

**NATUROPATHIC THERAPY
FOR
FERTILITY**

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I- Bnys Part 2**



Introduction:



Fertility issues can be a challenging and emotional experience for many couples. Naturopathic medicine focuses on treating the whole person and addressing the root causes of health issues, including fertility problems. By taking a comprehensive approach to fertility, naturopathic doctors can help both women and men improve their chances of conceiving naturally.

Lifestyle tips to improve fertility



There are several lifestyle changes that women and men can make to improve their fertility. For women, maintaining a healthy weight, eating a balanced diet rich in fruits and vegetables, reducing stress, regular yoga, and avoiding alcohol and tobacco can all help improve fertility. For men, maintaining a healthy weight, eating a balanced diet rich in antioxidants, avoiding excessive heat exposure to the testicles, and reducing stress can improve fertility.

Natural ways to boost fertility



1. Maintain a healthy weight and BMI
2. Eat a balanced diet rich in antioxidants and vitamins,
3. Get enough sleep and practice good sleep hygiene ,being positive in attitude
4. Get regular exercise, but avoid excessive high-intensity exercise
5. Limit alcohol and caffeine consumption

Accupressure point for fertility :

Spleen-6: Located on the inner leg, this acupuncture point is believed to promote blood flow to the pelvic area, enhance fertility, and regulate the menstrual cycle.

How Acupuncture can improve fertility

Regulate menstrual cycles: Acupuncture can help regulate irregular menstrual cycles and restore hormonal balance, promoting optimal conditions for conception.

Enhance ovarian function: By improving blood flow to the ovaries, acupuncture can support healthy egg development and improve ovarian function.

Improve sperm quality: Acupuncture treatments can also benefit men by improving sperm quality, count, and motility.

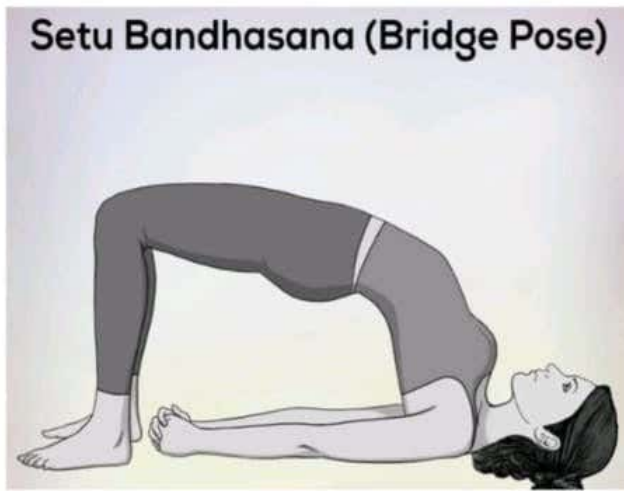
Asanas for fertility



1. Baddha konasana (butterfly pose)

Improves blood circulation in the pelvic region

Setu Bandhasana (Bridge Pose)



2. Setu Bandhasana (Bridge Pose)

May help with PCOS symptoms and digestion.

Janu Sirsasana
(Head To Knee Pose)



3. Janu sirasana (head to knee pose)

It can help relieve premenstrual symptoms

Kidney-3: This point is known for its association with the Kidney meridian, which plays a vital role in fertility. Stimulating Kidney-3 may help improve kidney function, support hormonal balance, and enhance reproductive health.

Liver-3: The Liver meridian is connected to the menstrual cycle and emotional well-being. Stimulating Liver-3 can help regulate the menstrual cycle, reduce stress, and promote emotional balance.