

Ayurveda- The Wisdom of Life

Ayurveda provides a framework to understand yourself as part of nature: an individual with a unique constitution. Awareness of your constitution can impact your mind, body, spirit wellbeing.



Vital Elements of Fertility Through Ayurveda

***Consult a healthcare provider for personalised support**

TIMING (Rtu): *Get to know your fertile window! When do you ovulate? What is your intention around becoming a parent at this time in life? 3 years in between children in possible.*

FIELD (Kshetra): *Promote a healthy uterus through menstrual self-care. Protect yourself from environmental toxins. Engage in a detox process. Reflect on your personal boundaries and how you nourish your energy.*

HEALTHY AND NUTRITIOUS FLUIDS (Ambu): *Understand your nutrient needs with Ayurvedic assessment, as well as lab work. Increase your nutrition through supporting digestive capacity, optimising food, and using herbs and supplements where indicated.*

THE SEED (Bija): *Consider giving a minimum of 3 months- 1 year to prepare both the sperm and ovum for conception. Life style habits and self care can have an impact.*



NURTURE YOUR FERTILITY

MENSTRUAL SELF-CARE:

Try to avoid over-scheduling. Rest on Days 1-3 (as much as possible). Eat warm foods and drinks. Avoid raw foods, and cold drinks. Avoid strenuous exercise.

Know your Menstrual Cycle! Use a cycle tracking app. Look for ovulation signs: change in discharge, (stretchy and eggwhite). Track your basal body temperature for 3 months.

CASTOR OIL PACK:

Apply organic castor oil to help with hormonal balance and nourishing digestive/uterine health. Place over liver area of body, entire abdomen, including lower. Cover with an old towel, that you don't mind getting oily. Place a heating pad or hot water bottle on top. Stay like this for 15 minutes. Use nightly. Helpful for all people.
DO NOT USE DURING PERIOD.



NURTURE YOUR FERTILITY

MANAGE STRESS:

Try breathing exercises/ pranayama-

Alternative Nostril Breathing: This can help relax the nervous system: Close off the right nostril, inhale completely through the left. Close off left nostril, exhale completely through right. Inhale through right. Close right nostril, exhale through left.

Inhale through left. Switch sides. Repeat 6x. *Ensure each breath is complete

REDUCE YOUR TOXIN LOAD:

Ayurveda refers to toxins in the body as *Ama*. Contact Dr. Sairupa to engage in an individualised 2-3 week Ayurvedic Balancing Program to help release toxins and reset to prepare for conception. It's suggested to do this a minimum of 3months-1 year before conceiving. Choose a pancha karma if possible. Lower pesticides by choosing organic when possible (check out [EWG](#) dirty dozen). Decrease household and cosmetic toxins with help from [WHEN](#) (Women's healthy environment's network). Choose a good water filter that reduces chlorine, fluoride and heavy metals.

IMPROVE YOUR SLEEP

BED TIME TEA:

Ayurveda suggests enjoying a glass of warm milk. Choose 1/2 cup of organic whole milk, or home made almond milk. Simmer with a pinch of nutmeg, cinnamon and cardamom. Drink before bed.

SLEEP ROUTINE:

- Avoid electronics 30 minutes before bed.
- Sleep in a very dark room/ use black out curtains or an eye mask.
- Ensure that you take a period to unwind before bed.



NURTURE YOUR NUTRIENTS

Ayurveda teaches that a strong digestion, also known as *agni* is a key component of health. Learn about the foods and herbs that are supportive for your personal constitution. General suggestions include:

- Avoid cold drinks, iced drink and raw food.
- Avoid alcohol and caffeine (especially if there is trouble conceiving).
- Enjoy warm foods, soups, and cooked veggies.
- Include healthy fats such as olive oil, ghee, avocado, nuts and seeds.
- Look into Ayurvedic Food Combining with a practitioner!

SEED SNACK:

Snacking on seeds is incredibly good for improving healthy fats, zinc, and mineral nutrients. Roast 1/2 cup each of pumpkin seeds, sunflower seeds, and sesame seeds. Roast in a dry pan, until seeds are fragrant. Keep in an air tight charge, and have 2 tablespoons/ day on soups, porridge, or roasted veggies.

GINGER TEA:

1/2 inch piece of fresh ginger. Peeled and grated. Simmer in 1 cup of water for 15 minutes. Strain and drink in the morning on waking. Supports healthy digestion.



NURTURE YOUR NUTRIENTS

LAB TESTING:

THE BASICS:

- CBC and ferritin
- Vitamin D levels
- TSH (further testing if needed).
- Zinc

IF HAVING CHALLENGES CONCEIVING:

- Vaginal pH or vaginosis profile
- AMH- Anti Mullerian Hormone
- Celiac disease
- Homocysteine – related to infertility, repeated early miscarriage and pregnancy complications
- HbA1C & Glucose
- Thyroid Markers
- Functional Medicine Tests (Toxin Load, Food Tests, Stool Tests, MTHFR)

WHAT TO LOOK FOR IN A QUALITY PRENATAL SUPPLEMENT:

A prenatal is a basic requirement, however further supplements will be suggested based on individual needs.

Aim for 3 months before conceiving. These nutrients (and more) are important for fertility, fetal nourishment and pregnancy maintenance.

- Activated (methylated) B Vitamins
- Activated Folate- not Folic Acid. **Folate especially should be taken 3 months before conception.
- Vitamin D₃
- Choline
- Zinc
- Avoid a product with Iron unless you are sure of your Iron status (check with your Primary Care Provider)

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