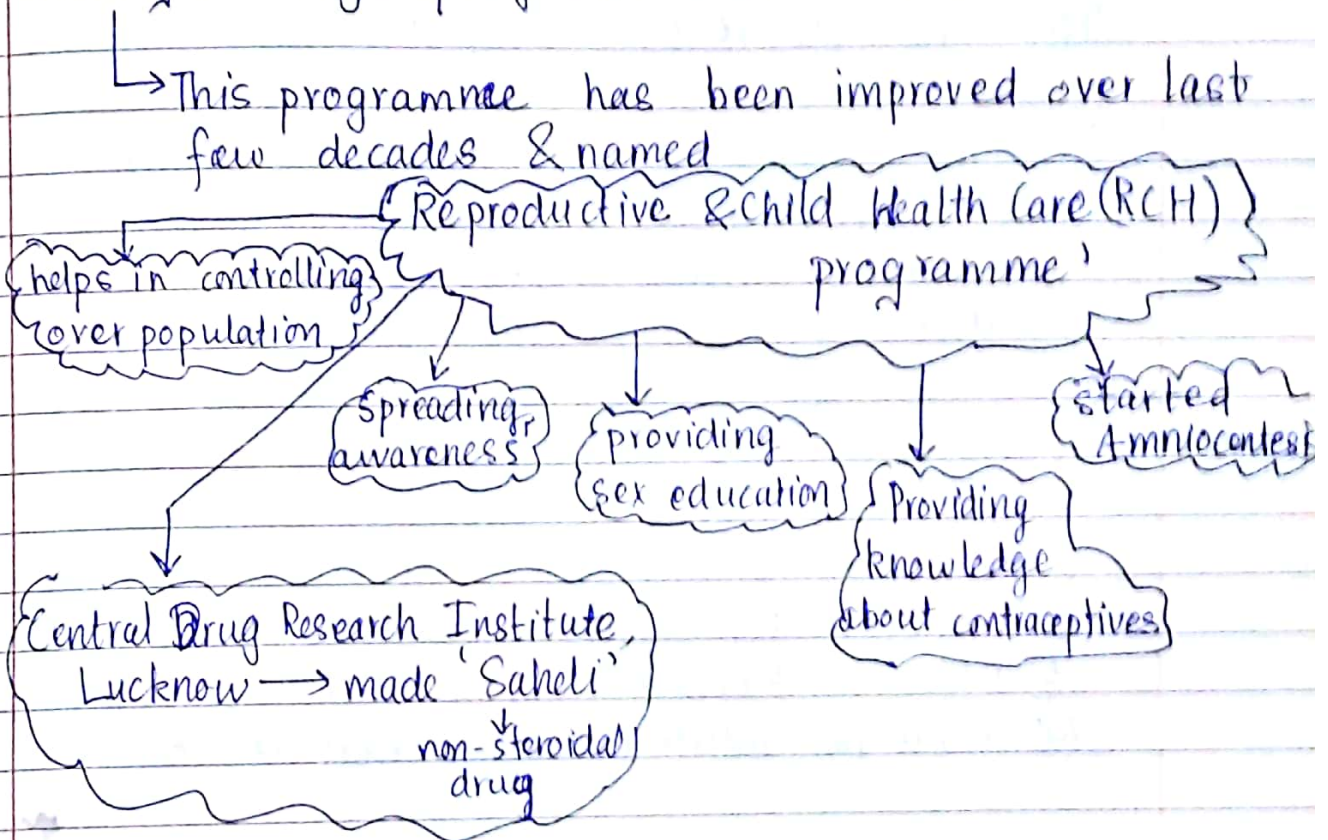


4) Reproductive Health:-

- Healthy reproductive organs & normal functions
- According to WHO it is total well being in all aspects of reproduction i.e. physical, emotional, behavioural and social.

"Family Plannig" programme launched in 1951 (India)



This has improve reproductive health of society

- Proofs {
- increased no. of medically assisted deliveries
 - Better post natal care ↓ing maternal & infant mortalities
 - Small families ↑ed
 - Better detection and cure of STD's.

⇒ Population Explosion:-

Increased health facilities & improved living conditions have had explosive impact on growth of populations.

Reasons:- Rapid decline in death rate, maternal & infant mortality rate & ↑ed no. of people in reproductive age are reasons for this.

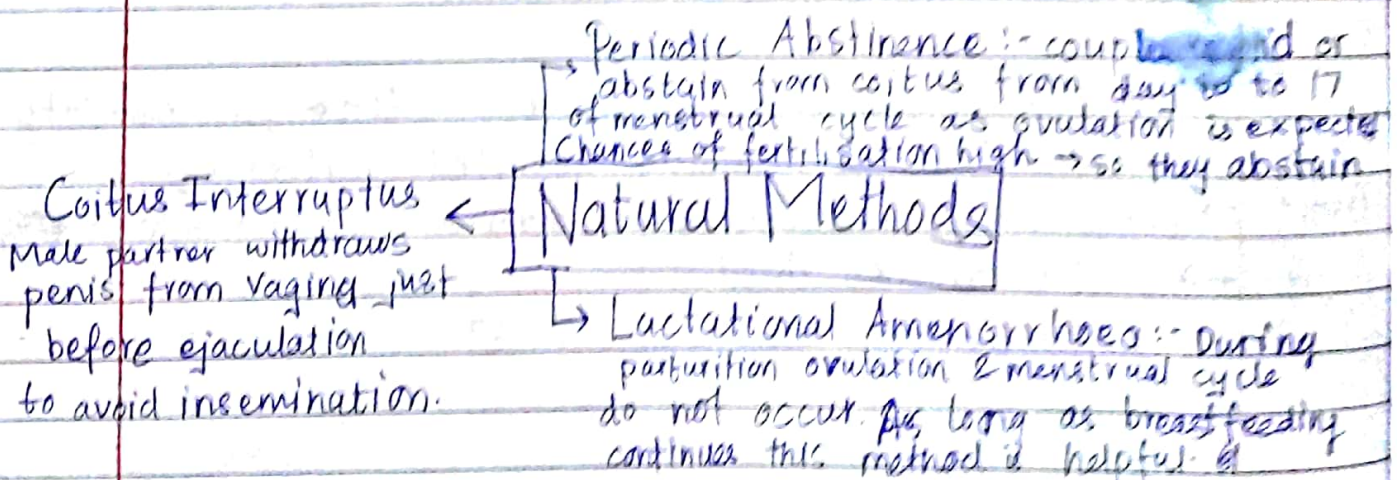
Steps to decrease Population :-

- Motivating smaller families by using contraceptives.
- Statutory raising of marriageable age of female to 18 yrs and of male to 21 yrs.
- Incentives to couple with small families.

⇒ Birth Control :-

❖ Ideal Contraceptive:-

- ① User friendly , ② Easily available
- ③ Effective , Reversible with near best side effects
- ④ Should not interfere with sexual desire / drive



Barrier Methods :-

- Condoms → Barriers of thin rubber/latex sheath
- covers penis or vagina, just before coitus, to prevent semen from entering female reproductive tract & prevents conception
 - Disposable, self inserted & also helps in protection from STD's
 - 'Nirodh' popular brand.

Diaphragms, Cervical Caps & Vaults

Made of rubber &
inserted into female reproductive tract
to cover cervix during coitus.
Block entry of sperm into cervix during
coitus.

★ Spermicidal Creams & Jellies used along with
Barriers to increase contraceptive efficiency.

Intra Uterine Devices :-

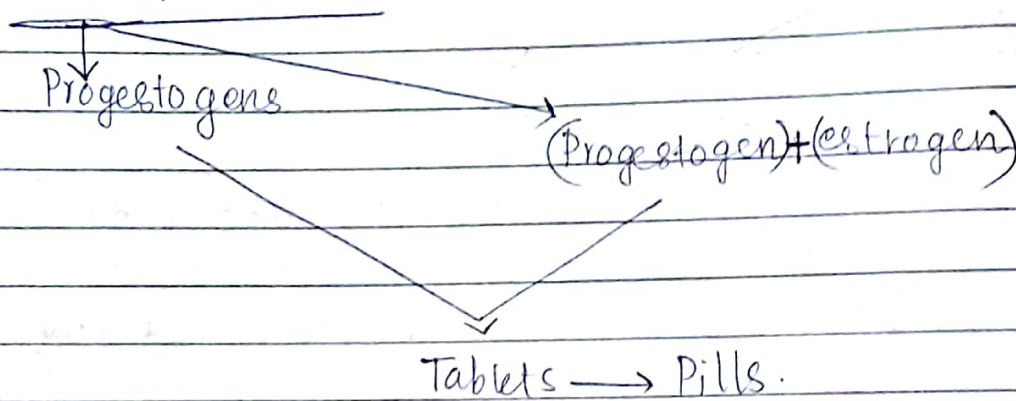
- Inserted in ~~vagina~~ ^{uterus} through vagina by expert doctors & nurses.
- Available as → Non-medicated IUD (eg Lippes loop)
 - Cu releasing IUD [CuT, Cu7, MnHiload 375]
 - Hormone Releasing IUD [Progestasert, LNG-20]

→ IUD use phagocytosis of sperms within uterus & Cu ions suppress sperm motility and fertilising capacity of sperms.

★ Hormone Releasing IUD additionally make uterus unsuitable for implantation and make cervix hostile to sperms.

→ They are ideal contraceptives for females to delay pregnancy & space children.

Oral Pills:-



Pills → should be taken daily for 21 days from within first five days of menstruation.

→ Then there should be gap of 7 days & then again for 21 days till female wants to avoid conception.

→ Inhibit ovulation & implantation and also alter quality of cervical mucus to prevent or retard entry of sperms.

→ Effective, less side effects → so accepted by females.

→ Saheli → Non-steroidal, once a week pill.

→ less side effects, high contraceptive value.

Implants:-

Progestogens (estrogen) + (Progestogens)

as injections or
Implants beneath skin.

→ Mode of Action → Similar to pills
but more effective for longer periods.

★ In case of pregnancy due to rape or casual unprotected intercourse, progestogen or progestogen & estrogen combinations or IUDs within 72 hours are effective emergency contraceptives.

⇒ Surgical Method → Sterilisation

Male

Vasectomy

→ Small part of vas deferens is removed or tied up through small incision on scrotum.

Female

Tubectomy

→ Small part of oviduct is removed or tied up through incision in abdomen or through vagina.

blocks gamete transport
& thereby prevents
conception

Highly
effective
but poor
reversibility

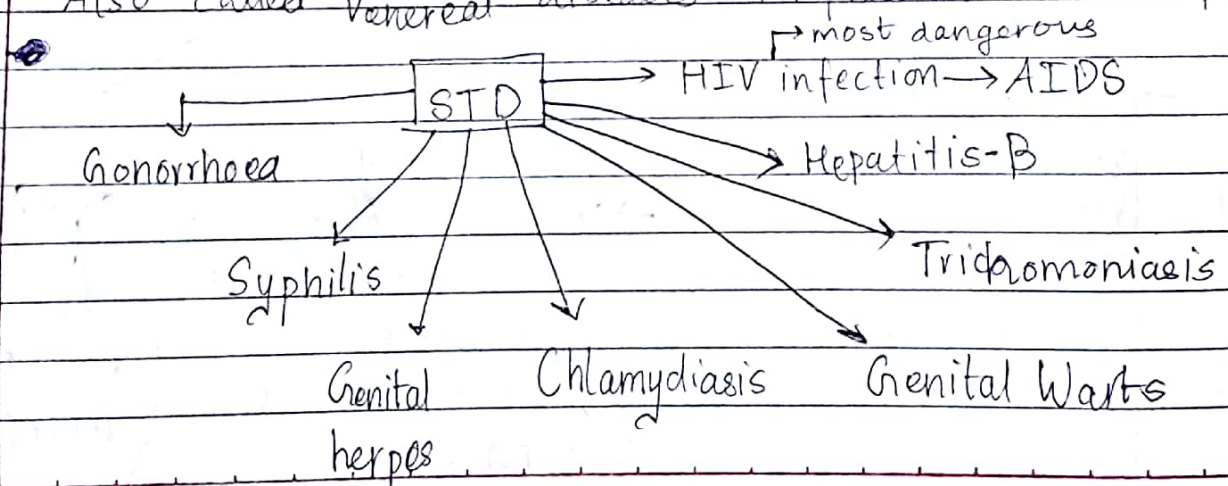
Medical Termination of Pregnancy

(MTP)

- It is intentional or voluntary termination of pregnancy before full term.
- MTP legalised in India by Government in 1971 with some strict conditions to avoid misuse like indiscriminate & illegal female foeticides
- MTP is needed to get rid of unwanted pregnancy either due to unprotected intercourse or failure of the contraceptive used during coitus or rape. It is also needed where continuation of pregnancy could be harmful to either mother or foetus or both.
- MTP → safe during first trimester i.e. 12 weeks.

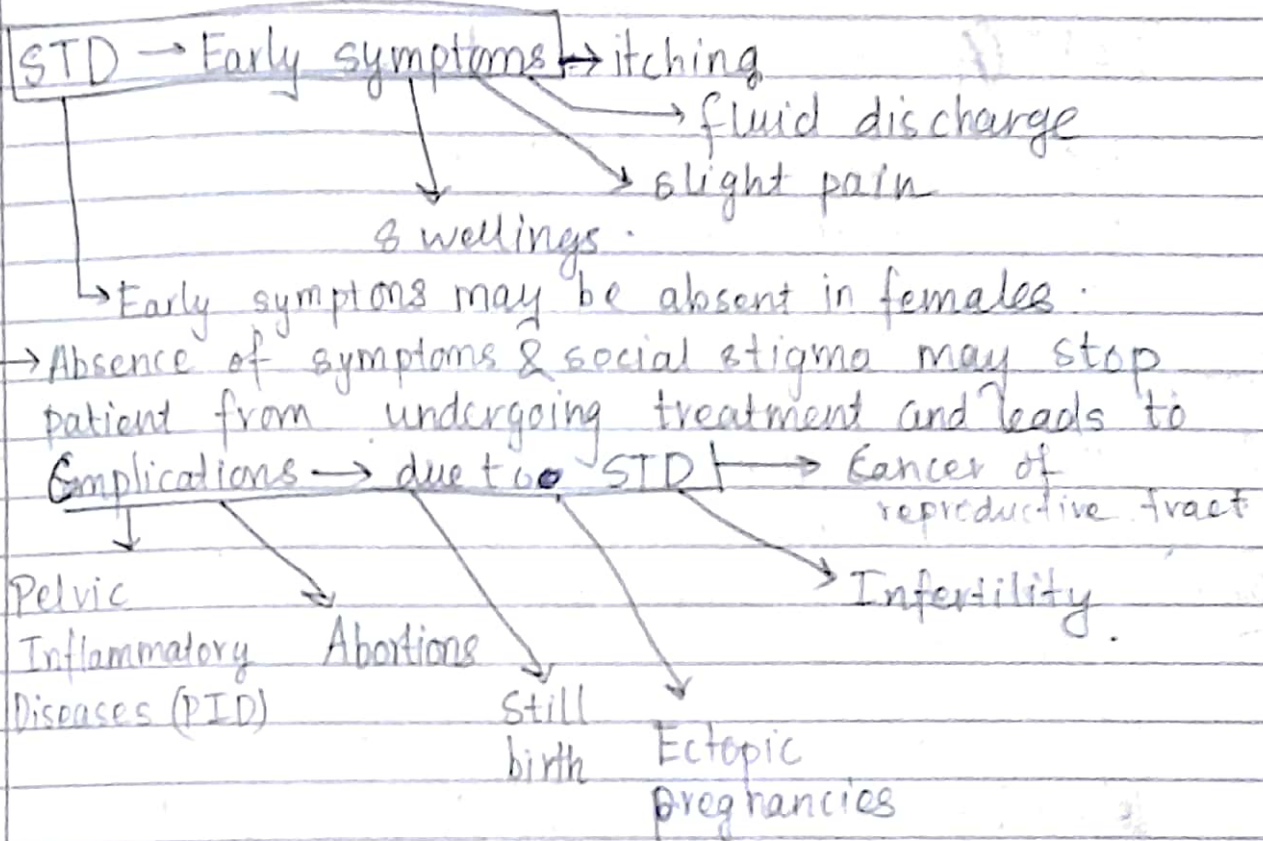
Sexually Transmitted Diseases :-

- Transmitted due to sexual intercourse.
- Also called Venereal diseases or Reproductive tract infection



Hepatitis-B & HIV can be also transmitted by sharing of injection needles, surgical instruments etc with infected persons, transfusion of blood, or from infected mother to foetus.

Hepatitis-B, AIDS, Genital Herpes → Not curable
Others curable if detected early & treated properly.



Prevention from STD's :-

- 1) Avoid sex with unknown partners / multiple partners.
- 2) Always use condoms during coitus.
- 3) In case of doubt, visit qualified doctor, for early detection & complete treatment if diagnosed.

Infertility :-

→ Unable to produce children inspite of unprotected sexual co-habitation.

Reasons :- Physical, congenital, diseases, drugs, immunological or psychological

ART (Assisted Reproductive Techniques)

1) In Vitro fertilisation (IVF) :-

Ova from wife/donor & sperm from male/donor are collected and induced to form zygote under stimulated conditions in Lab. Then (Zygote or early embryo (8 blastomeres) is transferred to uterus) (IUF - intrauterine transfer)

ZIFT
↓
zygote
Intra Fallopian Transfer

IUF is also used for in-vivo fertilisation, where fusion takes place inside female but zygote transferred to other mother or female as she cannot conceive.

→ Gamete Intra fallopian Transfer

2) GIFT → Gamete (Ovum) transported to female fallopian tube (collected from a donor female) who cannot produce ova, but can provide suitable conditions for fertilisation & further development.

3) ~~ZIFT~~ ICST (Intra-cytoplasmic sperm Injection) → Embryo is formed in lab by transfer of sperm directly through injection into ovum.

4) Artificial Insemination (AI): Sperm collected from male is directly transferred in vagina or uterus (Intra Uterine Insemination).

Done for males having low sperm count.