



Management of unexplained infertility in females through Yoga

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Introduction

According to the World Health Organization (WHO), reproductive health in both men and women says to a condition of complete physical, mental, well-being, and not simply the lack of reproductive diseases or disorders. Infertility is generally defined as the failure to achieve pregnancy after a minimum of one year of regular, unprotected intercourse.¹ In recent years, infertility has been increasing at a concerning rate in both males and females.

A significant proportion of couples are diagnosed with **unexplained infertility**, where no structural or hormonal abnormalities are detected despite a complete evaluation.² According to WHO, nearly one in four couples in low-income countries experiences infertility.³ As a result, the use of assisted reproductive technologies (ART) has increased sharply.

Infertility is not only a medical issue but also a deeply distressing experience that affects emotional health, relationships, and social identity. Its effects can include marital conflict, social isolation, stigma, and economic strain.⁴ Women, in particular, often face greater social and psychological burdens.

Over the past four decades, researchers have emphasized the importance of addressing emotional wellbeing in infertility care and incorporating psychological support into fertility treatment.⁵ Ayurveda also highlights the mind–body connection in conception. Acharya Sushruta mentions four essential factors for conception—**Ritu (fertile period)**, **Kshetra (healthy reproductive system)**, **Ambu (nutrition)**, and **Beeja (healthy ovum and sperm)**.⁶ Acharya Charaka further stresses *Saumansya Garbhadharanam*, meaning mental clarity and emotional stability as vital for conception.⁷

Scientific studies also suggest that emotional, social and physical well-being significantly influence ART outcomes.⁸ Today's stressful lifestyle contributes heavily to the growing rates of infertility, and women often struggle with anxiety and mood disturbances. Yoga, with its focus on mindfulness, breath control and physical discipline, is known to reduce stress, improve emotional balance and restore inner harmony.

This paper explores the potential benefits of yoga—including **asanas, pranayama, shavasana and meditation**—in managing stress and supporting reproductive health in cases of unexplained infertility.

Aim and Objectives –

To understand the Ayurvedic concept of *Saumansya Garbhadharanam*

To evaluate the role of yoga in female unexplained infertility

To develop a yoga module specifically for women with unexplained infertility

Material and Method

Saumansya Garbhadharanam

According to Acharya Charaka, *Saumansya*—a calm, stable and healthy state of mind—is one of the foremost requirements for conception.⁹ Chronic stress in women is known to affect fertility by causing menstrual irregularities, ovulatory disturbances and even amenorrhea. Elevated cortisol levels can also reduce libido.

Research has shown that stress activates the **Hypothalamic–Pituitary–Adrenal (HPA) axis**, which suppresses the female reproductive system.¹⁰

- CRH inhibits GnRH secretion
 - Glucocorticoids suppress luteinizing hormone, estrogen and progesterone
- These changes can lead to stress-related amenorrhea, commonly seen in anxiety, depression, malnutrition, excessive exercise and conditions such as Cushing syndrome

Role of Yoga in Unexplained infertility-

Nearly 20% of infertile women fall under the category of unexplained infertility, where no detectable pathology is present. Modern treatments include hormonal therapy, IUI, IVF and other ART procedures. Complementary approaches—such as Ayurveda, yoga, acupuncture and mind-body therapies—are increasingly being explored for their supportive benefits.

Yoga helps regulate hormonal balance, reduce stress and improve overall reproductive health.¹¹

Yoga may benefit fertility by:

- Improving blood circulation to the pelvic region
- Strengthening and relaxing the abdominal and pelvic muscles
- Stimulating the ovaries and uterus
- Enhancing flexibility in the hips and groin
- Supporting hormonal regulation through improved endocrine function
- Reducing anxiety, depression and emotional strain through pranayama and meditation

Yoga Module for Unexplained Infertility

Yoga offers a supportive approach to reduce stress associated with reproductive challenges and may help improve the chances of conception.

Surya Namaskar

Helps regulate hormonal balance by influencing the chakras and improving flexibility.

Recommended Asanas

Paschimottanasana (Seated Forward Bend)

Stretches lower back and hip muscles

Tones abdominal and pelvic organs

Relieves stress and supports reproductive health

Hastapadasana (Standing Forward Bend)

Stretches the spine and back muscles

Boosts blood circulation to the pelvic and nervous systems

Baddha Konasana (Butterfly Pose)

Opens hips, thighs and pelvic muscles

Enhances blood flow to reproductive organs

Traditionally considered beneficial for conception

Viparita Karani (Legs-Up-the-Wall Pose)

Relieves lower back tension

Improves pelvic circulation

Shavasana (Corpse Pose)

Deeply relaxes the body

Reduces mental stress and stabilizes the nervous system

Pranayama

Nadi Shodhana (Alternate Nostril Breathing)

Calms the mind

Enhances oxygenation and purifies the blood

Bhramari Pranayama (Humming Bee Breath)

Reduces anxiety, tension and emotional agitation

Promotes deep relaxation

Meditation

At least **20 minutes daily** to enhance inner peace, emotional stability and mindfulness.

Discussion

Infertility affects one of the most cherished aspects of human life—parenthood. It influences not just physical health but also emotional and social well-being. According to Ayurveda, fertility depends on the health and purity of *Rasa Dhatu*. When *Rasa* is impaired, symptoms such as dryness, loneliness and emotional imbalance may arise.

To conceive and sustain a healthy pregnancy, a woman must be physically and mentally *swastha* (balanced and healthy). Acharya Sushruta defines health as a balance of **Dosha, Agni, Dhatu, and Mala**, along with the harmony of **Atma, Indriya and Mana**.

Modern research shows that high psychological distress significantly contributes to infertility. Women with unexplained infertility often experience emotional turmoil because all their medical reports appear normal, yet conception does not occur. Additionally, lifestyle changes, competitive work environments and financial burdens of ART treatments add to the stress.

As Acharya Charaka states, true healing (*Prakriti Sthapana*) means restoring the natural balance of the mind, body and spirit.¹² Stress elevates cortisol, which negatively affects reproductive function. Yoga helps regulate stress responses, reduce cortisol levels and improve emotional balance.

Studies indicate that yoga supports:

- Stress management
- Emotional and mental well-being
- Better sleep
- Balanced lifestyle habits
- Increased mindfulness

Asanas that improve pelvic circulation and pranayama techniques that calm the mind together provide a holistic approach that may support fertility in women with unexplained infertility.

Conclusion

Yoga offers a safe, supportive and holistic way to manage stress and enhance the body's capacity for conception. Regular practice of yoga postures, pranayama and meditation can reduce emotional strain, improve hormonal balance, increase pelvic blood flow and create a fertile environment within the body. By calming the mind and strengthening the body, yoga may play a valuable supportive role in improving reproductive health and increasing the chances of conception, especially in cases of unexplained infertility.

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