

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)
- couple should avoid this

LACTATIONAL AMENORRHEA

- during breastfeeding gonadotropins ↓ ↓
- valid upto 6 months

COITUS INTERRUPTS:-

- 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 Estrogen + progesterone
• 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

2. BARRIER METHOD:-

Type	condom	femdom	Vaults	Caps	diaphragm
organ	penis	vagina	cervix	cervix	cervix
Made of :-	Latex Sheath	plastic			
Reusable	✓	✗	✓	✓	✓
Disposable	✓	✓	✓	✓	✓
STD Protection	✓	✓	✗	✗	✗

NON-MEDICATED:- loop impregnated in Body

makes uterus hostile for implantation → kills sperm

Eg:- Lippes loop

HORMONE RELEASING:- release progesterone → ovulation x

Eg:- LNG 20, Mirena

COPPER RELEASING:- suppress motility of sperm fertilising capacity of sperm

Eg:- IUD, CuT, multiloader 375

6] IMPLANTS:-

• Silicon rod with E2 + P
• work for 5-7 yrs

7] EMERGENCY CONTRACEPTIVE:-

• Morning after pill

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