

REPRODUCTIVE HEALTH



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REPRODUCTIVE HEALTH

Reproductive Health: Problem and Strategies

- India was amongst the first countries in the world to initiate to the programmed “family planning” initiated in 1951.
- Reproductive health in a society forms a crucial part of general health.
- Improved programs covering wider reproduction-related areas are currently in operation under the popular name ‘Reproductive and child health care (RCH) program’.
- Health and education of young people and marriage and child bearing during more mature stages of life are important attributes to the reproductive health of a society.

Measures taken by Government:

- Through the help of audio-visuals & print media.
- Even family members, close relations are involved in the awareness.
- Sex education was introduced in schools to provide awareness
- Proper information about reproductive organs, adolescence & related changes, safe & hygienic sexual practices, sexually transmitted diseases, AIDS etc.

Amniocentesis:

It is a technique used to find out chromosomal abnormalities in developing embryo by using amniotic fluid. It is also misused to check foetal sex determination based on the chromosomal pattern in the amniotic fluid surrounding the developing embryo.

Population Explosion and Birth Control:

Improved quality of life of people, increased health facilities and better living condition had an explosive impact on explosion of population. Rapid decline in death rate, MMR (maternal mortality rate) and IMR (infant mortality rate) along with increase in population of reproductive age is the main reason for population explosion.

Steps to overcome population explosion:

- Using various contraceptive methods.
- Educating people about the demerits of large family.
- Increasing the marriageable age of female and male
- Providing incentive to parents having 1 or 2 children.

Contraceptive methods: Contraceptive methods are used to prevent the unwanted

pregnancy and modifying the menstrual cycle.

An ideal contraceptive should be:

- User friendly
- Easily available
- Effective
- Reversible
- No side effects
- No way interferes with sexual desire and sexual act.

Contraceptive methods could be divided into following categories:

- Natural or traditional methods.
- Barrier methods.
- IUDs.
- Oral contraceptive methods.
- Injectable.
- Implants.
- Surgical methods.

Natural methods:

Natural methods work on the principle of avoiding chances of ovum and sperm meeting.

It includes:

Periodic abstinence: The couples avoid coitus from day 10 to 17 of menstrual cycle as chances of fertilization are very high during this period, it is called the fertile period.

Withdrawal or coitus interruptus: Male partner withdraws penis from vagina just before ejaculation to avoid insemination.

Lactational Amenorrhea: Absence of menstruation after parturition and due to intense milk feeding and no ovulation in this period, chances of fertilization is nil.

In Barrier methods:

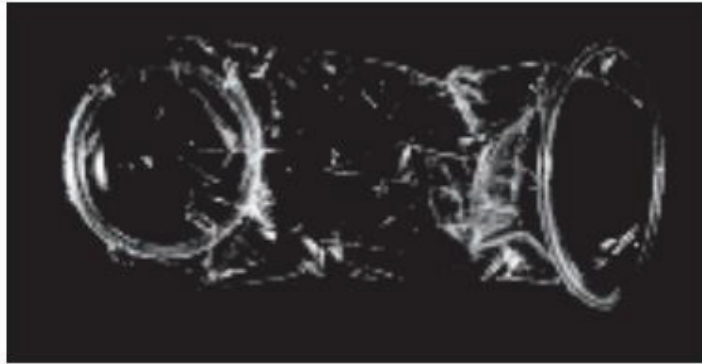
In Barrier methods, ovum and sperms are prevented from physical meeting with help of barrier.

This includes:

Condoms for male: Used by male, barrier made of rubber or latex sheet used to cover penis or vagina and cervix of female. It also prevents from STDs.



Condom for male



Condom for female

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Condom for female: Diaphragms, cervical cap and vaults are barrier made of rubber that is inserted into the female reproductive tract during coitus. Spermicidal creams, jellies and foams are usually used along with these barriers to increase their contraceptive efficiency.

Advantages of barrier methods:

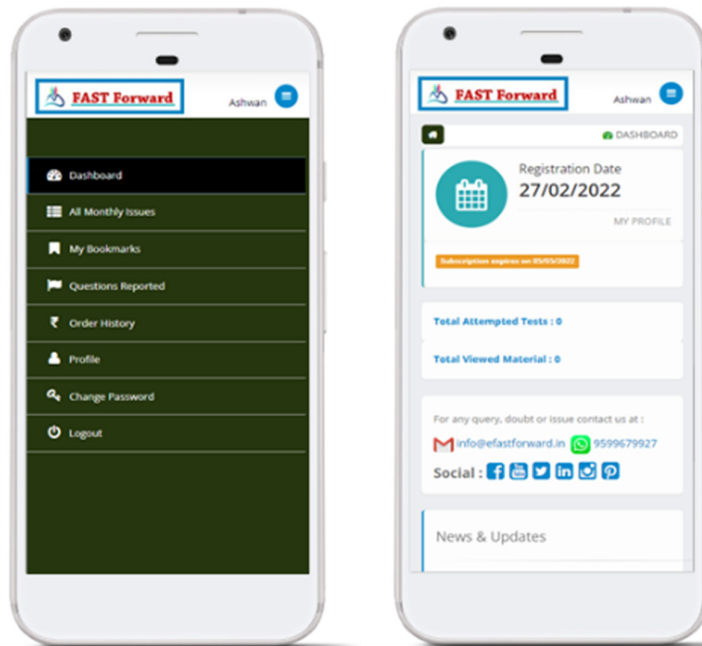
- They are disposable.
- They can be self-inserted.
- They are reusable.
- Prevents conception by blocking entry of sperm through cervix.

Intra uterine Devices: Inserted by doctor or trained nurse into the female uterus through vagina. IUCDs may be non-medicated IUDs (e.g., Lippes loop), copper releasing IUDs (CuT, Cu7, Multiload 375) and the hormone releasing IUDs (Progestasert, LNG-20). IUCDs increase the phagocytosis of sperm in uterus and copper reduce the motility and fertility capacity of sperms The hormone releasing IUDs make the uterus unsuitable for implantation and the cervix hostile to the sperms. It is ideal for female who wants to delay pregnancy and spacing between two children.

Oral Pills: Oral Pills are progesterone or progesterone-estrogen combination used by females in form of tablets. They inhibit ovulation and implantation as well as change the quality of cervical mucus to prevent/ retard entry of sperms. Administration of progesterone or progesterone-estrogen combination within 72 hours of coitus is found to be very effective as emergency contraceptive.



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