

Ch. REPRODUCTIVE HEALTH

1951

• Indian Govt → Family planning

REPRODUCTIVE & CHILD HEALTH CARE

1] Take care of mother after pregnancy

2] Neo-natal care

3] Safe coitus

4] Avoid sexual infection

5] Population control

1947 → census → 350 M

2000 → " → 7.6 B

2011 → " → 7.2 B

1. NATURAL METHOD :-

Avoid meeting of sperm & ova naturally

- NO side effect, success ↓

PERIODIC ABSTINENCE :-

- chances of fertilization are ↑ during fertile period (10-17th) day of cycle

- couple should avoid this

LACTATIONAL AMENORRHEA

- during breast feeding gonadotropin ↓

- valid upto 6 months

COITUS INTERRUPTUS :-

- withdrawal of penis just before ejaculation

3. CHEMICAL METHOD :-

Chemical which kills sperm

4. IUDS (Intra Uterine Device)

• Inserted inside uterus

• most accepted method in India

5. CONTRACEPTIVE PILLS :-

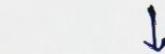
• combination of Est + progestrone

• has to be taken b/w 1-5th day of cycle

Eg:- mala-D/N

AMNIOCENTESIS :-

Extraction of amniotic fluid (foetus skin cell)



Helps to detect genetic disorder



Also used for illegal sex determination



14-16th week of preg

CONTRACEPTIVE METHOD :-

INHIBIT PREGNANCY :-

Features :-

1] Cheap

2] Easily reversible

3] Effective

4] User friendly

5] Less side effect

6] do not interfere b/w coitus

2. BARRIER METHOD :-

Type	condom	female	Vaults	Caps	diaphragm
sugar	penis	vagina	cervix	cervix	cervix
Made of :-	Latex Sheath	plastic			
Reusability			✓	✓	✓
Disposable	✓	✓	✓	✓	✓
STD Protection	✓	✓	✗	✗	✗

NON-MEDICATED :- loop impregnated in Body

• makes uterine hostile for implantation
Eg:- copper loop

HORMONE RELEASING :- release progestrone → ovary & cervical mucus relation

Eg:- LNG-IUS, Progestasert

COPPER RELEASING :- suppresses motility of sperm

• fertilising capacity of sperm

Eg:- LUT, Cu-T, multiloaded 375

• fertilization done we have to stop implant

Eg:- pills, unwanted 72, Ru-486

6] IMPLANTS :-

• silicon rod with E2 + P

• work for 5-7 years

7] EMERGENCY CONTRACEPATIVE :-

• Morning after pill

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