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Role of yoga and alternative medicine in female infertility**Vikas M Abnave**

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Man is a product of nature. History of human evolution and development is very much incomplete, interesting story by M Drawin. One of the very interesting theory by Erich Von Daniken quotes that “Intelligence was introduced artificially and deliberately in mankind by extra-terrestrials”. Human intelligence enables us to live in the healthy lifestyle. Disorders, diseases, pathology, infections and genetic inheritance are the very important factors in the health of a human being. WHO defined health as, “It is a physiological, psychological, social, political and economic wellbeing of an individual”. In an enlightening guidebook of the human being “Bhagwat Geeta”, Parmeshwara has announced the truth “Yog Karmeshu Kaushalyaha.” Yoga is responsible for bringing absolute, perfect results of your works and the ultimate skill is enhanced by this way of yoga. Lifestyle is very important factor in human health. What are your eating and drinking habits? What are your addictions? Are the questions very well solved by alternative medicine specially by hydrotherapy, mud therapy, chromo therapy, magneto therapy, iridoscopy, acupressure, acupuncture, music therapy, the list of more than 240 different alternative medicine methods? Female infertility is one of the very important disorders in modern era. For the continuation of human race, the gift of uterus is given to female by nature. Uterus, fallopian tube, ovaries, external and internal genetic organs and menstrual cycle are responsible for fertility; right from menarche to menopause which is governed by endocrines and especially by estrogen and progesterone. So we are going to focus on the issue of the conception. What is the role of Yoga, alternative medicine and nature therapy in totally eradicating female infertility? Many examples, modern research and statistical backup will be put forth for this.

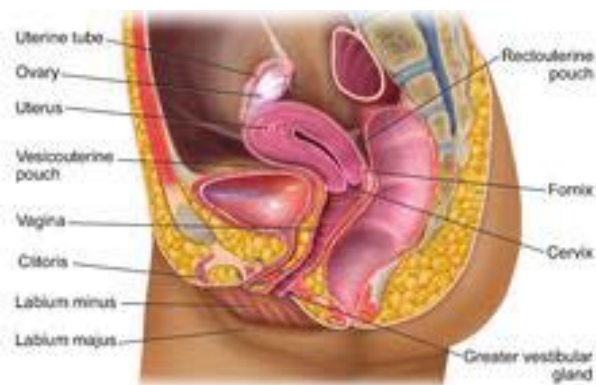


Figure 1: Female Reproductive System



Figure 2: Budhi - The Enlightenment

Biography

Vikas M Abnave has completed his MBBS from Pune, MD in nature Therapy, Yoga, Acupressure, Acupuncture, Magneto Therapy and Alternative Medicine from different institutes. He is currently working as a Vice President of National Institute of Yoga, Vice Principal of CS Medical College. He is the Founder of Pune Medical Transcription Institute as well as a Treasurer, Joint Secretary, Consultant, Member, and Centre Incharge of various reputed institutions. Free blood group camps were conducted by him in which around 160000 persons were benefited. He has enthusiastically delivered more than 1200 speeches on family planning and more than 200 speeches on AIDS in NSS camps. He has represented India in 2006 for World Social Forum in Pakistan, Karachi.

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