

Yoga and its Effect on Women's Infertility

Dr. Sunita Rani¹ & Manika Gupta²

1. Assistant professor, Department of Psychology, Kanya Gurukula Haridwar Gurukula Kangri (Deemed to be University) Haridwar.
2. Research scholar Department of Psychology, Kanya Gurukula Haridwar Gurukula Kangri (Deemed to be University) Haridwar.

Abstract

Infertility is a prevalent condition that impacts a large number of women worldwide. Infertility, sometimes called a “sterility crisis”, affects a woman's entire life. It stresses individuals out physically, psychologically, and socially. Infertility in females has been related to stress, anxiety, depression, and severe psychological suffering. Personal sorrow and distress are brought on by infertility. The public is mostly kept in the dark about this suffering. Because of this, there is no open discussion on this subject. Alternative and complementary therapies, such as yoga, have drawn notice for their potential to improve reproductive outcomes. This study aims to investigate the potential benefits of yoga for increasing fertility through a systematic literature review. The literature search is reported using the PRISMA approach, and the literature is described using the ADO (antecedent decision outcome) framework. The following databases are used for literature searches: Google Scholar. There is still a need for more research on the relationship between yoga and infertility, as the studies that are now available mainly focus on yoga and its effect on female reproductive problems. This thorough analysis will provide insight into the potential benefits of yoga for many psychological and physical conditions associated with infertility.

Keywords: Infertility, Yoga, Women, PCOS, IVF.

Introduction

The World Health Organisation estimates that one in six people worldwide suffers from infertility, which is defined as an inability to bear a child following a year of frequent unprotected sexual activity. Numerous variables, including physical, external, genetic, and lifestyle-related ones, might contribute to female infertility (Yadav et al., 2024). Infertility frequently leads to a hidden battle. Individuals experiencing infertility express sentiments of desolation, worry, feeling isolated, and powerlessness. Even though infertility is common, most infertile women keep their experiences a secret from friends and family, which makes them more vulnerable

psychologically. The inability to procreate naturally can lead to low self-esteem, guilt, and feelings of disappointment. A low quality of life and different levels of nervousness, hopelessness, and discomfort might result from these unpleasant emotions (Rooney & Domar, 2018).

From the very beginning of time, people have used alternative medicine along with other healers to improve their chances of becoming pregnant in order to address infertility and conception-related issues. The same goal is frequently served by complementary and alternative medicine or therapy in today's world. Due to the high cost of fertility treatments, sometimes couples with infertility can turn to complementary and alternative medicine in an effort to conceive through a less

expensive, more secure, or more efficient method. A number of complementary and alternative medicine (CAM) practices, such as homeopathy, herbal therapy, spiritual healing, and "yoga," which have been a part of Indian healthcare for over seven thousand years, have been mentioned as treatments for infertility.(Sengupta, 2012b; Sengupta et al., 2013). Aiming for total consciousness and peace, the concept of "yoga" seeks to free the practitioner from the physical world and achieve a spiritual connection with the Divine. It includes both physical and spiritual practices, and it originated in ancient India. (Pilkington et al., 2005).

Yoga postures, pranayama, meditation, relaxation techniques, OM chanting, and yogic counseling are important aspects of a yogic lifestyle. (Cramer et al., 2013). More specifically, we explore the possibility that yoga, a body-mind discipline well-known for its ability to lower stress, can improve oocyte health. Our goal is to review the available research and identify any knowledge gaps on the effects of yoga and its possible advantages as a complementary therapy for infertility treatment. (Yadav et al., 2024).

The article is structured into eight sections: (1) the current section introduction section; (2) a section that presents the existing research on infertility; (3) the methodology section that describes the literature research process, used inclusion and exclusion criteria, and study selection; (4) the result section that presents contexts, characteristics, and methodologies of reviewed studies; (5) the discussion section that analyses the findings presented in the previous section and summarises the variables affecting infertility. (6) a section that presents the research gaps and limitations of the reviewed articles; (7) a section for practical implications and limitations; and (8) a section for

conclusions that highlight the significant findings of this review.

Background:

Infertility: Nowadays, the most common health problem is infertility, which several variables such as dietary habits, stress, environment, lifestyle choices, and hormonal imbalances can cause. (Osadchuk & Osadchuk, 2023). The inability to conceive is the primary sign of infertility. An irregular, non-existent, or excessively extended (thirty-five days or longer) menstrual cycle may indicate that women are not ovulating. Additionally, there might not be any more apparent signs or indicators. (Bakos et al., 1993). Two classifications exist for infertility. A couple that is unable to conceive is said to have primary infertility; on the other hand, secondary infertility is the state in which a couple conceives at least once but is unable to conceive again. (Upadhyay et al., 2020).

Yoga: India has a rich cultural history. One of the greatest contributions to the world has been yoga. "Yoga is today's necessity, yesterday's legacy, and tomorrow's culture" (Basavaraddi Ishwar, 2023). Yoga is a discipline that promotes mental clarity, emotional development, physiological healing, and spiritual advancement. Consequently, the simultaneous action of the pituitary-organ, emotional, spiritual, and hypothalamic axes result in the integration of all levels(Biggs, 2011). The philosophy of yoga seeks to free the practitioner from the material world and achieve an enlightened connection of one's self with the Divine in a peaceful and fully conscious state. (Pilkington et al., 2005). To attain a state of balance and inner harmony, yoga incorporates postures, breathing techniques, meditative practices, moral precepts, and introspection. "Breathwork practices" are prominent in pranayama and yoga

practices, which encourage mindfulness and energy flow (Newcombe, 2009).

Psychological Factors: Infertility diagnoses are frequently accompanied by increased emotional suffering, such as anxiety and depression, as is the case with the majority of chronic health disorders.(David M Clarke, 2009) . The reliability of self-report measures is one of the primary obstacles to determining the degree of anguish experienced by infertile women. Women may "false great" in order to give the impression that they are more mentally sound than they actually are. It also appears feasible that women experience a heightened sense of enthusiasm before beginning reproductive therapy. (Rooney & Domar, 2018). While feelings of loss and lack of control over the intended outcome can cause or worsen feelings of melancholy and hopelessness, the ambiguity around infertility and reproductive medical treatment can cause (or prolong) anxiety. (Gourounti et al.,2018).

Physical Factor: Numerous metabolic diseases, such as obesity, osteoporosis, and amenorrhoea, have metabolic stress as their root cause. (Rooney & Domar, 2018). Polycystic ovary syndrome, which frequently results in ovarian dysfunction and, in females, metabolic syndrome, is mostly to blame for the imbalance between fertility and metabolic processes. In addition, having a higher body mass index raises the risk of elevated testosterone levels, which in turn raises the risk of monthly irregularities, polycystic ovary syndrome, pimples, and excess hair on the face. Obesity may also lead to lifelong female infertility. Despite undergoing multiple rounds of assisted reproductive technology treatment, women with higher body mass index showed reduced fertility. (Ramya et al., 2023). Age also plays a significant role in fertility, with advancing

age, a woman's egg production and quality start to diminish. The rate of follicular loss accelerates in the mid-thirties, producing fewer and lower-quality eggs. This raises the chance of miscarriage and complicates fertilization. (Upadhyay et al., 2020).

Other Factors: Smoking: In addition to harming the tubes that connect your fallopian tubes and cervix, smoking raises the risk of ectopic conception and miscarriage. It is also believed to prematurely age the ovaries and reduce the production of eggs.

History of sexual relations. Sexually transmitted illnesses, including gonorrhea and chlamydia, can cause fallopian tube damage. Having unprotected sex with several partners raises the likelihood of contracting an STD that could eventually affect one's capacity to conceive.

Immunological disorders: Antibodies present in cervical mucus can cause the sperm to be treated as a harmful foreign intruder and destroyed. Ovarian issues are also caused by autoimmune illnesses, in which a woman's immune system targets her own healthy cells (Upadhyay et al., 2020).

Yoga and Infertility: Yoga enhances the functioning of the regenerative framework. Certain asanas and stances specifically target the pelvic area and the organs related to fertility. These asanas increase blood flow and revitalize these areas. After practicing yoga, people with infertility issues frequently report feeling much better, more centered, more intense, and more confident about their bodies. (Singh, 2018). Numerous studies have demonstrated the effectiveness of yoga as an adjuvant therapy in current health care for improving reproductive outcomes. It has a positive impact on important elements of reproductive health, such as

regular menstruation and equilibrium of hormones. (Dhawan et al., 2018). In Vitro Fertilization and other Assisted Reproductive Technology have completely changed how infertility is treated. Nonetheless, the effectiveness of assisted reproductive technology treatments varies, and more people are looking for supplementary methods to improve their reproductive process as individuals as well as couples. (Zarinara et al., 2020).

Methodology

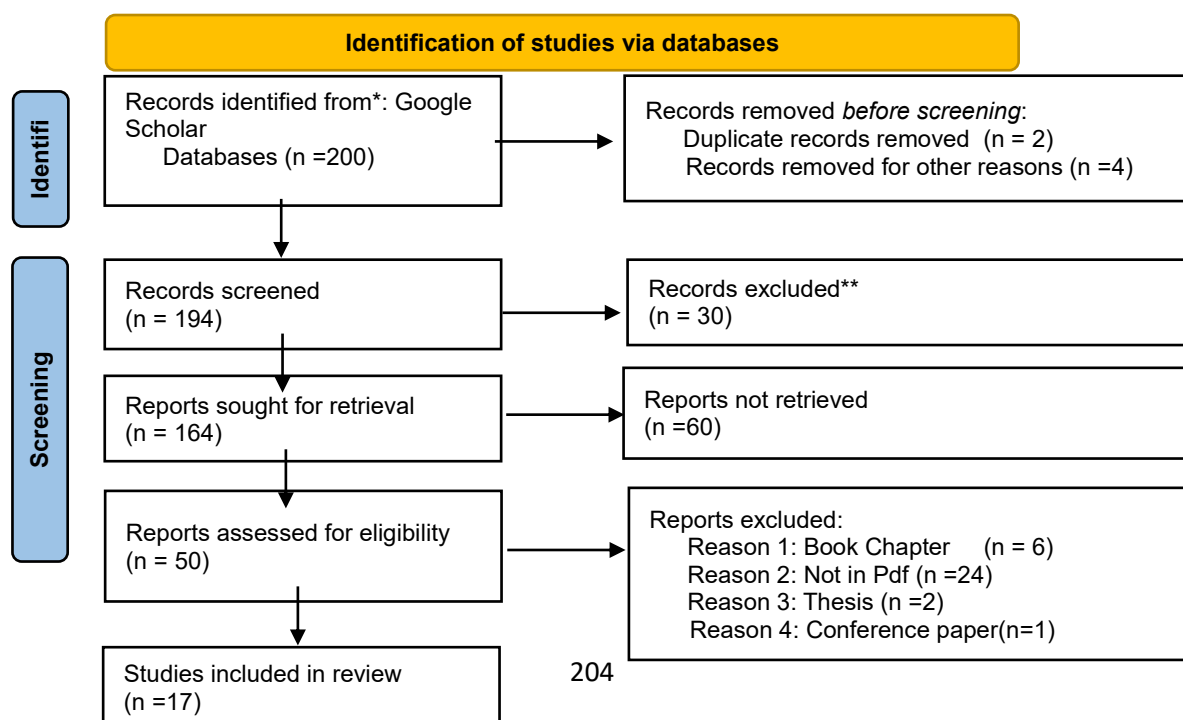
The study commenced with a comprehensive and systematic evaluation of the literature i.e., a systematic literature review (Tranfield et al., 2003) to investigate the extant literature on complementary therapies, including yoga, and their advantages for infertile women. Furthermore, the approach of this review is framework-based review using ADO (Paul & Benito, 2018). This systematic review and its process were designed, executed, and reported following the Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) guidelines (Liberati et al., 2009; Shamseer et al., 2015).

Identification: During the identification stage records were found from Google Scholar by using the publish or perish software, from which 200 articles were taken. Out of them, 6 records were removed before screening because of duplication and for other reasons were excluded.

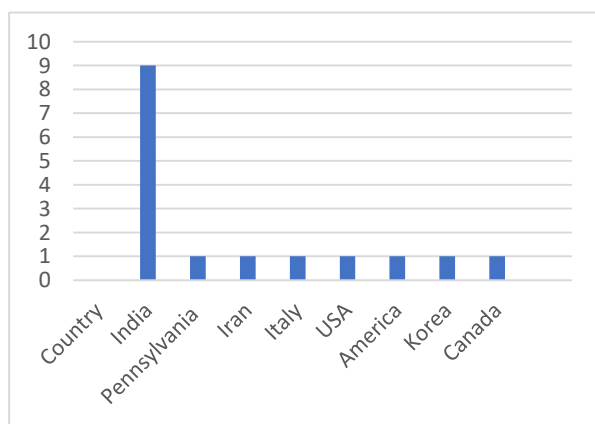
Screening Stage: At this stage, a total of 194 articles were included and 30 articles were excluded because the titles were not as per the keywords that track reliable articles. A total of 165 articles were sought for retrieval, out of which 60 articles were not retrieved after reading the title, keywords, and abstract. After that, 50 articles were included after assessing quality and full text, furthermore, 32 articles were excluded because 24 articles were not available in PDF form, 6 was in book form, and the other 2 were in thesis format, and 1 was conference paper, thus these articles were excluded.

Included: In the final stage total of 17 articles were included. The number of articles that were excluded at each step of the exclusion process, is displayed in below PRISMA flow diagram.

PRISMA flowchart



Included



Result

This study aims to comprehend existing literature by employing the ADO (antecedents-decisions-outcomes) framework (Paul & Benito, 2018) and provide year of publication, country, and type of research methodology.

Analysis and Classification of Literature

Based on the country, research methodology, and year of publication, 17 studies are included in this analysis. It will therefore be convenient to comprehend the literature on yoga and infertility that is already available.

Year of Publication

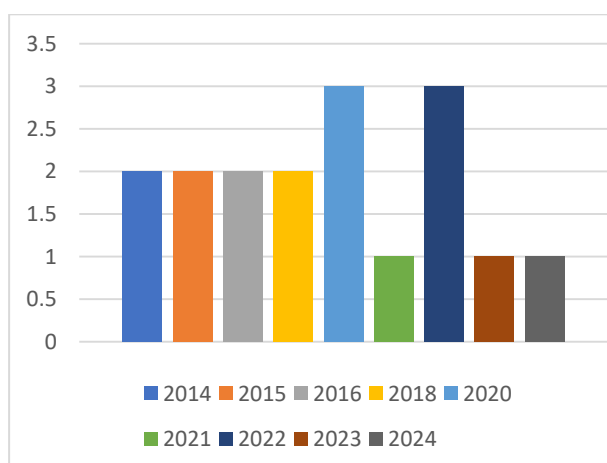


Fig.1. PRISMA flow diagram

Figure 1 Year of Publication

Source: The authors

The publication year of the papers considered in this study, spanning from 2014 to 2024, is displayed in Figure 1. It is evident that the discussion of infertility, yoga, and alternative therapies has persisted, which emphasises the significance of this review.

Country of Research Papers

Figure 2 Country of Published Papers

Source: The authors

Figure 2 displays the country of papers. Nine papers were published in India, and one each in Pennsylvania, America, Korea, Italy, Iran, and the United States.

Research Methodology Used in Review Papers

The research techniques employed in review papers are displayed in Figure 3. The majority of the papers used a quantitative technique; the remaining papers, used qualitative method, and the remaining , combined a qualitative and quantitative approach.

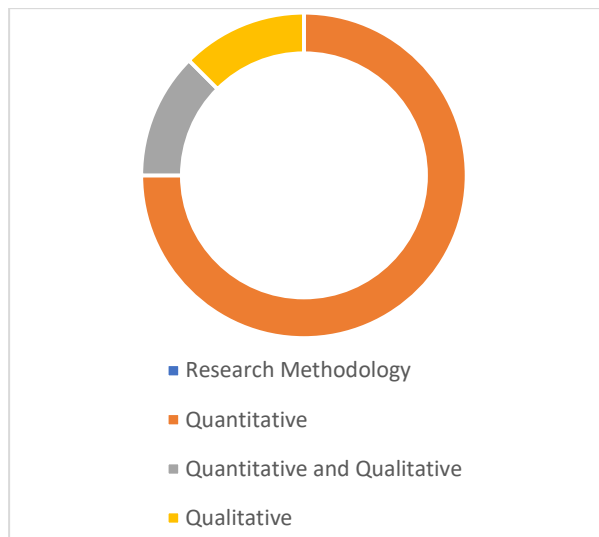


Figure 3 Showing Research Methodology

Source: The Authors

ADO Framework Describing the Existing Literature

Sr.no.	Journal	Article title	Reference
1	Journal for Re-Attach Therapy and Developmental Diversities	Psychological Effects of Infertility on Women	Shawani and Singh (2023)
2	The Journal of the American Osteopathic Association	Regular Mindful Yoga Practice as a Method to Improve Androgen Levels in Women With Polycystic Ovary Syndrome: A Randomized, Controlled Trial	Patel et al. (2021)
3	International Research Journal of Ayurveda & Yoga	Benefits of Yoga in Women with Polycystic Ovarian Syndrome (PCOS)	Harnoor and Malewar (2024)
4	Journal of the Asiatic Society of Mumbai	Effect of Yoga on Well-Being Among Pregnant Women: An Empirical Research	Jain and Mehar (2022)
5	International Journal for Modern Trends in Science and Technology	The Positive Effects of Asanas and Pranayama on PCOS and How to deal with hormonal imbalance?	Bijendar Singh and Laxmi (2021)
6	Journal of Complementary and Alternative Medical Research	Effect of Yoga on Management of Polycystic Ovarian Syndrome (PCOS): A Systematic Review	Singh et al. (2022)
7	International Journal of Physical Education and Sports Sciences	An Analysis on the Impact of Yoga Therapy and Balance Diet in the Infertility: Some Challenges	Singh (2018)
8	International Journal of Research in Ayurveda and Pharmacy	A review on Life Style Modification: The mainstay in Polycystic Ovarian Syndrome	Jyotsna and Sameet (2018)
9	International Journal of Innovative Research & Development	Effect of Selected Yogic Treatment on Various Physical Variables of Middle-Aged Women Suffering	Hoom (2015)

		from Infertility	
10	International Journal of Yoga	Effect of Yoga on Psychological Distress among Women Receiving Treatment for Infertility	Dumbala et al. (2020)
11	Indian Journal of Nursing Studies	Effectiveness of Selected Yogasanas on Quality of Life of Women Undergoing Infertility	Thomas et al. (2016)
12	Bulletin of Applied and Research Science (BARS)	The Effectiveness of Mindfulness-Based Stress Reduction Program and Group Conscious Yoga on Anxiety, Depression, Stress in Infertile Women	Hoveyda et al. (2014)
13	European Journal of Obstetrics &Gynecology and Reproductive Biology	Hatha-yoga-As a psychological adjuvant for women undergoing IVF: a pilot study	Valoriani et al. (2014)
14	IVF-Worldwide ISSN: 2375-4508 Journal of Fertilization: In Vitro - IVF-Worldwide, Reproductive Medicine, Genetics & Stem Cell Biology	Impact of a Structured Yoga Program on Anxiety in Infertility Patients: A Feasibility Study	Jasani et al. (2016)
15	PLOS ONE	An Internet-based mind/body intervention to mitigate distress in women experiencing infertility: A randomized pilot trial	Clifton et al. (2020)
16	Research square	Effectiveness of a program for overcoming infertility in infertile women: An exploratory study	Kim ¹ et al. (2022)
17	Reproductive Bio Medicine Online	A prospective study using Hatha Yoga for stress reduction among women waiting for IVF treatment.	Oron et al. (2015)

Table 1. Showing serial number, journal, article title, reference Source. The authors

Sr.no.	Antecedents	Decision	Outcome
1	Infertility	Healthcare providers need to be aware of the psychological consequences that infertility has on women and provide them with the appropriate assistance and solutions in order to work towards improving the psychological well-being of women.	Psychological effect
2	Yoga	In particular, the benefits that have been discovered imply that daily practice of yoga can be an effective alternative therapy for women who have polycystic ovary syndrome which can lead to infertility.	Androgen level, population - women with PCOS

3	Yoga	Yoga can help alleviate the effects of polycystic ovary syndrome and infertility by promoting mental as well as physical healing.	PCOS
4	Yoga	Yoga is effective in lowering stress levels and regulating hormone levels	Well-being, population pregentant women
5	Asana, Pranayama	It has been demonstrated that yoga has a considerable therapeutic effect on lowering levels of anxiety, depression, and other forms of stress related to infertility.	PCOS, population PCOS women
6	Yoga	Yoga therapy is included in multiple trials. After reading these studies, we can draw the following conclusions about the techniques that could benefit Polycystic Ovary Syndrome and infertility patients and their other concurrent conditions, such as stress and hypertension.	PCOS
7	Yoga Therapy and Balance Diet	A person can adjust to the challenges of infertility by practicing yoga.	Infertility
8	Life style modification, Yoga	Ayurvedic eating plan is the key to maintaining one's health by controlling endocrine system functions and practicing yoga, as suggested by Ayurvedic literature. To combat this PCOS and infertility, breathing exercises, are linked to relief psychological stress and maintaining a positive state of mind.	Mainstay in PCOS
9	Yogic treatment	Medication helped people lose weight, but when combined with yoga poses, the weight loss was even greater and help in resolving the problem of infertility.	Body Weight, Percentage of Body-Fat B.M.I, Lateral Abdominal Skinfold
10	Yoga	It was demonstrated that yoga therapy may benefit women receiving treatment for infertility in terms of their mental health.	Psychological distress, population: infertile women
11	Yoga	The research findings indicated that certain yoga asanas were effective in enhancing the quality of life of infertile women.	Quality of life
12	Mindfulness-Based Stress Reduction Program (MBSR), Conscious Yoga	Relaxation exercise is a useful stress management technique that should be applied frequently in the lives of individuals and should be a constant component of their strategies for dealing with stress	Anxiety Depression Stress

13	Hatha-yoga	The present study corroborates earlier findings that Hath Yoga may help women undergoing IVF / infertility treatment by lowering their levels of fear, hopelessness, and discomfort	Psychological adjuvant for women undergoing IVF
14	Structured Yoga Program	Although most individuals in the yoga intervention were diagnosed anxiety, analysis showed that pharmaceutical therapy was used less frequently than anticipated instead of this alternative therapy such as yoga has been for treating issues related to infertility.	Anxiety in Infertility Patients
15	Internet-based mind/body intervention	The results point to the viability and acceptability of the population-specific study design and mind body intervention program is beneficial for infertile women.	Stress
16	Program	Positive changes in scores were noted both prior to and following program which include yoga, exercise, emotion management etc. participation which include infertile women undergoing IVF.	Infertile women
17	Hatha Yoga	Women waiting for IVF treatment who participated in a six-week yogic session saw improvements over time in their anxiety, depression, and quality of life specifically related to infertility.	Stress

Table 2. Showing serial number, antecedents, decision, outcome

Source. The authors

Antecedent(A)

Infertility is a medical condition that affects millions of couples, with women typically receiving the majority of treatment benefits. The inability to conceive could have a serious effect on a woman's mental and psychological well-being (Shawani & Singh, 2023). Studies have demonstrated that women who experience infertility more frequently exhibit symptoms of anxiety and melancholy than those who do not have fertility issues and they also experience a substantial amount of psychological distress (Rooney & Domar, 2018). Further researches have demonstrated that

mindfulness meditation substantially enhances psychological wellness in patients and decreases physical stress (Hoveyda et al., 2014). The original form of yoga, which has its roots in Indian culture, consisted of an intricate system of moral, mental, and physical exercises aimed at achieving self-awareness. Hatha yoga comprises three fundamental elements: asanas, pranayama, and dhyana (Riley, 2004). When faced with psychological distress, anxiety, or depression due to infertility, women frequently choose nonpharmacological therapy instead of using psychotropics. In recent years, nonpharmacological treatments for common mental problems,

like yoga, have gained popularity as traditional therapeutic approaches (Shohani et al., 2018).

Decision(D)

Women who are using Yoga as an alternative measure can learn to cope with the challenges of infertility by practicing yoga. Infertility can have serious psychological repercussions on a woman, including social isolation, anxiety, despair, and a reduction in life quality. Infertility-related stress can also affect the results of treatment, leading to decreased fertility rates, reduced outcomes for treatment, and increased treatment rate of abandonment. However, it has been found that psychological effects and rate of fertility are improved in women getting infertility care when they receive treatments for anxiety and depression, such as mindfulness-based therapies and alternative therapies such as yoga (Shawani & Singh, 2023). Studies shows that Yoga promotes psychological wellness in fertility and, combined with Assisted Reproductive Technology, shows potential for improved results (Yadav et al., 2024).

Outcome(O)

Yoga can be considered an alternative therapy because of its productive role in lowering anxiety, depression, and stress (Shohani et al., 2018). Yoga can preserve harmony and balance between the reproductive system and the entire body. Women of reproductive age may experience increased exuberance and well-being as a result of this harmony and balance. Practices in yoga-like micro exercises, asanas, pranayama, together with meditation, are beneficial in treating hormonal imbalances, metabolic disorders (such as obesity and diabetes), polycystic ovarian diseases, menstrual disorders, and

psychological and psychosomatic problems (Basavaraddi Ishwar, 2023). According to research, women who are going to infertility treatment such as in-vitro fertilization may face greater difficulty are more inclined towards psychological assistance prior to beginning their IVF cycle, and Hath Yoga practice is linked to a reduction in distress in these women by improving their quality of life (Valoriani et al., 2014).

Discussion and Future Research Agenda

This section summarises our findings and identifies areas for theoretical and empirical research on, the impact of yoga on infertility.

Importance of Alternative Therapies

Infertile women may suffer from significant psychological consequences like depression, anxiety, social isolation, and a reduction in their quality of life. Infertility-related stress can potentially affect the course of treatment, leading to worse treatment outcomes, greater treatment dropout rates, and lower fertility rates. Nevertheless, it has been found that alternative therapies for depression and anxiety, like yoga and mind-body therapy, improve psychological conditions and rates of fertility in women undergoing infertility treatment. Healthcare providers must understand the psychological consequences of infertility on women and provide the appropriate assistance and remedies in order to improve their psychological well-being. This could mean establishing support groups, opening of yoga centres to the public, and addressing the social and psychological repercussions of infertility. More research is needed to completely understand how infertility affects women psychologically and to identify the best ways to improve their reproductive and mental health(Shawani & Singh, 2023) .

Thus, researchers ought to examine the ways in which yoga and other complementary therapies assist women in overcoming infertility.

Methodological Issue

Studies on infertility primarily concern women. In addition, the study finds that the authors have primarily employed a quantitative method. As a result, it suggests that additional qualitative research be done in order to uncover hidden phenomena that have not been investigated yet. The advantages of consistent yoga practice extended beyond infertile women to include infertile men (Darbandi et al., 2017). Future researchers will include variables pertaining to male and female infertility.

Antecedents, Decision, Outcome on Yoga and Infertility

Fertility yoga reduce female infertility by reducing stress, which in turn balances the body reproductive hormones and improves mental health, which in turn increases a couple's chances of becoming pregnant. Nonetheless, there is currently no mapping of compelling research in this scientific domain. Therefore, this uncharted area of study may look into a new area of science that offers a trustworthy path to holistic wellness (Sengupta, 2012). The present study supports earlier findings that suggested Hath Yoga could help women undergoing infertility treatment such as in vitro fertilization feel less anxious, depressed, and distressed. Furthermore, women who are more worried and nervous appear to benefit more from psychophysical support (Valoriani et al., 2014). More research on the effectiveness of prenatal yoga in treating anxiety during infertility treatment should be done in high-level studies with a reliable control group.

Healthcare establishments ought to advocate for and promote yoga in order to increase public understanding of its health benefits (Jain et al., 2022). Although each of the factors covered in this analysis may be a risk factor for decreased fertility, their effects can be substantially mitigated through medication, surgery, or lifestyle changes. In order to help couples maximise their chances of conceiving naturally, it is possible to halt the decline in fertility by promoting a healthy lifestyle among individuals through educational programs, enhancing the importance of physical education, yoga, dietary changes, and the use of medications (Osadchuk & Osadchuk, 2023).

According to the analysed research, yoga can help couples give birth by reducing stress in infertile individuals and improving fertility. Additionally, they discovered that yoga could improve foetal outcomes, lower the rate of aided vaginal birth, and lessen discomfort, tension, anxiety, and melancholy (Darbandi et al., 2017). In order to improve their ability to conceive, people have used traditional medicine and other healers to address infertility and conception issues from the beginning of time. Complementary and alternative medicine are frequently used for the same goal nowadays. Some infertile couples may resort to complementary and alternative medicine in an effort to conceive using a treatment that they believe to be more affordable, safer, or more effective due to the high cost of assisted reproductive technologies (ART). Examples of complementary and alternative medicine that have been characterised as infertility therapies include herbal therapy, homoeopathy, spiritual healing, and "yoga," which has been a component of the Indian healthcare system for over seven thousand years (Sengupta, 2012).

Infertility is a silent battle that many people nowadays face. The burden of diagnosis and therapy is enormous. Although the relationship between stress and infertility is still up for debate, it has been discovered that anxiety, depression, and stress can all affect the rate of fertility. According to this review, stress can play a significant role in infertility and may also have an impact on treatment success rates, fertility-related worries, and the function of hormones in reproductive outcomes. Lastly, stress can be a contributing factor to infertility in the present day. Our understanding of the connection between prevalent signs, stress, and infertility may also be improved by highlighting the research on the hormonal pathways and how yoga will be helpful in the reduction of stress related to infertility (Ramya et al., 2023). According to the reviewed research, yoga can help infertile patients manage their stress levels while also improving infertility and assisting couples in becoming parents. They also discovered that yoga could improve fetal outcomes, and lessen discomfort, anxiety, and tension (Darbandi et al., 2017).

Further research may fill in the gaps and advances the objectives of yoga and infertility by utilizing these antecedents, decision, and outcome approaches to produce insight into the processes of impact of yoga on infertility.

Conclusion

The literature was thoroughly examined for this study. Yoga and infertility: A systematic review of 17 research publications published between 2014 and

2024 using the PRISMA technique and ADO framework. Researchers' increased interest in yoga and infertility is demonstrated by the increasing number of publications throughout time. The literature claims that yoga is one of the most popular and flexible alternative methods for addressing PCOS, which causes infertility, as well as other psychological issues like anxiety, stress, and depression that women experiencing infertility and undergoing In vitro fertilization treatment encounter. Yoga as an alternative method exhibits encouraging results. Infertility-related psychological factors, including anxiety, depression, and stress, are the subject of 6 articles, 5 articles about PCOD, 2 articles about the psychological health and quality of life of infertile women, 2 articles about women undergoing IVF, and 2 articles about infertility. The commonality among all 17 articles is that yoga has been shown to be helpful in overcoming all of these infertility-related factors. The results indicate that more research is needed to fill gaps in the literature and comprehend the practical effects of yoga on infertility. The current study has certain limitations. The data base search is limited to females and Google Scholar, and qualitative studies can be performed to determine the difficulties associated with infertility and the ways that various types of yoga can help with it. Additionally, this study provides a foundation for researchers and intellectuals to work on uncharted areas.

Conflict of interest

The authors concluded that they have no conflict of interest.

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