected element and the affected chakras of the affected person and fills it up with clean power. the primary advantage of the use of Yoga Prana Vidya healing method is, first off that the patient want now not be physically found in front of the healer as the healing may be accomplished from a distance, and secondly, it is able to remedy many mental ailments too which can be emotional or intellectual in nature.

CONCLUSION

Yoga can help girls cope with the demanding situations of infertility. A yoga practitioner can reap deep rest through the approaches of the rebound effect, synchronization, and center alignment. This form of deep rest can create a healthful basis for a nice remedy final results. The practice of yoga can help the affected person speak extra truly with medical doctors, preserve a more fit lifestyle, and be patient throughout the manner of remedies.

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