

Yoga Poses For Infertility Treatment In Women

**BY
Suzis Ben**

The word yoga means “union”. The system of yoga is part of Indian spirituality and it means union between the mind, body and spirit.

Yoga involves practice of physical postures and breathing exercises.

Today the Yoga has been practicing all over the world for health and relaxation...

Role of Yoga in Infertility Treatment

Almost everyone knows that practicing yoga helps in improving balance, flexibility and strength.

Now the question is does yoga improve fertility in women?

In this blog post, you’ll find answer to this question.

Shall we start...?

3 ways yoga enhances fertility in women


3 WAYS

yoga enhances fertility in women

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.


1



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.


2



You know stress is a major cause of infertility and it interferes with the woman's menstrual cycle thereby delaying the ovulation.

The stress can also cause reduction in sperm production in men. This stress can be released with the regular practice of yoga.

3



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Among the natural treatments like homeopathy or [herbal treatment](#), yoga is also a major one. It [increases the chances of conceiving](#).

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:



via [zliving](#)


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Yoga enhances fertility in women by increasing blood flow:



via [withgreatexpectation](#)

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Yoga enhances fertility in women by controlling stress:



via [pixshark](#)

You know stress is a major cause of infertility and it interferes with the woman's menstrual cycle thereby delaying the ovulation. The stress can also cause reduction in [sperm production in men](#). This stress can be released with the regular practice of yoga.

Today more and more people are going for this option to treat infertility. Learning yoga also need not involve going to any particular place, it can be learnt at the comfort of your home.

Benefits of yoga for women's fertility problems

Major fertility problems of women like lack of ovulation, PCOS, 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 as mentioned above.

The practice of yoga can control stress and correct hormonal imbalance.

If you are already undergoing treatment for infertility, by combining yoga with your regular treatment you can speed up your conception and get pregnant faster.

See what research says about yoga and fertility.

Research: Yoga increases fertility

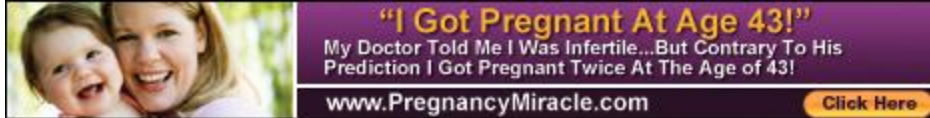
While the medical profession views yoga as helpful for fertility primarily because it reduces stress, yogis see much broader benefits. It balances hormones, opens the hip and pelvic areas, and improves the flow of energy through the body.

Any woman who wants to enhance her reproductive health—whether or not she has diagnosed infertility—can benefit from yoga, says Eden Fromberg, an obstetrician/gynecologist with Soho OB-GYN and founder of Lila Yoga, Dharma & Wellness in New York City. [Click Here To Read More!](#)

New research from the University of Oslo has determined that yoga practices can have an almost immediate impact on gene expression, particularly in immune cells. [Click Here To Read More!](#)

We all know that yoga does a body (and a mind) good. But up until recently, no one could really say with any degree of certainty why—or even how—it improves conditions as varied as depression and anxiety, diabetes, chronic pain, and even epilepsy.

Now a group of researchers at Boston University School of Medicine believe they've discovered yoga's secret. In an article published in the May 2012 issue of Medical Hypotheses journal under an impossibly long title, Chris Streeter, PhD, and his team hypothesize that yoga works by regulating the nervous system. And how does it do that? By increasing vagal tone—the body's ability to successfully respond to stress. [Click Here To Read More!](#)



8 Yoga postures for getting pregnant:

Yoga postures involve movement and stretching of your body to increase flow of life energies into your body.

Don't think that the practice of yoga a mere stretching and relaxation exercise. It is more than that. Keep reading to understand this.

Here are eight Yoga postures for increasing fertility.

1. Alternate nostril breathing (Nadi Shodhan pranayama)



via easy888

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. [Click Here To Read More!](#)

2. Bee breath (Bhramari pranayama)



via [satyaliveyoga](#)


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. [Click Here To Read More!](#)

3. Seated forward bend (Paschimottanasana)



via [ayurveddoctor](#)

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. [Click Here To Read More!](#)

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4. Standing forward bend (Hastapadasana)



via [totalbeauty](#)

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. [Click Here To Read More!](#)

5. One-legged forward bend (Janu shirshasana)



via [yogapaws](#)

The One-legged forward bend strengthens the back muscles, which is very useful during pregnancy. [Click Here To Read More!](#)

6. Butterfly pose (Baddha konasana)



via [hdwallpaper](#)


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. [Click Here To Read More!](#)

7. Legs up the wall pose (Viparita Karani)



via [womenshealthmag](#)

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. [Click Here To Read More!](#)

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8. Yogic sleep (Yoga Nidra)



via [artoofliving](#)

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. [Click Here To Read More!](#)

Start with 2 or 3 times a week:

Yoga is amazing—even if you only practice for one hour a week, you will experience the benefits of the practice. If you can do more than that, you will certainly experience more benefits. I suggest starting with two or three times a week, for an hour or an hour and a half each time. If you can only do 20 minutes per session, that's fine too. Don't let time constraints or unrealistic goals be an obstacle—do what you can and don't worry about it. You will likely find that after awhile your desire to practice expands naturally and you will find yourself doing more and more. [Click Here To Read More!](#)

Practice yoga for getting conception

Yoga is not a theory.

Yoga is not a medicine.

Yoga is a spiritual practice.

You can conceive and get pregnant if you practice yoga with a spiritual mind.

Why Won't Your Body Do What It Is Supposed To Do?

If you are trying to get pregnant hoping for joy but preparing for heartbreak, consider this fact...

Western medicine treats the disease at organ level...

But the Right way to fight infertility is by restoring the balance at cellular level...

Once balance is restored at cellular level fertility happens naturally...

Read the **Joel Fuhrman Quote** to understand what I am saying...

"Medicines cannot drug away the cellular defects that develop in response to improper nutrition throughout life."— Joel Fuhrman American author and physician.

So you can get pregnant without doctors help...

You are going to love this!



Mary Siordia was shocked and speechless when her doctor confirmed her pregnancy.

She followed a 5 step plan without costly drugs or IVF.

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Suzis Ben

Fertility Blogger

www.fightyourinfertility.com

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