



Modern Era Lifestyle Factors in relation to Primary & Secondary Infertility: A Survey Study

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Abstract

Fertility is the capacity to continue the progeny, which is bliss to every living body. Fertility is what, which is normal. But In today's Modern Era, we can find many people, from all socio-economic background, are struggling very hard to win over *Vandhyatwa*. There are various things, which are responsible for the increased prevalence of primary & secondary infertility worldwide. The pathophysiological reasons may be observed in both male as well as female partner. And there are 'n' number of advanced treatments like IUI, IVF are available to conquer the problem. Yet, we often observe that, the success ratios of these treatments are not so much promising. Also, 'Unexplained Infertility' has a noticeable incidence now-a-

days. That underlines the need to re-study and re-conclude the factors affecting fertility.

To trace back these factors, this study was conducted on 50 couples of - either primary or secondary infertility to know all the aspects of their modern lifestyle & to inter-relate the possible contribution of it, in Infertility.

Keywords: Infertility, Life style, factors affecting fertility, *Ayurved Nidana*

Introduction:

Inability to conceive the baby even after the span of one year of normal marital relation, without any contraception is stated as Infertility. Ayurvedic contexts refer this condition as '*Vandhyatwa*'; and same is the

burning issue of current era. Changing genetic factors, Sedentary lifestyle, Over-increased stress, Environmental pollution, Total shift in diet choices from 'nutritive' to 'tasty', complete absence of *Rajaswala Paricharaya*, and many more are being recognized as contributing causative factors for increased rate of infertility.

In orthodox families in rural and urban India, Infertility stands as Social Stigma, hence it disturbs the psychosocial status of that infertile couple. Further, unfortunately female partner is blamed many of times for the status of infertility of that specific couple. Since ancient time, it is existing as a challenging issue and hence while explaining the benefits of *Vajikarana*, *Acharya Charaka* has quoted the position of infertile couple in the society as the tree not having leaves and fruits and as the dry lake.^[1]

Though it is true that, high levels of awareness drives are required to change the perception of society towards infertility scenario; yet we can't refrain from the fact that, treating the infertility and blessing that couple with child will be the one stop solution for all of above issues. It will automatically uphold the psychosocial status of the whole family.

In Ayurveda, *Vandhyatva* (infertility) is a condition where, factors like *Shukra Dushti*, *Bala Kshaya*, *Ativyayama* defects the *Shukra Dhatu* and hence fertility of sperm gets reduced. Gynecological / reproductive disorders of females have been explained as *Yonivyapada* in Ayurvedic contexts and majority of *Yonivyapadas* are occurs mainly due to vitiated *Vata Dosha*. *Mithyachara* is one of the most important causative factors

for *Yonivyapada* according to *Acharya Charaka*. *Mithyachara* means *Mithya-Ahaara* (improper diet) and *Mithya-Vihara* (improper life style)^[2].

There are various female reproductive health disorders which are caused due to consumption of improper diet & improper lifestyle. *Mithya-Vihara* can be defined as the improper actions related to body, speech and mind. Disease, excessive walking, excessive sexual indulgence, excessive intake of alcohol, not following *Ritucharya* properly, improper Panchakarma therapy, excessive travelling, jumping and fasting can be included under *Mithya-Vihar* related to body. All these activities vitiate *Vata* and further can produce various diseases. Not following *Sadvritta* code of conduct, disturbs the body-mind stability. This again has an impact on mind, which in turn affects the body and may lead to disease^[3]. Hence this study was designed to analyze contribution of modern era lifestyle factors in infertility.

Material and Methods:

Total 30 patients taking treatment for infertility at Ashokrao Mane Ayurved Medical College & Hospital, *Vathar tarf Vadgaon* has been accessed. Patients consent has been taken and questioner has been provided to them, regarding their lifestyle and associated factors. All Data was presented in tabular charts & analyzed further

Observations:

Table 1: Infertile partner Sex-wise Distribution

| Sex | Male | Female | Both | None/ Unexplained infertility |
|-------------|------|--------|------|-------------------------------------|
| Individuals | 09 | 07 | 09 | 05 |

Graph 1: Infertile partner Sex-wise Distribution

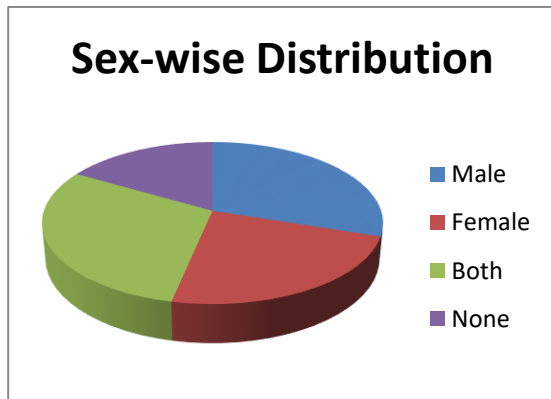


Table 2: Infertility Age wise Distribution

| Age Group | 25-30 | 31-35 | 36-40 | 41-45 |
|-----------------------|-------|-------|-------|-------|
| Primary Infertility | 10 | 05 | 02 | 01 |
| Secondary Infertility | 02 | 03 | 04 | 03 |
| Total Individuals | 12 | 08 | 06 | 04 |

Graph 2: Infertility Age wise Distribution

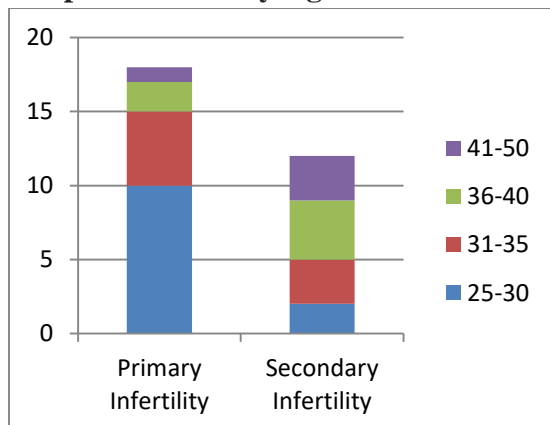


Table No.3 Distribution of Causative Factor in Females

| Causative Factor | Individuals |
|------------------------|-------------|
| Anovulatory cycle | 03 |
| Menstrual irregularity | 02 |
| Tubal Block | 01 |
| Obesity | 04 |
| PCOD | 06 |
| Late Marriage | 02 |
| Stress | 01 |
| Unidentified | 02 |

Graph No.3 Distribution of Causative Factor in Females

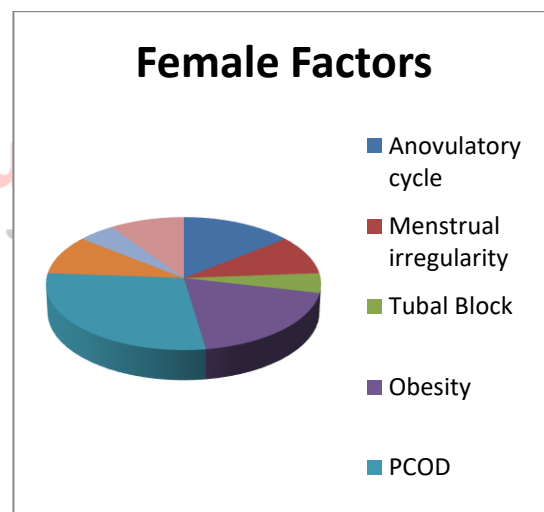


Table No.3 Distribution of Causative Factor in Males

| Causative Factor | Individuals |
|---------------------------|-------------|
| Low sperm count | 09 |
| Low motility of sperm | 08 |
| Smoking and/or alcoholism | 01 |
| Stress | 01 |
| Diabetes Mellitus | 01 |
| Unidentified | 01 |

Graph No.3 Distribution of Causative Factor in Females

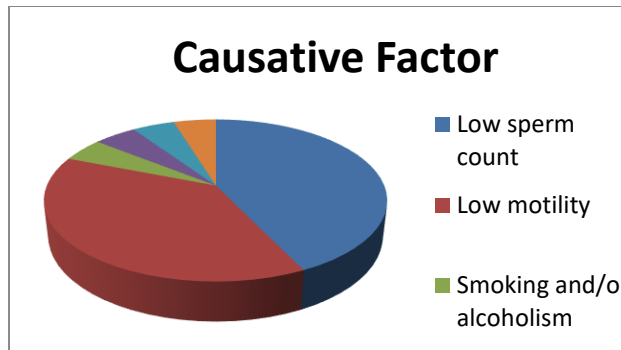
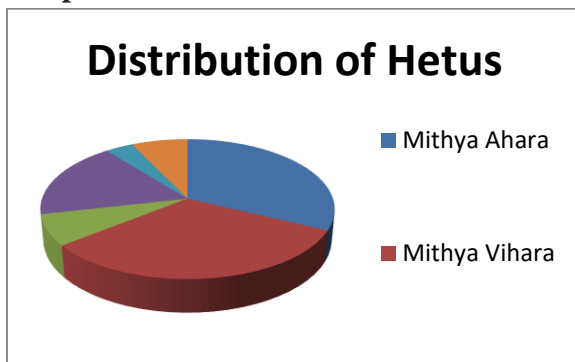


Table No. 4: Distribution of Hetus

| Distribution of Hetus | Individuals |
|---------------------------|-------------|
| Mithya-Ahara | 09 |
| Mithya-Vihara | 09 |
| Mithya- Nidra | 02 |
| Avyayama | 05 |
| Rajaswala Paricharya | 01 |
| Adharaneeya Vega Dharan | 02 |
| Dharaneeya Vega Pravartan | 02 |

Graph No. 4: Distribution of Hetus



Results

The reason for the growing infertility among today’s men and women is primarily due to changing lifestyle, dietary habits, lack of

exercise, obesity and increased anxiety and stress. Either male or female or both factors can cause infertility. Infertility in female can be due to abnormalities in reproductive organs like ovary, or fallopian tube, uterine problems etc. Male infertility can be due to defected sperm or its abnormal motility. Hormonal imbalance, age and stress also have an impact in reducing fertility. Anemia, Obesity, Drug abuse like Cocaine, Low testosterone level etc. physical causes may reduce fertility.^[4] Chromosomal disorder, ductus occlusion, infections like mumps etc. pathological causes also can cause infertility.

Discussion

Infertility is one of the common reproductive disorder. It can harm deep into the psyche of couples undergoing it. *Ayurvedic Siddhantas* surely guides us the pathway to clinical success without any adverse effects.

Each of our *Dinacharya* procedures has certain direct impact on our fertility. Hence it is necessary to have an aware practice of it to maintain a fertile life. If we adopt it in our day to day life, we can nourish the fertility to a great extent. All of our ancient Ayurvedic classics clearly explain a healthy daily regimen. Out of those, many regimens are mentioned as having *Vrushya Guna* which means they have impact on our fertility. So adopting ‘Classical *Dinacharya*’ upto maximum possible extent in our diet and activities can do a lot on our fertility.

Conclusion

Infertility is the burning issue since last 10 years. This is mainly due to the unwholesome combination of nutritional , psychological, environmental and social factors. In Modern medicine, treatment

methodologies focuses on correcting dysfunction of individual and it is diagnosed with the various expensive diagnostic tests. Further, the possible complications which may happen due to the management of infertility by hormonal therapy, ovulation induction and invasive diagnostic techniques are huge. In cases of unexplained infertility, life style modifications and Artificial reproductive techniques like IUI,IVF etc are only treatment option available. But the success rates are less even though the expenses are at higher side. Ayurvedic management of infertility keenly observes the individual constitution, and aims to enhance the functioning of body systems that participate in the process of fertilization. Hence, if practiced daily, *Ayurvedic* advices like '*Dinacharya*' helps in regulating menstrual cycles, enhancing general health and wellness, revitalizing sperm, reducing stress, enhancing sleep, controlling anxiety and increasing energy level, balancing the endocrine system and improving blood flow in pelvic cavity, thereby promoting fertility.

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