

INFERTILITY

बांझपन

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- The truth of IVF (In Vitro Fertilization)
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- गर्भ संस्कार (Pregnancy Rituals) का महत्व



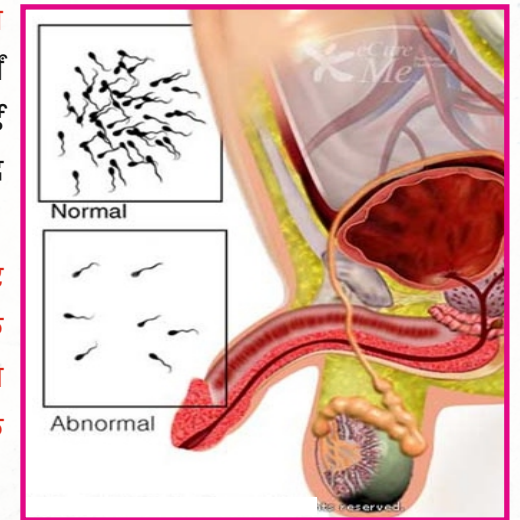
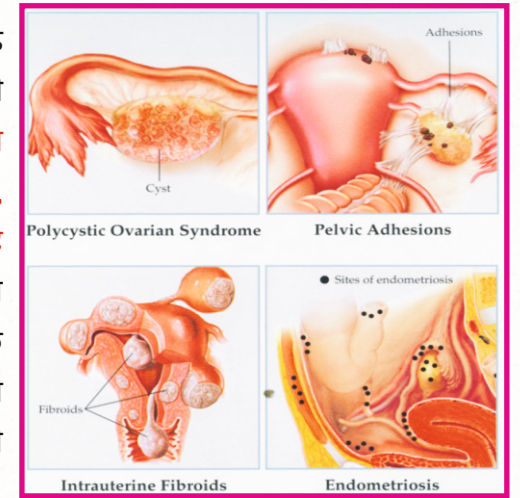
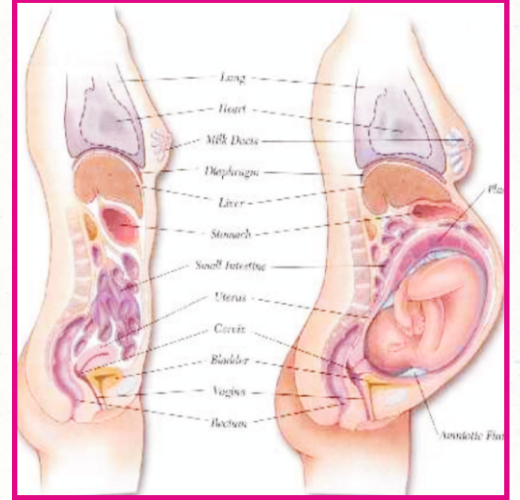
क्या है इनफर्टिलिटी (बांझपन)..?

हर दम्पति के लिए संतान सुख सबसे बड़ा होता है। जिन्हे बच्चे नहीं होते हैं उन्हें मानसिक कष्ट, परिवार और समाज से भी ताने-उलाहने सुनने पड़ते हैं। जब दंपति नियमित रूप से असुरक्षित संबंध बनाने के बावजूद एक वर्ष या उससे अधिक समय तक गर्भधारण नहीं कर पाते हैं, तो इसे बांझपन कहते हैं।

महिलाओं में इनफर्टिलिटी के प्रमुख कारण हैं- इन्फेक्शन, खून की कमी, महावारी का कष्ट के साथ/कम/ज्यादा या 6-8 महीनों तक बिल्कुल न आना, गर्भाशय का छोटा/उल्टा/लटका या मुंह बन्द होना, गर्भाशय युक्त बीमारी, PCOD/PCOS, अण्डाशय शोध, गर्भाशय या अण्डाशय में रसौलियां या नलियों का दोष, ऋतुसाव का बंद होना, सूजन आदि। कभी सैंकड़ों में से किसी महिला को कोई जन्मजात या वंशानुगत दोष या गर्भकाल में किसी अंग का विकसित ही न होना या अंग का न बनना हो तो ऐसी महिलाओं के संतान होना संभव नहीं होता।

ऐलोपैथी या आधुनिक विज्ञान में इन्फर्टिलिटी का ईलाज बहुत कष्टकारी तथा महंगा होता है और महिलाओं को बाहर से हॉर्मोन्स दिए जाते हैं। आयुर्वेद में हर रोग की चिकित्सा में कारणों को ढूँढ कर, मूल कारण की चिकित्सा की जाती है जिससे रोग ठीक हो सकता है। इनफर्टिलिटी की चिकित्सा भी इसी प्रकार की जा सकती है। सही चिकित्सा न होने पर या ऊपर से Hormone देने पर स्त्रियों को अन्य कई प्रकार की समस्याएँ उत्पन्न हो जाती हैं, जैसे- वजन का बढ़ना-घटना, दर्द, थकावट, सुस्ती, हड्डियों की कमज़ोरी, मासिक धर्म की खराबी, बड़े-बड़े अण्डे बनना और अन्य खराबियां, यहां तक कि कैंसर बनने का भी खतरा हो सकता है। अतः इस तरह के हार्मोन जैसे Clomiphenes आदि का लेना कई बार नुकसानदेह साबित होता है और इनके दुष्परिणाम अत्यन्त भयंकर हैं। कभी-कभी ये हार्मोन बढ़ने पर हमल (अण्ड) ट्यूब या अण्डाशय में भी ठहर जाता है तो ट्यूब या गर्भाशय या ओवरी ही निकलवानी पड़ती है और तब बच्चे होने की सम्भावना बिल्कुल समाप्त हो जाती है। इसी प्रकार, पुरुषों में भी इनफर्टिलिटी पाई जाती है, जिसका लक्षण है Low Sperm Count/ No Sperm Count या शुक्रणाओं का कमज़ोर होना आदि। इनका कारण है अनियमित खान-पान तथा खराब जीवनशैली, मोटापा, नशीले पदार्थों का अधिक सेवन, अधिक काम, क्रोध, तनाव/टैंशन या शक्ति से अधिक काम करना तथा कोई ऐक्सीडेंट, इन्फेक्शन या कोई लम्बी बीमारी जैसे जननांगों में Cysts/Fibriod होना, गद्द बढ़ना या Testis के कैंसर आदि। इनका भी आयुर्वेद में सही समय ईलाज संभव है।

ऊपर बताई गई लगभग सभी बीमारियों में आयुर्वेदिक दवाओं, पंचकर्म, होम्योपैथी, योग और डीआईपी डाइट के माध्यम से आराम पाया जा सकता है। "जीना सीखो" के डॉक्टर बताते हैं कि सही जीवनशैली और संतुलित आहार को अपनाकर बांझपन जैसी समस्याओं से बचा जा सकता है। स्वस्थ जीवनशैली न केवल इन समस्याओं को दूर करने में मदद करती है, बल्कि मानसिक और शारीरिक स्वास्थ्य को भी बेहतर बनाती है।



पूरे भारत में हमारे 80+ क्लिनिक व 40+ से अधिक हॉस्पिटल व डे केयर सेंटर हैं



क्या आप इनफर्टिलिटी (बांझपन) से परेशान हैं ?

शुद्धि आयुर्वेद हॉस्पिटल में पाएँ इनफर्टिलिटी की समस्या का समाधान

आज ही अपनी अपॉइंटमेंट बुक करें।

कॉल करें: 82704-80704

IVF (In Vitro Fertilization)

Treatment of infertility in Modern Medical science

IVF involves fertilizing an egg outside the body, in a laboratory dish, and then implanting it in a woman's uterus. With in vitro fertilization (IVF), eggs (Oocytes) are retrieved from the ovary and placed in a Petri dish with active, motile sperm. Because fertilization occurs in the Petri dish rather than in the woman's body, this process has been called "in vitro." The eggs and sperm are maintained in a special culture media (nutrient fluid) within a controlled environment (incubator). If a fertilized egg is developing properly, it will consist of 6–8 cells at 3 days after egg retrieval. If an embryo is continuing develop appropriately, it will form a blastocyst by 5–6 days after egg retrieval. After embryos have developed in the IVF Lab for several days, one or more are selected for transfer into the uterus and if additional embryos are developing, they may be frozen to be transferred at a future time.

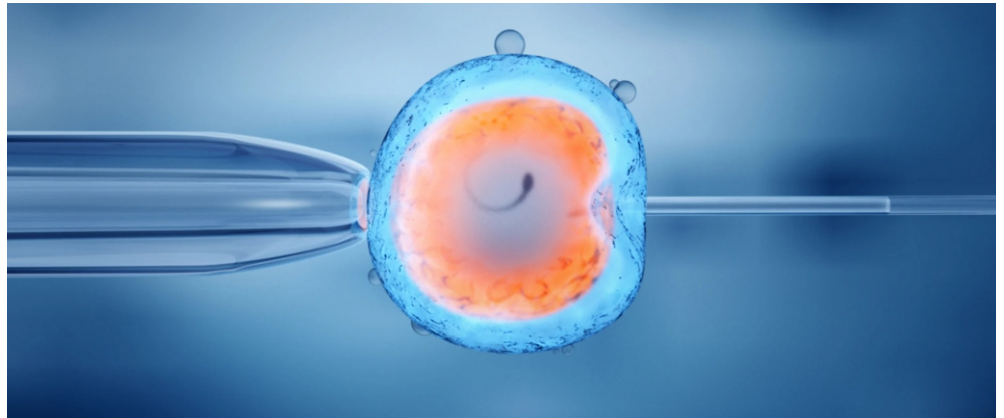
Step 1: Medication

Step 2: Harvest the eggs

Step 3: Fertilization

Step 4: Embryo culture

Step 5: Embryo transfer



Step 1: Medication

The Women is given injection **Harmons** to produce more eggs than she would in a normal month. In a typical ovulatory month a women recruit and ovulate one egg, "with IVF the goal is to make 10 or 15 eggs."

Step 2: Harvest the eggs

Eggs are then collected from the ovaries via a minor **surgery** during which the woman is sedated and the eggs are retrieved trans-vaginally. On the same day, sperm is collected from the male partner.

Step 3: Fertilization

The egg and sperm are then combined in a lab through varying technologies of fertilization, such as intra cytoplasmic sperm injection (ICSI).

Step 4: Embryo culture

Observation of the embryos are done as they divide from two cells to four cells and then eight cells and so on.

Step 5: Embryo transfer

During an embryo transfer, a woman's uterus is watched by ultrasound and a small **catheter is placed into the uterine cavity** through the cervix. The embryo(s) are then placed in the uterus. Ten days later, the woman returns to the clinic for a blood test to determine if she's pregnant or not.

The truth of IVF (In Vitro Fertilization)

Treatment of infertility in Modern Medical science



Many studies have highlighted a concern for potentially increased risks of congenital defects and imprinting disorders in IVF pregnancies

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5951714/>

Women undergoing hormone therapy are more likely to have breast cancer

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8214614/>



IVF increases the risk of :

- Heart Defects ▸ Musculoskeletal Defects
- Central nervous system malformations ▸ Preterm birth
- Low birth weight are increased in children conceived by vitro fertilization (IVF)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7026576/#:~:text=The%20risks%20of%20heart%20defects,but%20also%20on%20IVF%20itself>



The IVF mothers tended to report lower self-esteem and less parenting competence

<https://www.sciencedirect.com/science/article/pii/S001502829900583X>



The real costs of two advanced infertility services was more than their benefits from the social perspective

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7360055/>



First-time IVF success rates often fall between 25–30% for most intended parents.

Failed IVF... what to do next..?

ayurveda
can help



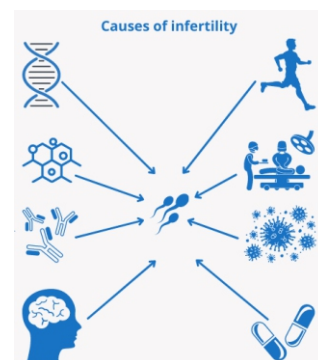
HOW AYURVEDA TREATS MALE INFERTILITY..!

Embarking on the journey to parenthood is a cherished dream for countless couples worldwide. However, the path to conception can be fraught with unforeseen hurdles, including infertility. Unlike sterility, which signifies a permanent inability to conceive and infertility refers to the challenge of achieving pregnancy after a year of unprotected intercourse. Both men and women can contribute to this complex issue.

There are a lot of Ayurvedic treatment options and strategies to navigate the realm of infertility, ultimately enhancing their chances of fulfilling their dream of becoming parents.

Male infertility can arise from various factors

- Lifestyle disorders like obesity and diabetes can affect sperm quality and quantity.
- Stress & Hormonal Defect.
- Lifestyle choices—smoking, drug use, Alcohol consumption.
- Nutritional deficiencies.
- Radiation emitted by devices.
- Pollution and Exposure to chemicals.
- Chromosomal defects that may affect fertility.
- Sexual Problem like : ED, Inability to ejaculate etc.



How we treat Male infertility

Male infertility can be a challenging and emotionally distressing condition that affects many couples. In Ayurveda, the ancient Indian system of medicine, male infertility is addressed through a comprehensive and personalized approach that focuses on restoring the balance of mind, body, and spirit. Our team of experienced Ayurvedic practitioners combines traditional wisdom with modern diagnostic tools to identify the underlying causes of male infertility. We believe that each individual is unique, and our treatments are tailored to suit your specific needs. **Ayurvedic treatment for male infertility involves a combination of therapies, herbal remedies, dietary modifications and lifestyle changes.** These interventions aim to rejuvenate the reproductive system, improve sperm quality and motility, and enhance overall reproductive health.

HOW AYURVEDA TREATS FEMALE INFERTILITY..!

Understanding the Factors Behind Female Infertility

- One of the primary causes of female infertility is hormonal imbalances. Hormones play a vital role in regulating the reproductive system, and any disruptions can impact fertility. Conditions such as polycystic ovary syndrome (PCOS) and thyroid disorders can lead to hormonal irregularities, affecting ovulation and the chances of conceiving.
- **Structural abnormalities in the reproductive organs can also contribute to infertility. Conditions such as endometriosis, fibroids, or blocked fallopian tubes can impede the fertilization process.**
- Age is another significant factor affecting female fertility. As women age, the quantity and quality of eggs decrease, making it more challenging to conceive.
- **Lifestyle choices—Smoking, excessive alcohol consumption and drug use have been linked to decreased fertility in women.**
- exposure to environmental toxins, such as chemicals and pesticides, may have adverse effects on reproductive health.
- **Conditions like diabetes, Autoimmune Disorders and cancer can all affect reproductive health.**
- certain medications and treatments, such as chemotherapy or radiation therapy, can have temporary or permanent effects on fertility.
- **Stress, anxiety, and emotional distress can interfere with the hormonal balance necessary for conception.**

How we treat Female infertility

Ayurveda, an ancient Indian system of medicine, recognizes that infertility can arise from various imbalances in the body. **We take a comprehensive approach, combining traditional Ayurvedic principles with modern diagnostics to identify the underlying causes of your infertility.** Ayurveda also recognizes the importance of detoxification in preparing the body for conception. Our detoxification therapies help eliminate toxins and purify the reproductive organs, optimizing their functioning and creating a favorable environment for conception. Additionally, **we provide counseling and emotional support throughout your journey, ensuring you feel empowered and confident in your pursuit of parenthood.** Panchakarma, a renowned Ayurvedic detoxification therapy, forms the core of our infertility treatment approach. This comprehensive purification process involves a series of therapies that help eliminate toxins from the body, rejuvenate the reproductive organs, and restore hormonal balance. In addition to Panchakarma, we offer personalized herbal remedies and dietary recommendations to support your reproductive health. We will also suggest lifestyle changes such as stress management techniques, regular exercise and adequate sleep, which are essential for reproductive health.

HOW AYURVEDA TREAT INFERTILITY..!



Ayurveda helps in increasing the quality and quantity of semen

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6891995/>

Shodhana and Shamana therapies along with counseling improving the seminal parameters

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8039349/>



समग्र स्वास्थ्य में सुधार और पुरुष बांझपन के ईलाज के लिए
Plant Based Diet और उचित जीवनशैली।

[https://www.researchgate.net/publication/273934273_
MANAGEMENT_OF_MALE_INFERTILITY_AYURVEDIC_APPROACH](https://www.researchgate.net/publication/273934273_MANAGEMENT_OF_MALE_INFERTILITY_AYURVEDIC_APPROACH)

The tubal blockage was removed in 80% of the patients

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3202247/#:~:text=Uttar%20Basti%20was%
20administered%2C%20after,up%20period%20of%20two%20months](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3202247/#:~:text=Uttar%20Basti%20was%20administered%2C%20after,up%20period%20of%20two%20months)



Ayurveda plays an important role in treating primary infertility

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8814398/>

Panchkarma Removes Blockage & restore Tubal Function

local instillation by Intrauterine Uttar Basti of Vata Kaphashamaka and Tridoshaghna drugs with Sukshma, Sara, Katu, Ushna, and Pramathi properties can be helpful to remove the blockage and to restore the tubal functions.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215358/>



Effective management of Infertility associated with PCOD was managed by Shodana

[https://www.researchgate.net/publication/338214487_INFERTILITY_MANAGEMENT_
THROUGH_AYURVEDA_SHODHANA_KARMA-A_CASE_REPORT](https://www.researchgate.net/publication/338214487_INFERTILITY_MANAGEMENT_THROUGH_AYURVEDA_SHODHANA_KARMA-A_CASE_REPORT)

HOW AYURVEDA TREAT INFERTILITY..!



Subfertility due to Poly Cystic Ovarian Syndrome can be cured successfully by using Ayurveda treatment regimen.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215317/>

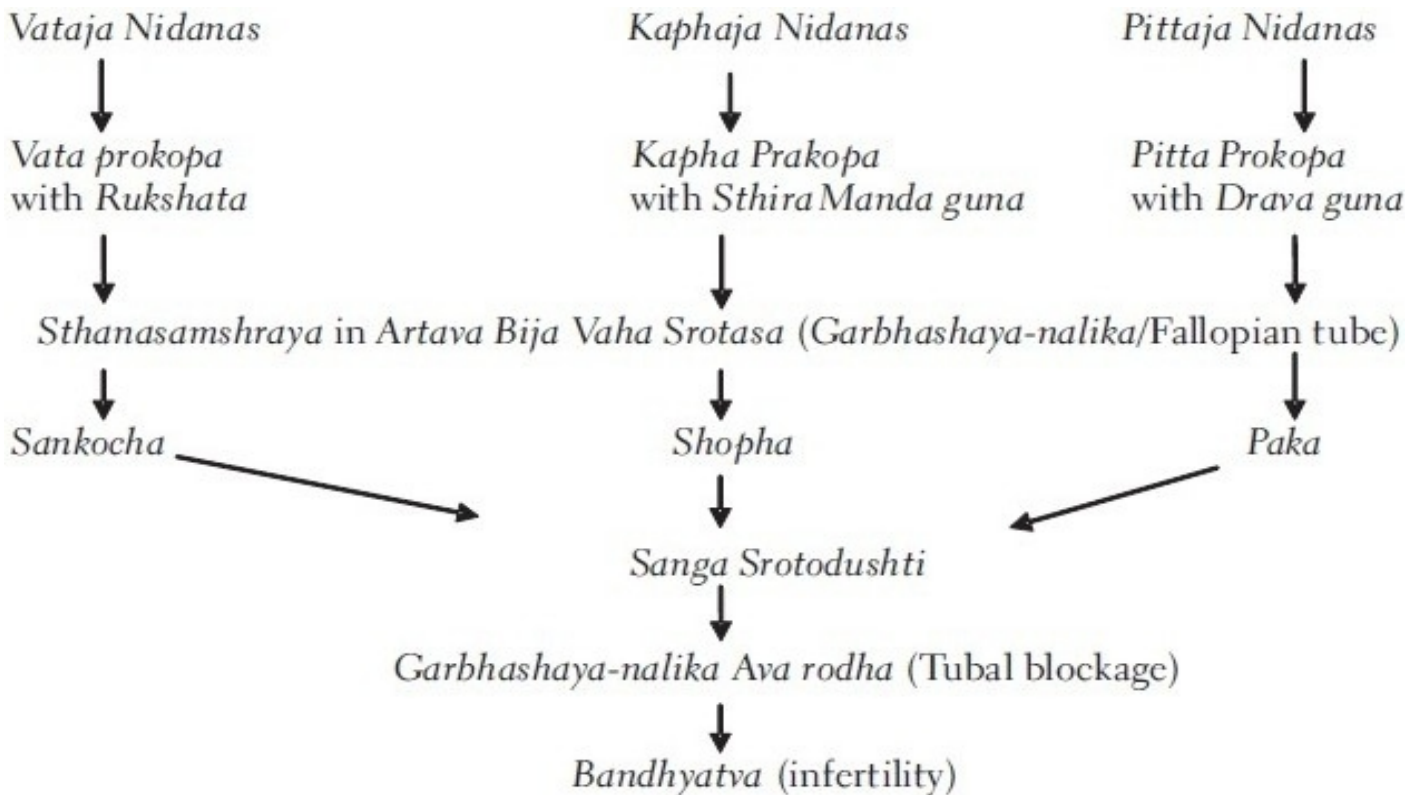
Panchakarma plays an important role in treating female infertility

https://www.researchgate.net/publication/365608292_SYSTEMATIC_REVIEW_ON_THE_ROLE_OF_UTTARA_BASTI_KARMA_IN_FEMALE_INFERTILITY



Management of Unexplained Female Infertility through Ayurvedic treatment

https://www.researchgate.net/publication/370579772_Management_of_Unexplained_Female_Infertility_through_Ayurvedic_treatment_-_A_Case_Study



Yoga helps in infertility by reducing stress and balancing hormones

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3733210/#:~:text=Yoga%20for%20fertility%20improves%20both,scientific%20field%20is%20still%20unmapped>



गर्भ संस्कार (Pregnancy Rituals) का महत्व

GARBHASANSKARA: A MIRACLE TO WOMAN AND NEWBORN

Garbha Sanskara:-

It is a process of training the baby's as well as mother's mind during pregnancy. Pre-planning for pregnancy (Suprajajanan), preparing the body in advance before conceiving helps greatly in having a healthy progeny.

With Previous research papers you know that Ayurveda plays an important role in treating infertility but that's not all . After the treatment of infertility Ayurveda focuses on Garbh Sanskar.....not everyone is familiar with Garbh Sanskar.

In the Hindu culture Garbh Sanskar's importance was also seen in Mahabharata. Arjuna's son **Abhimanyu** received the teaching of **chakravyuh** in the womb of his mother.

A monk like **Prahlada** was born to the demon king but Prahlada had **divine education** through Garba Sanskar.

With these examples we can understand the power of this Sanskara.

Since ancient times there has been a lot of importance of Garbh Sanskar in society . This is one of the 16 Sanskar prescribed for human beings. It is very important and highly beneficial for physical development and development of the brain of the foetus. If Garbh Sanskar is described in few words then it means educating the child from the time of conception . The latest research and modern Medical Science have started recognising the importance of गर्भ संस्कार (Pregnancy Rituals).

Researches & Videos Showing the power of Garbh Sanskara : ▼



GARBHASANSKARA: A MIRACLE TO WOMAN

https://www.researchgate.net/publication/351789513_GARBHASANSKARA_A_MIRACLE_TO_WOMAN

Effect of Garbh Sanskar (Yoga) on Maternal and Perinatal Outcome

<https://ijmrr.medresearch.in/index.php/ijmrr/article/view/1365/2577>



Importance of redefining the significance of Garbh Sanskar in the present scenario.

https://www.researchgate.net/publication/372852691_Garbh_Sanskar_Preparation_of_Motherhood



<https://www.youtube.com/watch?v=Dy79TNleogc>



<https://www.instagram.com/reel/C1b6LT2rN31/?igsh=MXVIYmQwd2pkMzNnaQ%3D%3D>