STUDY NOTES · BASIC CONCEPT

IVF Under Scrutiny: Is It Being Oversold in India?

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What is the issue?

A fertility expert has raised concerns that IVF (In Vitro Fertilization) is being oversold in India. This means many couples are being directed toward IVF even in cases where natural conception might still be possible with proper medical guidance and lifestyle changes. IVF is an advanced but expensive and physically demanding procedure, so its overuse is being questioned.

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Why is IVF being questioned?

According to the expert, IVF is an effective solution but should not always be the first option. In many cases, fertility problems are linked to manageable issues like hormonal imbalance or unhealthy lifestyle habits. Addressing these factors can sometimes improve the chances of natural conception without immediately resorting to assisted reproductive technology.

Impact of sleep on fertility

Adequate sleep is essential for maintaining hormonal balance in the body. Poor sleep can disrupt reproductive hormones, negatively affecting sperm quality in men and ovulation in women. Consistent and restful sleep plays a crucial role in improving overall fertility.

Importance of diet

A balanced and nutritious diet is vital for reproductive health. Lack of essential nutrients, vitamins, and antioxidants can reduce sperm count, motility, and egg quality. Adopting healthy eating habits can significantly enhance fertility and increase the chances of conception.

Effect of stress

Chronic stress can interfere with hormone levels and reproductive functions. High stress levels may reduce sperm production in men and disrupt menstrual cycles in women. Managing stress is therefore an important factor in

improving fertility outcomes.

Advice for couples

Experts recommend that couples focus on improving their overall lifestyle before opting for IVF. This includes better sleep, a healthy diet, regular exercise, and stress management. Consulting a qualified specialist for proper diagnosis and guidance is also essential.

What does this mean for India?

This observation highlights the need for balanced and informed medical advice in India’s growing fertility industry. It encourages awareness among couples so they can explore all options, including natural methods, before choosing IVF.

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