

females. The enhanced insulin levels in the blood upshots the androgen over synthesis which in turn cause dyslipidemia [10].

Conclusion

Infertility in females is a worldwide medical condition affecting the social life of all by many pathophysiological alterations. In this discussion, insulin resistance emerges out as a chief pathogenic mechanism altering the ovulatory function physiology. Keeping the proper dietary habits viz. inclusion of slow digesting carbohydrates, antioxidants in the daily diet may improve the ovulatory function. A perfect balance of proteins, carbohydrates, fats, antioxidants and other dietary supplements provides necessary advantage to female ovulatory health and decreases the risk of infertility.

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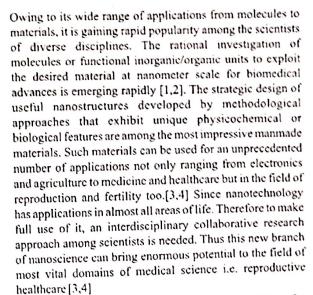
PEPTIDE NANOTECHNOLOGY: A BIO INSPIRED NANO-STRATEGY TO COMBAT WITH REPRODUCTIVE DISEASES

Khashti Ballabh Joshi¹*, Vandana Vinayak², Ramesh Singh¹ and Khushboo Kesharwani¹

Assistant Professor, 'Department of Chemistry,
Dr. Harisingh Gour Central University,
Sagar, Madhya Pradesh
'Diatom Nanoengineering and Metabolism (DNM)
School of Applied Sciences, Dr. Harisingh Gour

Distorn Nancengineering and including School of Applied Sciences, Dr. Harisingh Gour University, Sagar, Madhya Pradesh E-mail: kbjoshi77@gmail.com

Nanotechnology has become a most exciting and burgeoning scientific research field of the 21st century.



Several biocompatible nanomaterials promising for healthcare applications have already been used, such as; AgNPs, AuNps, composite Fe3O4 nanoparticles, carbon nanotubes(CNT) carbon nanoparticles (CNP), Quantum dots, polymeric nanoparticles to name a few. [3] The way nanomaterials of desired properties are made can be classified by two basic strategies i.e. 'top-down' and 'bottomup' [5]. In top-down approaches, especially, the giant sample with the help of external stimuli or mechanical crushing of source material using milling process produces nanoparticle of desired shape and properties. In contrast, bottom-up approaches are those in which the final nanostructure is encoded in the material itself and the precursors self-assemble into the meaningful arrangement by using required physicochemical process, It is worth mentioning that, in recent years, scientists also using the conversing approach of these two processes, where topdown control is used to guide bottom-up process [2, 5]. An amalgamation of these two approaches leads the high degree of desired configuration of randomly interacting components in a thermodynamic landscape which is locally controlled or adjusted by experimenter. Such materials can be used for the advances in the field spanning electronics to medicine [6].

Up to some extent, researchers succeeded to replicate nature's ability to produce small objects of specific molecules/atoms that can then self-assemble into more-elaborated fascinating nanostructures. However, the progress in this field is still in its infancy. Therefore bottom-up or molecular self-assembly approaches of nanofabrication of smart nanostructures by using desired chemical molecules is occupying specific place in bio (nano) technology for numerous applications [7]. Organizing molecules of interest into stable and well defined structures by using principle of spontaneous non-