

The effects of yoga on female fertility

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Introduction: Studies have shown that nutrition, exercise, and psychological stress, have substantial effects on fertility. Therefore nowadays infertility specialists strongly advise infertile couples to change their lifestyle. Yoga is a physical, mental, and spiritual practice which mainly alleviate health problems and specially reduce stress. Yoga as a complementary treatment improve health-related quality of life. Therefore in the current study we evaluated the effects of yoga on female fertility.

Methods: We performed an internet survey to determine the effects of yoga on female fertility.

Results: It seems that yoga balance hormonal system, supports immune system and induce detoxification. Yoga improves the quality of life by reducing stress because stress hormones like cortisol can interfere with normal reproductive functions by triggering reproductive hormonal imbalances. It seems that fertility yoga, yoga postures related to fertility, is becoming a popular way for women to enhance their well being and improve their chances of conceiving. Fertility yoga poses work on the muscles surrounding the reproductive organs, so by contraction and relaxation of these muscles the circulation of the organs in pelvis area such as ovary and uterus is improved. Also by doing yoga the muscles that are used during pregnancy and childbirth are strengthen.

Discussion: Yoga has beneficial effects on restoration of fertility and increasing the chances of pregnancy especially by reduction of stress. Therefore, fertility yoga can be used in conjunction with other medical fertility treatments.

Keywords: Yoga, Infertility, Lifestyle

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