



Research Article

OVERCOME INFERTILITY THROUGH COMPLEMENTARY ALTERNATIVE THERPIES

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ARTICLE INFO

Article History:

Received 11th June, 2017

Received in revised form 8th

July, 2017 Accepted 18th August, 2017

Published online 28th September, 2017

Key words:

Infertility, Complementary Therapies, Fertility, Treatment ,Relaxation

ABSTRACT

In humans, infertility may describe a woman who is unable to conceive as well as being unable to carry a pregnancy to full term. There are many biological and other causes of infertility, including some that medical intervention can treat. Women who are fertile experience a natural period of fertility before and during ovulation, and they are naturally infertile during the rest of the menstrual cycle. Fertility awareness methods are used to discern when these changes occur by tracking changes in cervical mucus or basal body temperature. Complementary and alternative medicines (CAM) and therapies are defined as ‘practices and ideas which are outside the domain of conventional medicine in several countries’, and their usefulness as ‘preventing or treating illness, or promoting health and wellbeing. Many people use complementary or alternative therapies to improve their overall physical and emotional health. This could include medicines, such as herbal, vitamin, mineral, homoeopathic, nutritional and other supplements, and therapies such as Chinese medicine, chiropractic, naturopathy, osteopathy, acupuncture, homoeopathy, reflexology and aromatherapy.

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INTRODUCTION

One in six couples find it hard to conceive, but many people are unaware that a variety of complementary therapies could give those looking to start a family a helping hand.

Most people will have the strong desire to conceive a child at some point during their lifetime. Understanding what defines normal fertility is crucial to helping a person, or couple, know when it is time to seek help. Most couples (approximately 85%) will achieve pregnancy within one year of trying, with the greatest likelihood of conception occurring during the earlier months. Only an additional 7% of couples will conceive in the second year. As a result, infertility has come to be defined as the inability to conceive within 12 months. This diagnosis is therefore shared by 15% of couples attempting to conceive. We generally recommend seeking the help of a reproductive endocrinologist if conception has not occurred within 12 months. Treatments to deal with infertility are immense. While many couples today are opting for high tech methods like ivf or iui, a growing number of people are also trying alternative and mostly natural ways to boost the functioning of their reproductive system. There are many lifestyle changes you can make to help improve your fertility. Scientific evidence shows that a range of alternative therapies from acupuncture and homeopathy to nutrition and hypnotherapy can help boost fertility. Complementary and alternative medicines (CAM) and therapies are defined as ‘practices and ideas which are outside the domain of

conventional medicine in several countries’, and their usefulness as ‘preventing or treating illness, or promoting health and wellbeing’

Alternative Complementary T Herapies For Getting Pregnant

If you're trying to conceive but not getting the positive pregnancy test result you long for, you may wish to try alternative remedies-as well as seeing your doctor, of course. Yet there are many ways couples can boost their fertility naturally including acupuncture, Chinese medicine, supplements, fertility yoga and others. Most couples like to explore some of these options before venturing into more expensive-and invasive-treatments. Here, we look at a few of the top natural fertility boosters

Acupuncture

An integral part of Chinese medicine, acupuncture is based on the idea that energy flows through invisible pathways called meridians. During a treatment, the acupuncturist stimulates certain areas along these meridians with needles, helping direct the flow of energy. Chinese acupuncture - where several needles are inserted into specific points on meridians or energy channels - works on the theory that some illnesses are derived from an imbalance in the body's natural energies or 'chi'.

Guided Imagery

During guided imagery, a trained therapist (or audio recording) guides you through a visualization exercise to produce physiological changes in the body.

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You might imagine a place that you love or mentally rehearse a desired outcome (like successful conception).



“Guided imagery can also be interactive, where therapists guide patients into a hypnotic state so they can interact with images that arise, which may provide insight about the cause of infertility.

Herbs

Herbal medicine involves using plants or parts of plants (roots, stems, flowers, bark and seeds) to improve egg quality, regulate menstrual cycles, increase sperm counts and strengthen reproductive organs. Herbs come in a number of forms ranging from extracts and infusions to capsules, tablets and ointments. While they are considered “natural,” they contain powerful compounds and should not be taken without physician supervision



Yoga

Any form of exercise releases endorphins, works the heart and strengthens the immune system. Yoga goes one step further by calming the central nervous system, and balancing hormones and metabolism—both of which become irregular under chronic stress. The practice also teaches you to breathe more deeply..



Reflexology

Reflexology is a relaxing and calming therapy involving foot and hand massage. It can have a positive effect on your quality of life and reduce stress and anxiety. This could be helpful when you’re trying to get pregnant, as stress and anxiety may make it harder to conceive.



Meditation

Once you've mastered mindfulness, you'll find it easier to build meditation into your life. Most types of meditation involve sitting or lying down in a quiet place, away from distractions. You allow your thoughts and feelings to come and go without trying to push them away. Sit quietly and pay attention to your body, your thoughts and feelings and your breathing. Whenever your mind starts to wander, you gently bring your attention back to your breathing. Meditation is known to improve mental well-being.

Complementary Therapies You Can Do On Your Own

Infertility affects every facet of a woman’s life from her physical and emotional health to her social connections and love life. And with so much emotionally, financially and physically riding on success, it’s no wonder infertility patients are stressed! In fact, studies show that women who are undergoing fertility treatments and people who are facing a cancer diagnosis are equally stressed. Here, a few tips to help you relax:

1. Build awareness. “Most of us are so disconnected from our bodies we don't even realize we're stressed,” says Dowd. That’s where Biodots come in. When adhered to the skin, these little dots act almost like mood rings, changing color according to your stress level. So, if your Biodot is black, you know you're stressed.” And once you have that information, you can change the color of your Biodot by slowing down and taking a few deep breaths.
2. Strike a pose. Lie on your back in a pose called shavasana with your arms spread out to the sides or

slightly up so there's a small amount of tension in the chest. Then make thumbs like Fonzie, says Dr. Horn.

3. Touch your heart or your belly. Touching your heart or belly shifts your attention away from your thoughts (which is where stress originates) and into your body (where you can tap into your intuition). Then breathe deep. "Breathing is the cheapest, greatest tool on the planet," says Dowd. Even one deep breath can start to change the way you feel.
4. Write it out. When you need an emotional release, pull out a notebook. Writing out your worries can help you work through problems, and see things in a new light.
5. Let go. While you may not be able to plunk yourself down on the sandy shores of the Riviera, you can observe a beautiful sunset in your mind. "Close your eyes and go to a place you love-a place that you find particularly peaceful," says Dowd. Then relax and let go!

CONCLUSION

Most people think about their lifestyle when they are going through fertility tests and treatment – there is so much information out there now about how diet and lifestyle can impact on fertility that it's not surprising that people often feel a need to take measures to improve what they eat. It's never a bad thing to eat healthily, but it's also true that there's little scientific evidence about so-called fertility "superfoods" or that supplements are going to make a real difference to the outcome of treatment.

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How to cite this article:

S.Pappy Yuvarani (2017) 'Overcome Infertility Through Complementary Alternative Therpies', *International Journal of Current Advanced Research*, 06(09), pp. 5772-5774. DOI: <http://dx.doi.org/10.24327/ijcar.2017.5774.0797>
