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**“Integrative Approach Towards Infertility and Its Management”****Rane.S.V.,<sup>1</sup> Shinde P.U.,<sup>2</sup> Shah R.R.<sup>3</sup>**

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**ABSTRACT**

The meaning of infertility means the failure to conceive after a year of regular intercourse without contraception according to modern science. The problem of infertility is fairly common nowadays and it has become need of the hour to find out solution which is having less complications & affordable. Ayurvedic background about importance of treatment of Infertility is fully explored in ancient literature Atharvaveda. In Ayurveda Literature various causes, herbs and what changes should we do in our day-to-day lifestyle explained in detail we should work on that. A true diagnosis of unexplained infertility, which is considered a diagnosis of exclusion, requires a skillful clinician and appropriate diagnostic testing. Lack of consistent and standardised diagnostic protocols for couples trying to conceive frequently leads to non-identification of explainable causes and therefore couples do not receive proper treatment and lose valuable time. Finding no identifiable cause for infertility does not mean that one does not exist. Careful investigation of the male and female must be undertaken in order to properly diagnose unexplained infertility.

**KEYWORDS:** *Infertility , Sedentary Life style , Ayurveda.*

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## Introduction

Fertility may be due to male factor or female factor or may be due to both factors. In Ayurveda Infertility primarily refers to biological inability of a women of the reproductive age to contribute to the conception, the state of women who is unable to carry pregnancy to full term. Male infertility is usually caused by problems that affect either sperm production or sperm transport which include varicocele, infections, ejaculation problems, tumours, hormone imbalances, defects of tubules that transport sperm etc. The field of Ayurveda dates back to several thousand years when even modern medicine did not exist. Ayurveda looks at improving the overall health of men or women who are suffering from infertility problems and thus, improves their chances of conception with the least medicinal intervention. Follow this natural treatment based on Ayurveda, to tackle the issue of infertility. It is recommended that an improved level of Shukra Dhatu is necessary in order to increase the reproductive capacity in both men and women. There are many natural foods and herbs that can be consumed by men ([asparagus](#), dates, and [almonds](#)) and women ([quinoa](#) grains, [pineapple](#), [milk](#), and [broccoli](#)) that can help you in conceiving faster. [Infertility](#) refers to the condition of the biological inability of a male or female to contribute to [conception](#). In [Ayurveda](#), male and female infertility problems are treated not just physically, but also emotionally and spiritually.

**Method:** Ayurveda supports health by strengthening body's own self-healing and balancing mechanisms and doesn't rely on intervention by any outside or

foreign substance to replace or correct the hormones in the body. It focuses on the treatment of infertility holistically with an aim of improving the overall health and quality of life of the individual.

## *Dietary management*

- 1) Diet plays a vital role in the prevention and cure of diseases and in maintenance of good health. "Annam Brahman" - Food has been compared to God, in the ancient Indian scriptures since it is the main factor for sustaining and nourishing life.
- 2) Dietary management involves strict compliance and adherence to foods that increase Ojus (an intersection factor of physical, mental and spiritual health of the body, responsible for overall health, energy and liveliness) and to avoid the substances which diminish the Ojas.
- 3) This is important to regulate ovulation and enhances fertilization. Eating whole foods provides all nutrients for the health of the body in addition to the fibres that influences hormonal levels of the body.<sup>[1]</sup> Foods such as processed carbohydrates, excess starch, antibiotic and hormone laden meat and milk and canned produce destroy fertility.
- 4) Ojas building food include as milk, ghee, nuts, sesame seeds, dates, pumpkin seeds, honey, saffron and avocados, fresh organic fruits and vegetables, protein from plant sources like beans, and peas, sweet, whole grains, spices such as ajwain powder, turmeric (improves the interaction between hormones and targeted tissues), cumin

- (purifies the uterus in women and the genitourinary tract in men) and black cumin boost fertility.
- 5) Diet should be free from Trans-fats as they block arteries, threaten fertility and harm the heart and blood vessels and therefore, must be avoided.
  - 6) Foods containing preservatives and other chemicals, like artificial sweeteners, Monosodium Glutamate (MSG), diet high in fat and other artificial flavouring and colouring, excess alcohol and caffeine, tobacco, soda, smoking, red meat, refined carbohydrates, such as pasta, white bread, rice etc can exacerbate the problem of infertility.

### **Treatment principles of Infertility in Ayurveda**

1. **Agni deepana and Amapachana** : Due to the imbalance of Agni (the digestion power) it lead to many diseases “Ama formation” is the most common in that. So the treatment of Ama should be the first priority for to treat the Agni for that we should take nutritious diet in an appropriate schedule at proper time. Panchakarma treatment will help to correct Ama, thus healthy agni will also contribute healthy ojas.
2. **Vatanulomana** :The main reason of infertility involves vata dosha. To treat the vata dosha Vatanulomana is very important. Routine exercise, Ayurvedic formulations and strict diet schedule will definitely help in Vatanulomana.

3. **Shodhana** :Shodhan treatment help to correct the tubular, uterine and ovarian problem causing infertility. Snehan and Swedan are done prior to shodhan. After that modalities like Vamana (emesis), Virechana (puragation), Basti (medicated enema)<sup>[2]</sup>, Uttarbasti (special enema which administred through vaginal or urethral route) <sup>[3]</sup> we can do as per the condition of patient.

After the shodhan karma for the efficiency of result patient should follow the strict dietary regimen guided by the panchakarma specialist doctor. This detoxification therapy helps in the expulsion of the toxins from the body. Ayurveda treatments help in releasing tension and removing impurities from the body. They nourish the body, revitalize the mind and strengthen the immune system.

### **Ayurvedic herbs**

Infertility does not stand alone, it also the result of some other diseases. That's why we used the herbs in the infertility treatment are directed towards underlying and eradicating cause. The most common and known herbs to treat infertility such as Shatavari (*Asparagus racemosus*), Amalaki (*Embllica officinalis*)<sup>[4]</sup>, Ashwagandha (*Withania somnifera*) are extremely useful formulations which help to create the synergistic hormonal balance between the Follicle Stimulating Hormone (FSH) and the Luteinizing Hormone (LH). For to treat infertility we have to use the combination of herbs with the purpose of correcting functional or an organic problem that causes infertility.

1. For Blocked fallopian tubes and Pelvic Inflammatory Diseases – Punarnava, Guduchi.
2. Ovulation disoreder – Aloe vera, Dashmula, Guggulu, Shatavari, Ashoka.
3. Prematured ovarian failure (POF) – Guduchi, Shatavari, Ashoka, Jeevanti, Dashmula.

The right combination of herbs helps in regulating menstrual cycles, enhancing general health and wellness, revitalizing sperm (enhancing a man's sperm count, morphology and motility), reducing stress, enhancing sleep as well as can controlling anxiety and increasing energy level, improving blood flow in pelvic cavity thereby promoting fertility.

**Results :**Due to the sedentary lifestyle consuming extra hot and spicy food which increases the body heat and there by weaken Shukra Dhatu, by birth impotency, sexual overindulgence, poor digestion, lack of well balanced diet, mental disturbances of anxiety, insomnia, hormonal imbalance, depression, controlling of sexual urges for long period of time can eventually lead to impotency in some of cases.<sup>[5]</sup> If Shukra Dhatu fails to receive its nutrition can cause obstruction in the reproductive channels.

**Stay away from spicy food** <sup>[6]</sup> :To resolve the infertility Shukra Dhatu requires cold environment to support fertility. Patient who suffering from infertility should avoid too much spicy food because that can deter the quality of Shukra Dhatu. It leads to less motility of sperm in men as well as lowers the quality of ovum in women.

**Try the [shirodhara](#) therapy:** This special rhythmic movement of oil over the forehead induces a balance in the mind and stimulates the glands to secrete the right amount of hormones.

**Adopt the right lifestyle:** To conceive a healthy baby patient who suffering from infertility should avoid stress, bad habit like drugs, alcohol, smoking. Should following Dincharya , Rutucharya, Ahara vidhi visheshan (Diat rules) in their day to day life. Learn to stay calm as much you can, learn to relax no matter what, you should having always positive attitude. In case of query you can always consult an expert and get answers to your question.

#### **Conclusion :**

There is not only one reason for infertility. So if we want to treat infertility in proper way we have to think about all factors which explained in above article also have to change our lifestyle, Dietary habits should used some ayurvedic herbs to treat the infertility.

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