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Role of alternate therapies in infertility

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Infertility is so rampant in today's scenario that it takes a toll on the couple's lives. Visits to the infertility specialist require so much time and man-hours. There are few alternative therapies the couples can try before starting treatment and also in conjunction with the treatment to help them relax and can also aid conception. The various techniques are: yoga is a form of calming exercise which helps couples to relax, increase flexibility, and improve blood flow to the pelvis. Music therapy to relaxing parts of the brain which have a role in the release of hormones involved in treatment and helps cope up with the trauma involved. Meditation helps calm the mind and emotions. Mindfulness helps to focus awareness on the present moment and also accept your thoughts

and feelings. Hypnotherapy is used to help couples relax and reduce anxiety. Couples feel less stressed and more in control of their lives. Acupuncture helps to regulate the natural flow of energy through the body by stimulating special points. Crystal Therapy stimulates electromagnetic charges that encourage body processes to work better. Feng Shui aims to rebalance the energy of home and energy called as CHI starts flowing; reflexology relaxes body and mind and the body becomes more receptive to conceiving a baby. Massage helps to de-stress sending blood and oxygen to massaged parts of the body. Diet Brazil nuts are full of selenium that improves the quality of the sperms. Herbs and teas have antioxidants which boost fertility.

Biography

Vandana Narula is interested in the field of; Infertility management and menopause colposcopy. She has presented papers and chaired various sessions at AICOG, National Conferences for last 10 years also presented papers at international Menopause Conference at Rome , Srilanka, Prague, Vancouver Pakistan and Bangladesh and she is been nominated as Indian Representative for Council of SAFOMS 2018 and she is Proprietor Narula Hospital and Infertility Centre, Gurgaon

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