

## **CONTROL AND PREVENTION OF FEMALE INFERTILITY THROUGH NATURAL HERBS, MEDICINES AND YOGA: A REVIEW**

**AMRITA BARANWAL, NEELMA KUNWAR & SARITA DEVI**

College of Home Science, Chandra Shekhar Azad University of Agriculture & Technology, Kanpur, U.P., India

### **ABSTRACT**

In India being a mother is synonymous with being a woman, then failure to become a mother constitutes not fully achieving the status of 'woman'. Desire for motherhood is inevitable and almost universal. Infertility treatments and ART (Assisted Reproductive Technology) that have been carried out are very costly and common man of developing countries like India cannot afford the cost of such procedures. Various natural herbs, medicines and yoga are been effective to enhance the pregnancy and prevent the recurrent abortions. In this regard the present review is aimed to provide all the necessary information regarding the effective method for control and prevention of female infertility.

**KEYWORDS:** Infertility, Natural Herbs, Medicines, Yoga

### **INTRODUCTION**

Infertility or the inability to have children affects both men and women of reproductive age in all parts of the world. Infertility refers to the inability of a couple to bear a child even after a year of repeated unprotected sexual intercourse. Childless men and women are stigmatized and are likely to be discriminated against. Often the ill effects of childlessness are far more severe for women than they are for men. The childless women are subjected to the additional risks of social discrimination in many forms (restriction on their participation in social celebrations for example), allowing husband to remarry. These things happen irrespective of whether it childlessness is due to her being infertile or because the husband is infertile (as matter of fact, male infertility has rarely been considered a factor in childlessness). Female fertility can be limited or diminished or destroyed in a number of ways. Women have a finite number of germs cells and follicles that are available for a limited period, from menarche to menopause, during their lifetimes. The process of ovulation is mediated by the interactions of hypothalamic, pituitary and ovarian hormones. Interference with ovulation can occur at any one or combinations of these sites. The oviducts can be distorted or blocked by the consequences of endometriosis or infection. The quality of the ova and spontaneous pregnancy decreases steadily with age.

### **NATURAL HERBS, MEDICINES AND YOGA FOR FEMALE INFERTILITY**

#### **Natural Herbs**

Ayurveda associates female infertility to issues such as tubular blocks, salpingitis, obesity, pelvic inflammatory diseases, uterine fibroids, obesity, and vaginitis. There are herbs that are used to boost fertility in women. In most cases, herbs do not have many side effects, and are safe to take to improve chances of pregnancy. Major herbs, used in Ayurveda

for the treatment of female infertility are-

### **Supari (Betel Nut)**

It gently maintains the healthy production of female hormones & relieves congestion of the blood & abdominal area. It also maintains healthy female reproductive system, helps ease menopausal transition and helps support healthy libido. It is also used to check the gynaecological problems and vaginal discharges. It helps in increasing the retentive power of the uterus. Removes debility after child birth. Useful in Leucorrhoea and backache.

### **Shatavari (Asparagus Racemosus)**

Asparagus is an herb that regulates hormonal secretion. Shatavari is in fact considered to be one of the most helpful herbs for women as it helps in balancing the female hormonal system. Shatavari effectively nourishes and cleanses the blood and the female reproductive organs. It is also a best source of plant-derived estrogens. Shatavari really a healthy choice for women who are nursing as well as menopausal and post-menopausal women. Shatavari totally nourishes and cleanses the blood and the female reproductive organs causing it to be very effective in the enhancing fertility. It nourishes the womb and ovum and prepares the female organs for pregnancy and prevents threatened miscarriage. Shatavari contains phyto-estrogens, the precursors of estrogens and is very helpful for women who suffer from low natural estrogens levels as a result of menopause. Shatavari acts as a galactagogue and is useful in lactation failure - it promotes lactation.

### **Ashwagandha (Withania Somnifera)**

The name Ashwagandha in Sanskrit means "having the smell of the horse" as it's giving a "horse" life force and sexual energy. "Ashwa" - the horse and "Gandha" – the grass. The herb helps to mend female infertility. Ashwagandha is also used for the treatment of amenorrhea (delay or absence of menstruation), menorrhagia (heavy menstrual bleeding), as well as Ashwagandha prevents premature menopause, and that pesky diseases like Parkinson's disease. Among other specific woman conditions, when Ashwagandha is rather useful are the pregnancy period and abortion or in the complex treatment of female infertility.

### **Gotu Kola (Centella Asiatica)**

Centella asiatica is an adaptogen, it helps to reduce the nervous tension caused by abnormal production of certain hormones, resulting in increasing the chance of hormonal harmony, leading to increasing of sexual desire and increase percentage of conceive.

### **Ashoka (Saraca Indica)**

Saraca Indica is a small evergreen tree. Its bark contains an oestrogenic compound and has a stimulating effect on the endometrium (inner layer of uterus) and ovarian tissue. It is useful in menorrhagia (excessive menstrual bleeding) due to uterine fibroids, leukorrhoea (white discharge) and in internal bleeding. It is well established for its effectiveness in menorrhagia and dysmenorrhoea. It also has a stimulatory effect on the ovarian tissue and may produce an oestrogen-like effect that enhances the repair of the endometrium and stops bleeding.

**Lodhra (Symlocos Racemosa)**

*Symplocos racemosa* is an evergreen tree, with white to yellowish flowers, and purplish black drupes. Its astringent bark is recommended in the treatment of menorrhagia and other uterine disorders. The stem bark has anti-inflammatory properties. It is used in Ayurveda for various female disorders. Studies have reported that it stimulates and increases the levels of reproductive hormones, FSH (Follicular Stimulating Hormone) and LH (Luteinising Hormone).

**Ghrit Kumari (Aloe Vera)**

*Aloe barbadensis* is a coarse-looking perennial plant with a short stem, with crowded leaves that have spiny teeth on the margins. Aloes have long been in use for a host of diseases such as, digestive, skin and liver ailments. Studies on Aloes showed that the in-vitro production of oestradiol and progesterone by ovarian cells was significantly increased by it.

**Homeopathy**

Homeopathic remedies can help infertile women to achieve pregnancy even if there are physical conditions that can prevent the implantation of the embryo contributing to infertility or miscarriages. The careful selection of the most suitable homeopathic remedies over the course of treatment can give very successful results especially when in association with healthy living, healthy diet and nutritional and herbal support. Homeopathy can assist in reconditioning the female organs such as the uterus, the fallopian tubes and the ovaries. Here are some useful homeopathic remedies

**Sepia**

It has a very vast field of action includes most of the problems related uterus, ovaries, fallopian tubes etc. The symptoms of this remedy includes that the patient feels that something is coming out from the lower part (vagina) of the body. Feel's better when sitting instead of standing. The menses are usually painful. When there is infertility due to the disturbance of Thyroid glands, Thyroidinum is the best remedy to co-up with this situation.

**Gossypium and Natr Mur**

These are other good remedies when the patient is anaemic and there is lack of bleeding or the menses are usually late but this should be keep in mind that pregnant lady should avoid taking these remedies as these laid to start the menses bleeding.

**Agnus Castus**

It is one of the best remedy which works when there is infertility problem with no sexual desire or lack of desire occur in women and has been turned to chronic problem. There are many foods which are helpful in this problem like fresh vegetables, fruits, nuts, fish, whole wheat grains etc.

**Allopathic Medicines**

Fertility drugs are often used alone as initial treatment to induce ovulation. If they fail as sole therapy, they may

be used with assisted reproductive procedures, such as IVF (in vitro fertilization), to produce multiple eggs, a process called super ovulation. Some common medicines used to treat or reduce the symptoms of female infertility are listed below.

### **Clomiphene**

Clomiphene citrate (Clomid, Serophene) is usually the first fertility drug of choice for women with infrequent periods and long menstrual cycles. Unlike more potent drugs used in super ovulation, clomiphene is gentler and works by blocking estrogens, which tricks the pituitary into producing follicle-stimulating hormone (FSH) and luteinizing hormone (LH). This boosts follicle growth and the release of the egg. Clomiphene can be taken orally, is relatively inexpensive, and the risk for multiple births (about 5%, mostly twins) is lower than with other drugs.

### **Menopur Subcutaneous**

This medication is used to treat certain fertility problems in women. It provides follicle stimulating hormone (FSH) and luteinizing hormone (LH) that help healthy ovaries to make eggs. This medication is usually used in combination with another hormone, human chorionic gonadotropin (HCG) to become pregnant by bringing about the growth and release of a mature egg (ovulation).

### **Bravelle Injection**

This medication is also used to fertility problems in women. It provides the hormone (FSH) that helps cause the ovaries to produce eggs. This medication is usually used in combination with another hormone (HCG) for the growth and release of a mature egg.

### **Gonadotrophin**

If clomiphene does not work or is not an appropriate choice, gonadotropin drugs are a second option. Gonadotropins include several different types of drugs that contain either a combination of follicle-stimulating hormone (FSH) and luteinizing hormone (LH), or only FSH. Whereas clomiphene works indirectly by stimulating the pituitary gland to secrete FSH, (which prompts follicle production), gonadotropin hormones directly stimulate the ovaries to produce multiple follicles. Gonadotropins are given by injection. Gonadotropins include:

- Human Menopausal Gonadotropins (HMG), also called menotropins
- Human Chorionic Gonadotropins (HCG)
- Follicle Stimulating Hormone (FSH)
- Gonadotropin-releasing hormone (GnRH) analogs

### **Yoga for Female Infertility Treatment**

Major fertility problems of women like ovulation, PCOS (polycystic ovarian syndrome), endometriosis and fibroids are linked to hormonal problems and poor dietary choices. So the practice of yoga can benefit all the women with

fertility problems. Yoga therapy is inexpensive, natural and also safe. Yoga for infertility treatment involves certain specific poses that increases the fertility naturally.

#### **Yoga Enhances Fertility in Women by Increasing Energy Flow**

Yoga therapy focuses on the energy system present in the body with numerous different chakras and areas. The yoga position increases the second chakra's energy flow which is called as the seat of creation, where the reproductive organs are present.

#### **Yoga Enhances Fertility in Women by Increasing Blood Flow**

The yoga therapy also helps in softening the abdominal region and removes any kind of tension around the area of uterus, ovaries and fallopian tubes. It stretches the abdominal region which increases the blood flow to the reproductive organs.

#### **Yoga Enhances Fertility in Women by Controlling Stress**

Stress is a major cause of infertility and it interferes with the woman's menstrual cycle thereby delaying the ovulation. The stress can be released with the regular practice of yoga.

### **CONCLUSIONS**

Now-a-days infertility is the subject which creates mental disturbances of couples. There are many mode of treatment procedure against infertility, but all of them are highly expensive and complicated too. Natural Herbs, medicines and yoga are the cheapest way to treat female infertility. The review has successfully narrated all detail information regarding control of female infertility and prevention of recurrent abortions through Ayurveda, Homeopathy, Allopath and Yoga. Hence all female complains regarding infertility can be rectified by natural herbs, medicines and yoga effectively.

### **REFERENCES**

1. Buvat, J., Buvat-Herbaut, M., Macrolin, G., et al. *Horm Res*, 1987, 28, 219-229.
2. Bahmani. M., Rafieian. K.M., Saki. K. et al., Identification of medical plants acting on reproductive system disorders: An ethno botanical study in Urmia, Northwest of Iran, *Journal of Chemical and Pharmaceutical Research*, 2015, 7(2): 493-502.
3. Etukudo. I., *Ethno botany Conventional and traditional uses of plant*. The Verdict Press, Uyo, Nigeria 191 (2003)
4. Gaware. V.M. Parjane. S.K., Merekar Abhijit. N., et al., Female infertility and its treatment by alternative medicine: a review, *journal of chemical & pharmaceutical research*, 2009, 1 (1): 148-162.
5. Lewington, A, *Medicinal plants and plant extracts: a review of their importation into Europe*. A traffic network report. Cambridge, Traffic International, 1993
6. Ram. U., *Childlessness & its consequences in India: level, patterns & differentials*, department of public health & mortality studies, IIPS, 2006.

7. Sharma. s., Khinchi. M.P., Sharma. N., et al., Female infertility: a review, international journal of pharmaceutical sciences & research, 2011, 2(1): 1-12.
8. Sengupta P., Health impacts of yoga and Pranayama: A state-of-the-art review. Int J Prev Med.2012; 3:444–58. [[PMC free article](#)] [[PubMed](#)]
9. Sengupta, P., Challenge of infertility: How protective the yoga therapy is ?, Anc Sci Life. 2012,32(1): 61–62, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3733210/>  
<http://infertilityhomeoclinic.com/>