



INFECUNDITY (BARRENNESS) – INFERTILITY

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INTRODUCTION:

Infecundity is a Preface of the manly or womanish reproductive system defined by the failure to achieve a gestation after 12 months or further of regular vulnerable sexual intercourse.

Definition:

Infecundity is defined as not being suitable to get pregnant despite having frequent, vulnerable coitus for at least a time for utmost couples.

Prevalence:

In India

- 3.9% (25–49 years)
- 16.8% (15–49 years)

Causes:

Manly Causes -

- Varicocele
- Infection
- Interjection issues
- Tumors
- Undescended testicles
- Hormone imbalances

Womanish Causes -

- Failure to Ovulate
- Problems in the Menstrual Cycle
- Infection
- Failure of an Egg to Mature properly
- Implantation Failure
- Endometriosis
- PCOD

Threat factors:

Womanish Threat Factors -

- Abnormal period
- Blocked fallopian tubes
- History ectopic gestation
- Pelvic inflammatory complaint
- PCOD , ovarian insufficiency
- Uterine problems - endometriosis, uterine fibroids and cysts
- Thyroid complaint

Manly Threat Factors -

- Enlarged veins - scrotum/testicles.
- Injury to the scrotum or testicles.
- Low sperm count or low testosterone
- Abuse of anabolic steroids.
- Premature ejaculation or retrograde ejaculation
- Testicular cancer and treatments.
- Undescended testicles.

Signs & symptoms:

Symptoms can also depend on what is causing the infecundity.

Implicit signs in womanish -

- Abnormal/ Irregular / Painful period - Bleeding (heavier /lighter)
- Changes in coitus drive and desire
- Dark hair growth on the lips, casket, and chin
- Loss of hair
- Weight gain
- Pain during coitus

Implicit signs in Manly -

- Changes in hair growth, sexual desire
- Pain, lump, or swelling in the testicles
- Problems with erections and ejaculation
- Small, firm testicles

Diagnosis:**Womanish Diagnosis -**

- Ovulation testing - measures hormone situations
- Hysterosalpingography - To evaluates the condition of your uterus and fallopian tubes and Blockages.
- Ovarian reserve testing. It helps determine the volume of the eggs available for ovulation.
- Other hormone testing - Assess the situations of ovulatory hormones, as well as pituitary hormones that control reproductive processes.
- Pelvic ultrasound - looks for uterine or ovarian complaint.
- Sonohysterogram - also called a saline infusion sonogram, is used to see details inside the uterus that are not seen on a regular ultrasound.
- Hysteroscopy - To look for uterine complaints. During the procedure, your doctor inserts a thin, lighted device through your cervix into your uterus to view any implicit abnormalities.
- Laparoscopy - Minimally invasive surgery involves making a small incision beneath your nexus and fitting a thin viewing device to examine your fallopian tubes, ovaries and uterus. To identify endometriosis, scarring, blockages or irregularities of the fallopian tubes, and problems with the ovaries and uterus.

Manly Diagnosis -

- Semen analysis- It is generally attained by masturbating or by interposing intercourse and ejaculating your semen into a clean vessel. A lab analyzes your semen case.
- Hormone testing- To determine your position of testosterone and other manly hormones.
- Heritable testing- To determine whether there's a heritable defect causing infecundity.
- Testicular vivisection- It may be performed to identify abnormalities contributing to infecundity to recoup sperm for supported reproductive ways, analogous as IVF.
- Imaging. In certain situations, imaging studies analogous as a brain MRI, transrectal or scrotal ultrasound, or a test of the vas deferens (vasography) may be performed.
- Other specialty testing - To estimate the quality of the sperm may be performed, analogous as assessing a semen case for DNA abnormalities.

Treatment:**For Manly-**

- Surgery - For illustration a varicocele can constantly be surgically corrected or an dammed vas deferens repaired. Former vasectomies can be reversed.
- Treating infections- Antibiotic treatment for reproductive tract infection
- Treatments for sexual intercourse problems - medicines or assuring can help meliorate fertility in conditions analogous erectile dysfunction or premature exclamation.
- Hormone treatments and specifics.
- Supported reproductive technology (ART) - involve carrying sperm through normal exclamation, surgical birth or from patron individualities depending on your specific case and wishes. The sperm also fitted into the womanish genital tract, or used to perform in vitro fertilization or intracytoplasmic sperm injection.

For womanish-**Medication -**

- **Clomiphene citrate.** Taken by mouth, this drug stimulates ovulation by causing the pituitary gland to release farther FSH and LH, which stimulate the growth of an ovarian follicle containing an egg.
- **Gonadotropins.** These fitted treatments stimulate the ovary to produce multiple eggs.
- **Another gonadotropin,** mortal chorionic gonadotropin (Ovidrel, Pregnyl), is used to develop the eggs and sparks their release at the time of ovulation.
- **Metformin.** This drugs used when insulin resistance is a known or suspected cause of infecundity, generally in women with a opinion of PCOS.
- Letrozole
- Bromocriptine - used when ovulation problems

Surgery -

- Laparoscopic or hysteroscopic surgery- might involve correcting problems with the uterine deconstruction, removing cysts, fibroids.
- Tubal surgeries - It is rare, as gravidity rates are generally more with in vitro fertilization (IVF). For this surgery, dumping of your tubes or blocking the tubes near to the uterus can meliorate your chances of gravidity with IVF.

Reproductive Backing-

- Intrauterine insemination (IUI)- Healthy sperm are placed inside the uterus around the time of ovulation.
- Supported reproductive technology - It involves repossessing mature eggs, fertilizing them with sperm in a dish in a lab, also transferring the embryos into the uterus after fertilization.

Prevention:

- Maintain healthy weight
- Quit smoking
- Avoid alcohol
- Reduce stress
- Don't smoke.
- Limit or vacillate from alcohol.
- Steer clear of lawless drug
- Reduce stress.
- Regular Exercises

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