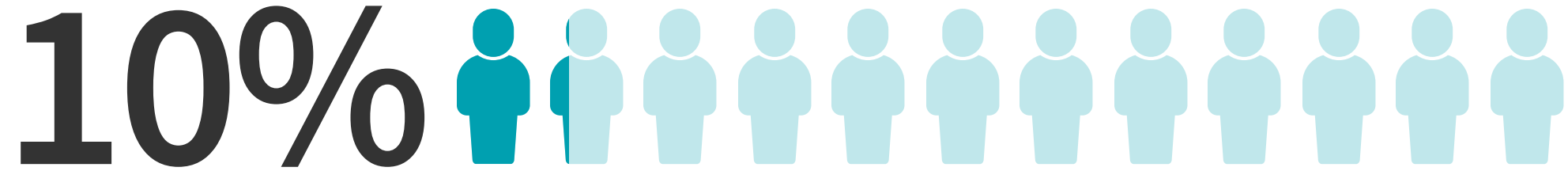




How to Support Fertility with Ayurveda

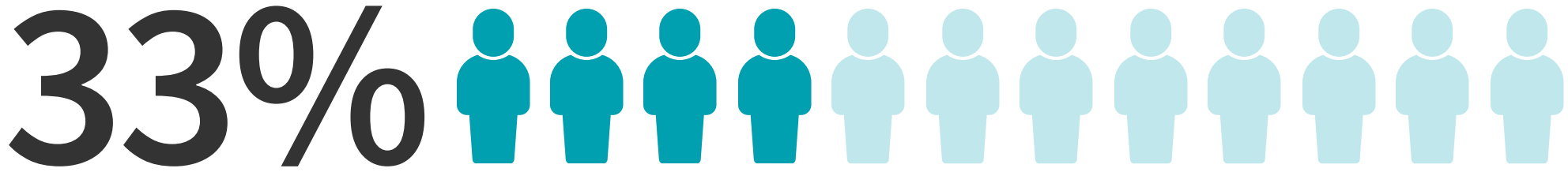
Heather Grzych, MA (Ayurveda), CAP



Infertility issues - can't get pregnant



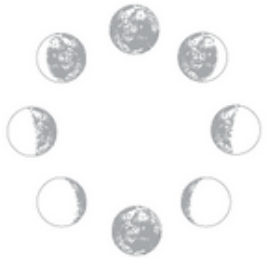
Of women over 35 experience fertility issues



Assisted reproductive technology cycles that are successful



Seed = Oocyte, sperm. These join together and are planted inside the woman's uterus to grow.



Season = Time of life, month, or year. The menstrual cycle, biological clock, and cyclical rhythms of nature all sync up for divine conception to occur.



Field = The woman's body, partner, and environment. The uterus, follicles, ovary, and fallopian tubes; one's parents and lover; and the community are all working together to bring forth new life.



Water = Hormones, amniotic fluid, vaginal fluid, and pregnancy swelling. Liquid nourishes and lubricates the great changes that take place in creation.

Four Fertility Factors



How people get pregnant these days

① Old-fashioned way

② Egg freezing

③ Ovulation induction

④ Artificial insemination/IUI

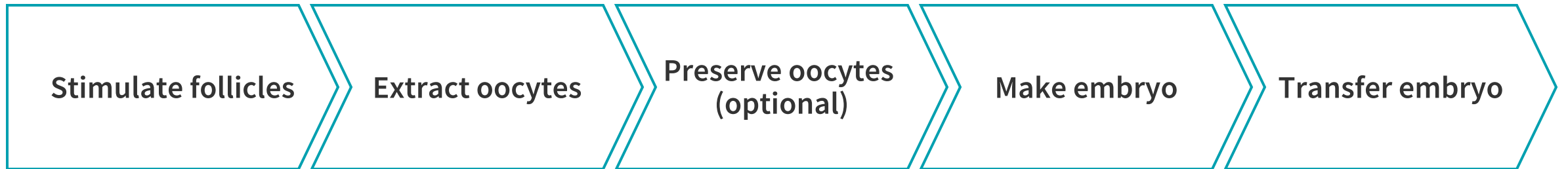
⑤ IVF without sperm injection

⑥ IVF with sperm injection

⑦ Donor - egg, sperm, embryo

⑧ Surrogate

How IVF works for women



Karmas chosen to prevent conception and gestation



Abstinence



Fertility awareness method



Withdrawal



Objects that block the channels



Chemicals applied in various ways



Surgery to prevent or terminate

9 ways Ayurvedic professionals can support fertility

- 1 Regulating basic functions of sleep, digestion, metabolism, organ function (M/F)
- 2 Support people transitioning off birth control
- 3 Regulating menstrual cycles
- 4 Panchakarma - either preconception (M/F) or between rounds or phases of IVF
- 5 Counseling and education on healthy home practices - including uttarbasti, dhumapana, steam, tamponing
- 6 Vajikarana therapy (for men)
- 7 Developing a home yoga practice
- 8 Pregnancy support
- 9 Postpartum care - healing, breastfeeding, being part of “the village”

Case Studies

How to evaluate your clients

- Questioning
- Nadi pariksha
- Self-evaluations - physical (including pelvic), mental, emotional and environmental
- Menstrual blood observation methods
- Review blood work and ultrasounds
- Abdominal palpation

References in Charaka Samhita to be familiar with

- Sharira Sthana, Chapter 2 - Atulyagotriya Sharira (differentiation and birth defects)
- Sharira Sthana, Chapter 3 - Khuddika Garbhavakranti Sharira (embryogenesis)
- Sharira Sthana, Chapter 4 - Mahatigarbhavakranti Sharira (embryonic development)
- Sharira Sthana, Chapter 8 - Jatisutriya Sharira (maternal care for preconception through postpartum; infant and child care)
- Chikitsa Sthana, Chapter 30 - Yonivyapat Chikitsa (20 types of gynecological disorders)
- Chikitsa Sthana, Chapter 2 - Vajikarana Chikitsa (enhancing male function)
- Anything on srotas disorders, udavarta or rasa or rakta disorders, suppression of ejaculation/vega

Common issues for men and women



Female issues

Oligomenorrhea
Dysmenorrhea
Amenorrhea
Menorrhagia
Fibroids
Endometriosis
Polyps
Cancer
Low egg count



Male issues

Low sperm count
Low sperm motility
Sperm morphology issues
Premature ejaculation
Low sex drive
Difficulty maintaining an erection
Poor semen quality



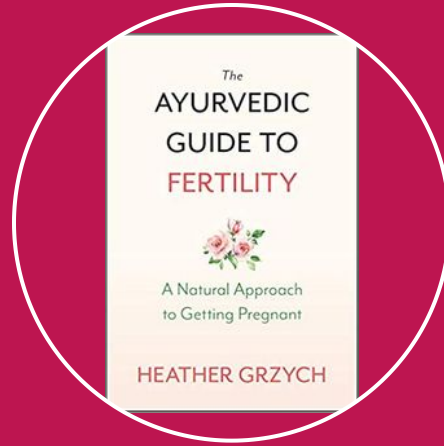
Either

Structural issues
Blockage
Abnormal vayu
Other health issues

Hormones to be aware of

- FSH - Follicle-stimulating hormone
- LH - lutenizing hormone
- AMH - anti-Mullerian hormone
- Estrogens, i.e. Estradiol, Estriol, Estrone
- Progesterone
- Testosterone
- Thyroid hormones e.g. TSH
- Stress hormones
- hCG - human chorionic gonadotropin
- Relaxin
- Oxytocin
- Prolactin

Recap



Four Fertility Factors Program

Unlock Ayurveda's Secrets of Creation and Intuition

Next Class Starts September 28

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