

Yoga - for Optimal Fertility

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Abstract

Fertility yoga uses a specific series of stretches that have a positive effect on reproductive health. Many number of yoga poses are there which a person can perform. Each yoga pose helps not only to strengthen the body and mind but can help to regain balance in the body as well. Yoga has many other benefits like flexibility and toning, including improving fertility. Yoga helps a woman for pregnancy and get pregnant. Eight best fertility yoga are Alternate nostril breathing (NadiShodhan pranayama), Bee breath (Bhramari pranayama), Seated forward bend (Paschimottanasana), Standing forward bend (Hastapadasana), One-legged forward bend (Janushirshasana), Butterfly pose (Baddhakonasana), Legs up the wall pose (Viparita Karani) and Yogic sleep (Yoga Nidra). Fertility yoga can help with fertility issues all by itself, it is best used in conjunction with other fertility treatment programs.

Keywords: Fertility; Yoga; Pregnancy; Asana; Posture.

Introduction

The general concept of public on yoga is the added benefits of agility and a method for losing weight and keeping trim. But yoga has many other benefits like flexibility and toning, including improving fertility. Yoga helps a woman for pregnancy and get pregnant.

Many number of yoga poses are there which a person can perform. Each yoga pose helps not only to strengthen the body and mind but can help to regain balance in the body as well. It does not give only physical balance and agility but an overall balance in the body's function, including reproductive system.

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Fertility yoga poses which nurture, support and strengthens the endocrine and reproductive system. Endocrine system is essential for proper hormonal balance; the fertility yoga poses promote healthy endocrine function and support the reproductive system as well.

Concept

Fertility yoga uses a specific series of stretches that have a positive effect on reproductive health. Every posture has a supporting and nurturing effect on the reproductive system as well as the endocrine system. Natural fertility and fertility yoga in conjunction gives a best result.

Benefits of Fertility Yoga

- Helps to clear adhesion and blockages in the reproductive areas.

- Increases blood circulation and oxygenation to the reproductive system.
- Helps to reset the endocrine system and helps or hormonal balance.
- Supports a healthy immune system and in detoxification.
- Gives peace and vitality which helps in conception.
- Reduces stress and clarity in environment.
- Reduce excess fat.
- Lowers blood glucose.

Eight Best Fertility Yoga

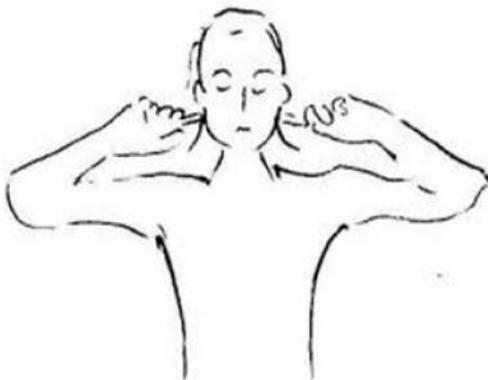
Alternate Nostril Breathing (Nadi Shodhan Pranayama)

The Alternate nostril breathing technique helps calm your mind and body by releasing the accumulated stress. It also helps purify the nadis (subtle energy channels), thus enabling smooth flow of prana. By de-stressing the mind and body, this pranayama lets you relax, making the body more fertile and approach the process of conception with a fresh perspective.



Bee Breath (Bhramari Pranayama)

The Bee breath instantly relieves the body of tension, anger and anxiety. The chances of conception are better with a more relaxed body and mind.



Seated forward Bend (Paschimottasana)

The Seated forward bend stretches the lower back, hamstrings and hips. It also stimulates the uterus and ovaries and can help in conceiving. The level of fertility improves with this pose as it also relieves stress and depression.



Standing forward Bend (Hastapadasana)

The Standing forward bend stretches all the muscles of the back and improves the blood supply to the nervous system and pelvic region. It also makes the spine more flexible. This stretch helps relieve stress from the abdomen region.



One-Legged forward Bend (Janu Shirshasana)

The One-legged forward bend strengthens the back muscles, which is very useful during pregnancy.



Butterfly Pose (Baddha Konasana)

The Butterfly pose stretches the inner thighs, groins and knees. It improves the flexibility in the groin and hip region. It is also known to help ensure a smooth delivery if practiced regularly till late pregnancy.



Legs up the wall Pose (Viparita Karani)

This particular pose stretches the back of the neck, front torso and back of the legs. It is also very effective to relieve tired legs and feet. This pose also helps relieve the body of backache and improves the flow of blood to the pelvic region. Relaxing in this posture after coitus increases the chances of conception, even with a decent fertility rate.

*Yogic Sleep (Yoga Nidra)*

Yoga Nidra, literally translated as yogic sleep, helps attain a state of equilibrium in the body and mind. This relaxing pose has the power of uplifting the state of mind and making one more optimistic in their approach. Though this meditative state of sleep does not improve the level of fertility, it certainly puts you at ease and is very useful for couples who wish to start a family.

**Conclusion**

Fertility yoga can help with fertility issues all by itself, it is best used in conjunction with other fertility treatment programs, such as fertility cleansing, fertility massage, medical fertility treatments, and a healthy fertility diet. All of these treatments will not

only help with fertility, but your overall health as well. By using all of these treatment programs, you will have a new found energy that will improve every aspect of your life.

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