



How Yoga Helps Improves Fertility In Women



It increases the activity of the reproductive system by improving blood flow.

The increased blood flow facilitates more nutrient and oxygen supply, thereby opening up the constricted vessels for easy blood flow to the pelvic area.



It aids in the release of female hormones from the endocrine system.



It helps keep stress levels in check by regulating the production of adrenaline and cortisol hormones.



Yoga can help minimize the side effects of fertility hormone treatments and increase the chances of conception.



The stretching poses can help strengthen the reproductive muscles and organs.

Reference:

1. Yoga; Fertlitypedia

