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Sequel of Inadequate Sleep in Fertility

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ABSTRACT

Background:

Fertility is the innate power of procreation. If there is any sign of illness, malnourishment or an unhealthy environment, our bodies may decide to put parenthood on hold. According to the Indian Society of Assisted Reproduction, infertility currently affects about 10 to 14 percent of the Indian population, with higher risk in urban areas. Chronic reduction of sleep is frequently associated with the imposition of sedentary life style. Recent research also demonstrates a rather clear connection between sleep deprivation and infertility. The factors responsible for conception include *RITU*, *KSHETRA*, *AMBU* and *BIJA* according to Sushruta Samhita. Charaka Samhita has added factors like *ATMA*, *RASA*, and *SATVA*. Sleep deprivation and irregular sleep pattern will alter the dosha status in the body. With the right precautions and Ayurvedic cures, this medical condition could be hold back.

Aims and Objectives:

This conceptual and literary study is concerned with analyzing the role of sleep on fertility status in both male and female.

Materials and Methods:

In order to lay the foundation for the possibility that sleep disturbance contributes to infertility; several domains of information are available in Ayurvedic and modern literatures & journals.

Observation:

Even though sleep is not directly mentioned as a cause for fertility in literature, it has significant role in fertility. Reviews mentioned and discussed here depict the significant impact on infertility by the sleep

component. From the literatures, it is evident that normal sleep nourishes the body with fertility. Inadequate and surplus sleep will mutilate the *BIJA* which adversely affect productivity.

Conclusion:

The impact of sleep in fertility is analyzed which reviews that inadequate sleep mutilates the Bija leading to infertility. With the right precautions and Ayurvedic cures, this medical condition can be prevented.

Keywords: Fertility, Sleep, Bija

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