



REPRODUCTIVE HEALTH

WHAT IS REPRODUCTIVE HEALTH?



World Health Organisation (WHO) defines:

Reproductive health is a total well-being in all aspects of reproduction i.e., physical, emotional, behavioural & social.

REPRODUCTIVE HEALTH: PROBLEMS AND STRATEGIES



- India initiated reproductive health programmes (**family planning**) in 1951.
- Wider reproduction-related areas are in operation under the **Reproductive & Child Health Care (RCH)** programmes.



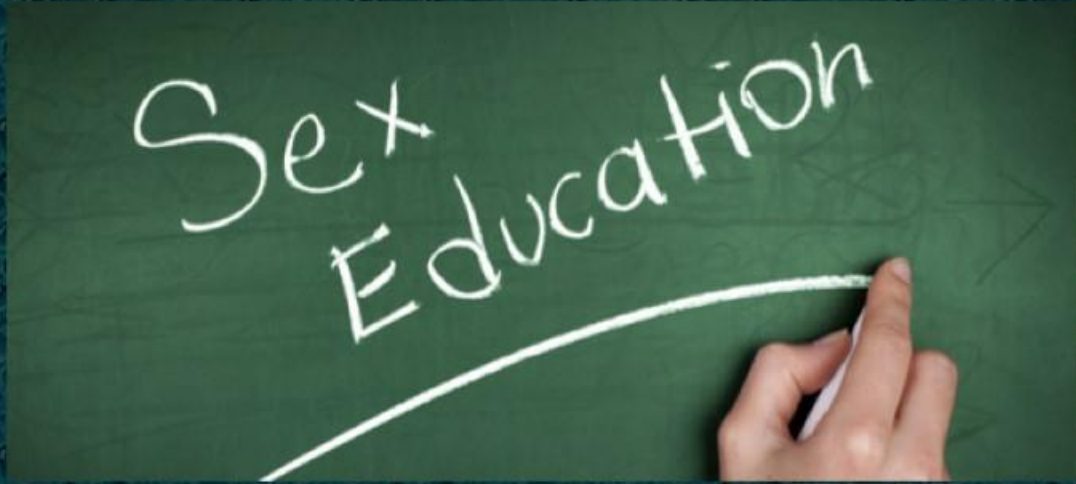
REPRODUCTIVE HEALTH: PROBLEMS AND STRATEGIES

Such programmes deal the following:

- ✓ Give awareness about **reproduction related aspects** for creating a reproductively healthy society.
- ✓ Educate people about **birth control, care of pregnant mothers, post-natal care of mother & child, importance of breast feeding, equal opportunities for male & female child etc.**
- ✓ Awareness of problems due to **population explosion, social evils like sex-abuse and sex-related crimes, etc.**



REPRODUCTIVE HEALTH: PROBLEMS AND STRATEGIES



Aims & needs of sex education in schools

- To provide right information about sex-related aspects. It helps to **avoid sex-related myths and misconceptions.**
- To give proper information about **reproductive organs, adolescence and related changes, safe and hygienic sexual practices, sexually transmitted diseases (STD), AIDS** etc.

A dense crowd of people, mostly women, looking towards the camera. The image is in black and white, with the text overlaid in red and white.

POPULATION EXPLOSION & BIRTH CONTROL

POPULATION EXPLOSION & BIRTH CONTROL

In **1900**, the world population was around **2 billion (2000 million)**. By **2000**, it rocketed to about **6 billion**.



POPULATION EXPLOSION & BIRTH CONTROL

In India, population was nearly **350 million** at the time of independence. It reached **1 billion** by **2000** and crossed **1.2 billion** in **May 2011**. It means every sixth person in the world is an Indian.



POPULATION EXPLOSION & BIRTH CONTROL

According to the 2011 census report, our **population growth rate** was less than **2%** (i.e. 20/1000/year), a rate at which our population could increase rapidly.



POPULATION EXPLOSION & BIRTH CONTROL



Reasons for population explosion

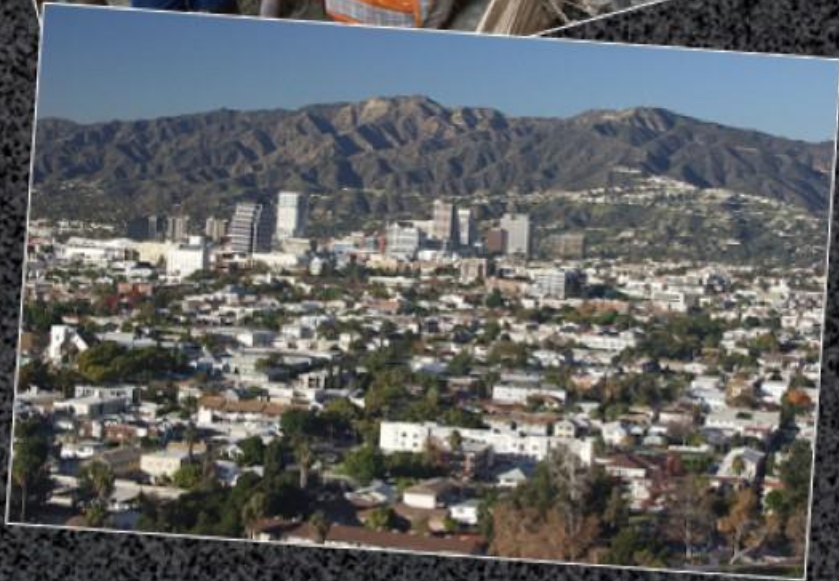
- Increased health facilities and better living conditions.
- A rapid decline in **death rate, maternal mortality rate (MMR)** and **infant mortality rate (IMR)**.
- Increase in number of people in **reproducible age**.

POPULATION EXPLOSION & BIRTH CONTROL



Impacts of population explosion

- **Scarcity of basic requirements (food, shelter and clothing).**



POPULATION EXPLOSION & BIRTH CONTROL



Control measures

- Motivate smaller families by using contraceptive methods.
- Aware peoples about a slogan ***Hum Do Hamare Do*** (we two, our two). Many couples have adopted a '**one child norm**'.
- Statutory rising of marriageable age of females (**18 years**) and males (**21 years**).

CONTRACEPTIVE METHODS



Properties of an ideal contraceptives

- User-friendly
- Easily available
- Effective
- Reversible
- No or least side-effects
- Should not interfere with sexual drive, desire & sexual act.

CONTRACEPTIVE METHODS



Natural/ Traditional methods



Barriers



Intra Uterine Devices (IUDs)



Oral contraceptives



Injectables



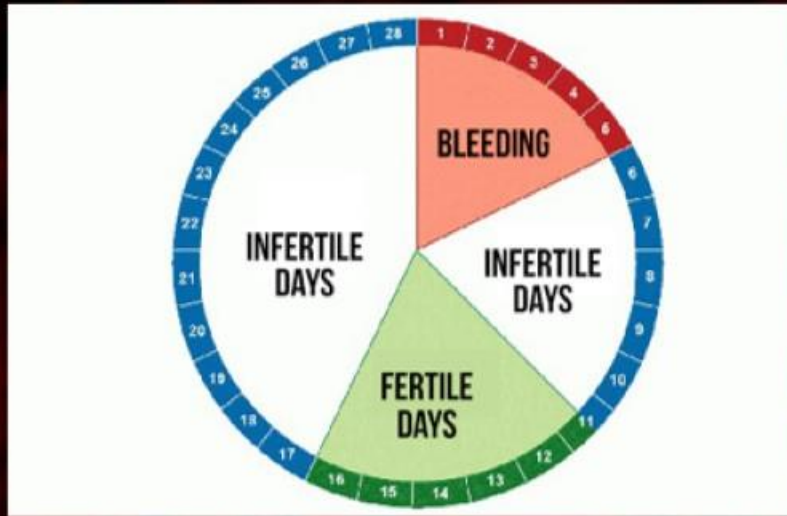
Surgical methods (sterilization)



Contraceptive methods

1. Natural/Traditional methods

Avoiding chances of ovum and sperms meeting.



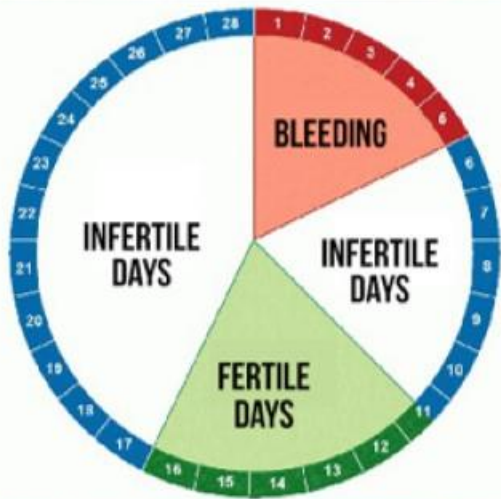
Types of Natural/Traditional Methods

Periodic abstinence

Coitus interruptus

Lactational amenorrhea

Contraceptive methods



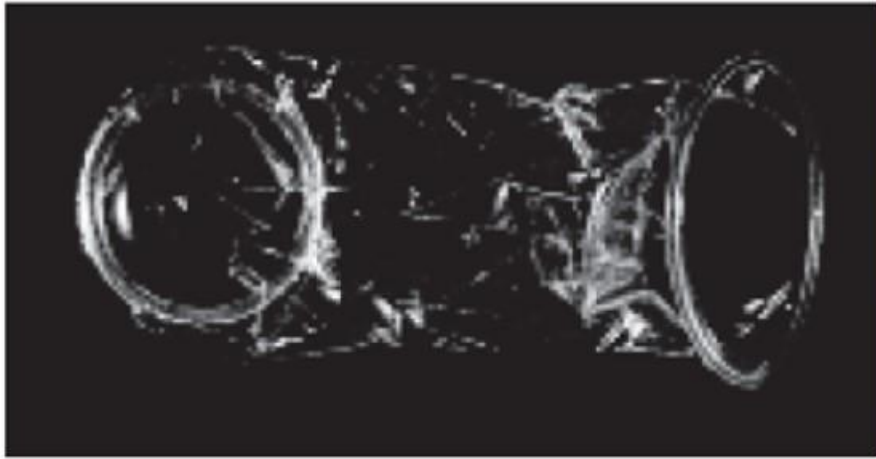
1. Natural/Traditional methods

- **Periodic abstinence:** Avoid coitus from day 10 to 17 of the menstrual cycle (**fertile period**).
- **Coitus interruptus (Withdrawal):** Withdraw penis from the vagina just before ejaculation to avoid insemination.
- **Lactational amenorrhea:** It is the absence of menstrual cycle & ovulation due to intense lactation after parturition. Fully breastfeeding increases lactation. This method helps to prevent conception. This is effective up to 6 months following parturition. It has no side effect. But chances of failure are high.

Contraceptive methods



Condom for male



Condom for female

2. Barriers

They prevent physical meeting of sperm & ovum.
E.g. Condoms, Diaphragms, cervical caps & vaults.

Condoms

- Made of rubber/latex sheath.
- **Condoms for male:** Cover the penis.
- **Condoms for female:** Cover the vagina & cervix.
- Condoms are used just before coitus. They prevent the entry of semen into female reproductive tract.
- **'Nirodh':** Popular condoms for males.

Contraceptive methods



2. Barriers

They prevent physical meeting of sperm & ovum.
E.g. Condoms, Diaphragms, cervical caps & vaults.

Condoms

Why Condoms are very popular?

- It protects the user from STDs and AIDS.
- It is disposable.
- It can be self-inserted and thereby give privacy to user.

Contraceptive methods



2. Barriers

Diaphragms, cervical caps & vaults

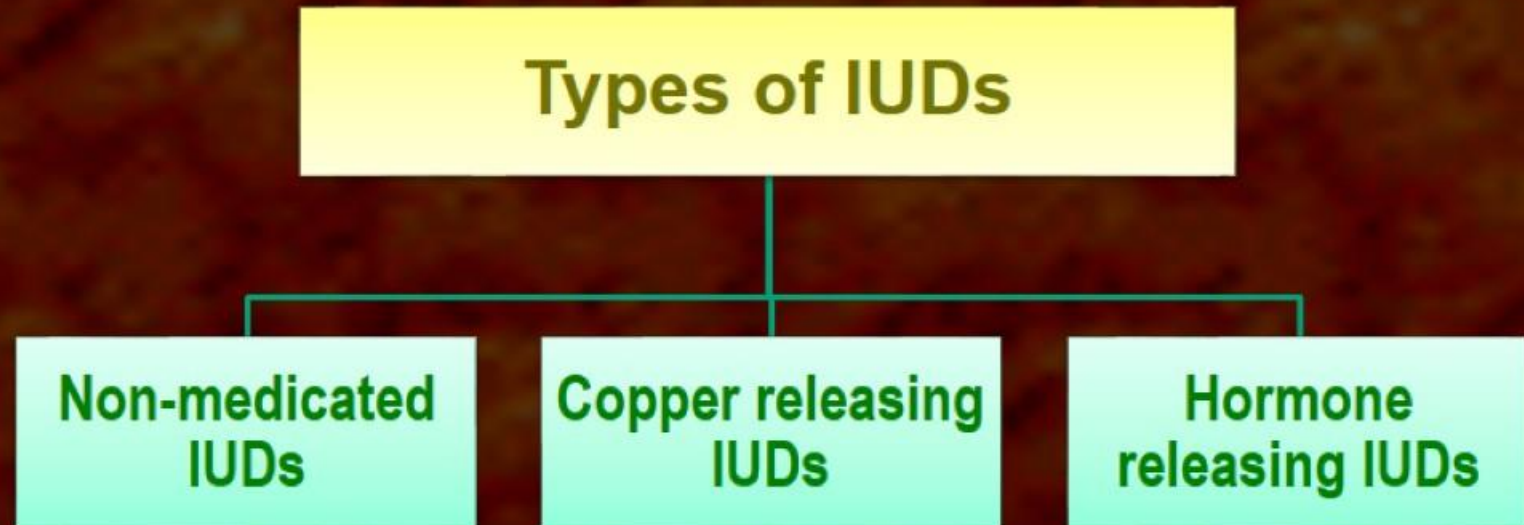
- ❑ Made of rubber and are inserted into the female reproductive tract to cover the cervix during coitus.
- ❑ They block the entry of sperms through the cervix.
- ❑ They are reusable.
- ❑ Spermicidal creams, jellies & foams are used along with these barriers to increase their contraceptive efficiency.

Contraceptive methods



3. Intra Uterine Devices (IUDs)

- These are inserted by doctors or nurses in the uterus through vagina.
- They increase phagocytosis of sperms.
- IUDs are ideal method to delay pregnancy or space children.

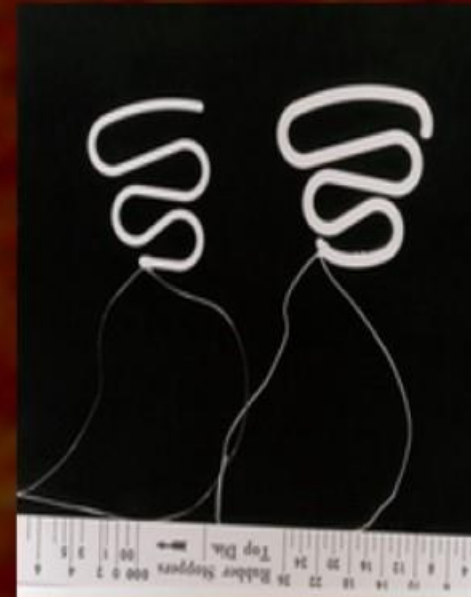


Contraceptive methods

3. Intra Uterine Devices (IUDs)

Types of IUDs

- **Non-medicated IUDs:**
They retard sperm motility.
Also have spermicidal effect. E.g. Lippes loop.

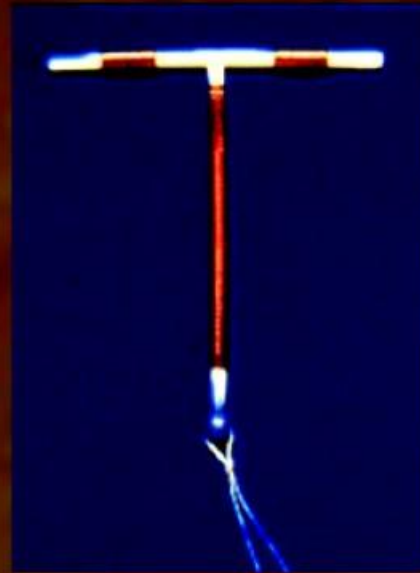
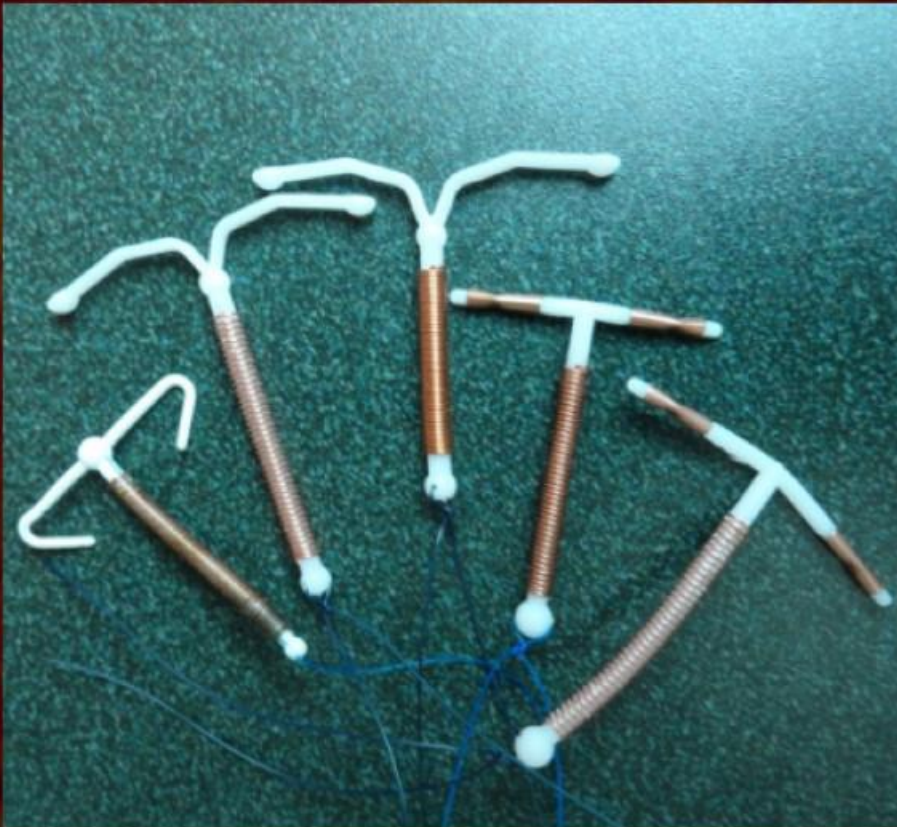


Contraceptive methods

3. Intra Uterine Devices (IUDs)

Types of IUDs

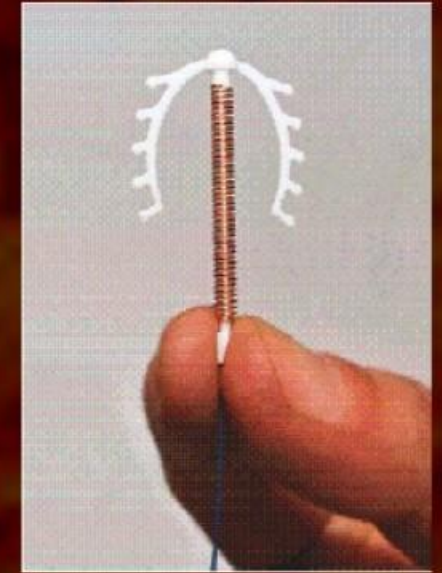
- **Copper releasing IUDs:** Cu ions suppress motility and fertilising capacity of sperms. E.g. CuT, Cu7, Multiload 375.



Cu T



Cu 7



Multiload 375

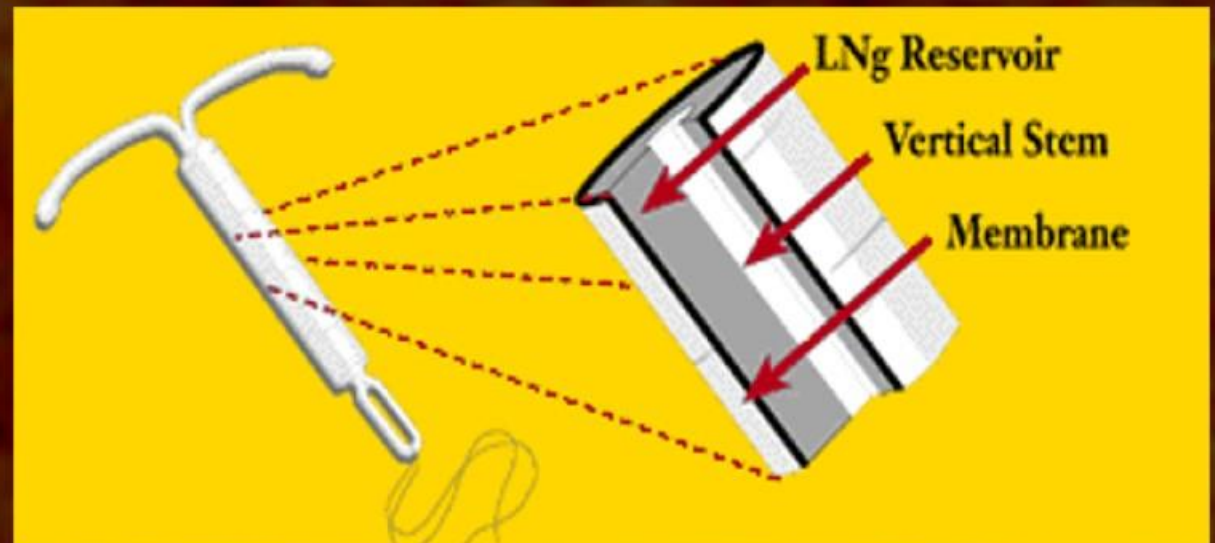
Contraceptive methods

3. Intra Uterine Devices (IUDs)

Types of IUDs

- **Hormone releasing IUDs:**

They make the uterus unsuitable for implantation and the cervix hostile to the sperms. E.g. Progestasert, LNG-20.



Contraceptive methods



4. Oral contraceptives

- Oral administration of **progestogens or progestogen-estrogen** combinations in the form of tablets (**pills**).
- Pills are taken daily for **21 days** starting within the first five days of menstrual cycle. After a gap of 7 days (menstruation period), it should be repeated in the same pattern till the female desires to prevent conception.
- They inhibit ovulation & implantation and thicken cervical mucus to prevent entry of sperms.
- Pills are very effective with lesser side effects.

Contraceptive methods

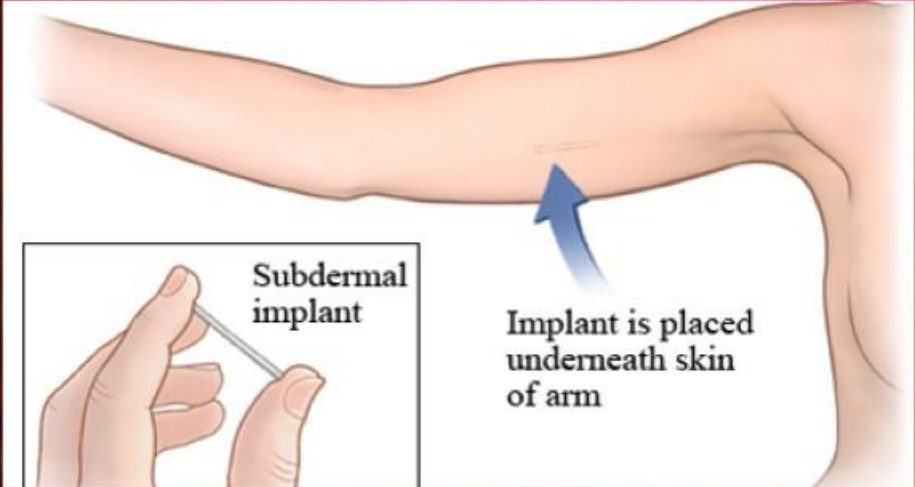
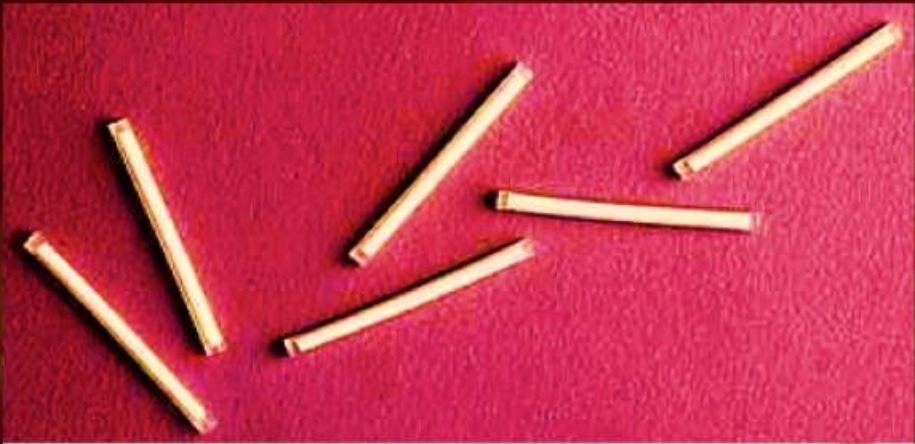


4. Oral contraceptives

Saheli

- New oral contraceptive for the females.
- It is developed by **Central Drug Research Institute (CDRI)** in Lucknow.
- It contains a non-steroidal preparation.
- It is a '**once a week**' pill with very few side effects and high contraceptive value.

Contraceptive methods

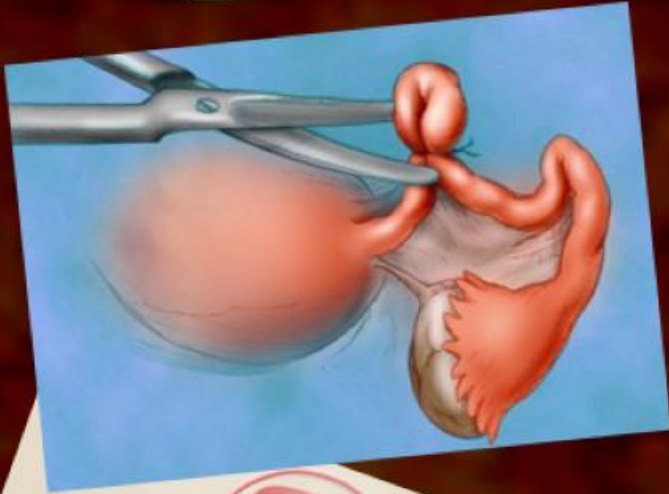


5. Injectables

- **Progestogens or Progestogens-oestrogen combination** are used by females as **injections or implants** under skin.
- Their mode of action is like that of pills and their effective periods are much longer.

Progestogens or progestogen-oestrogen combinations & IUDs are used as **emergency contraceptives** within 72 hours of coitus. It avoids pregnancy due to rape or casual intercourse.

Contraceptive methods



6. Surgical methods (Sterilization)

- It helps to block gamete transport and thereby prevents conception.
- It is very effective but reversibility is poor.

Types of surgical methods

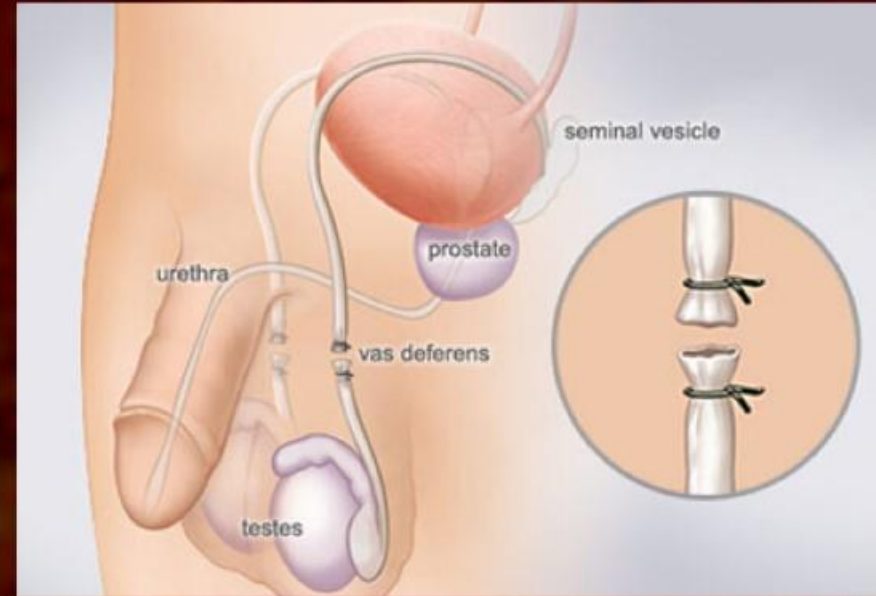
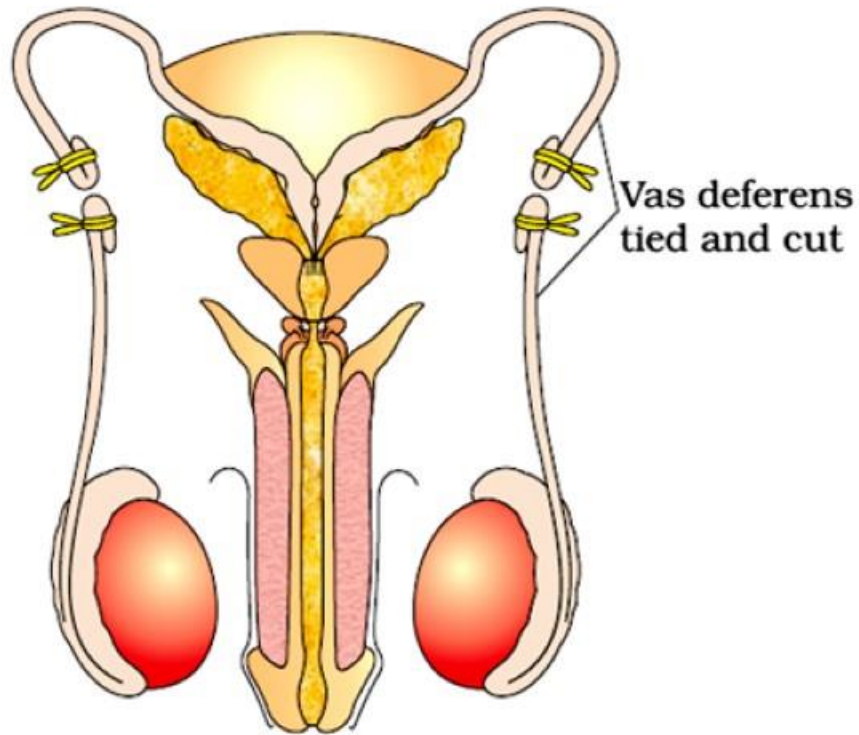
Vasectomy

Tubectomy

Contraceptive methods

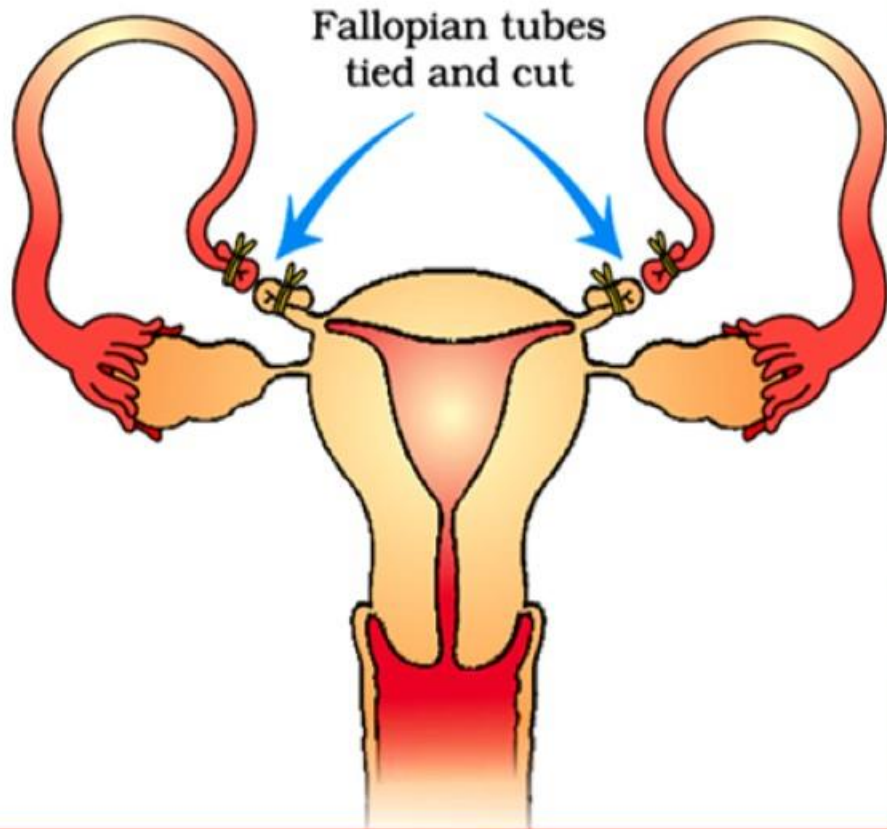
6. Surgical methods (Sterilization)

Vasectomy



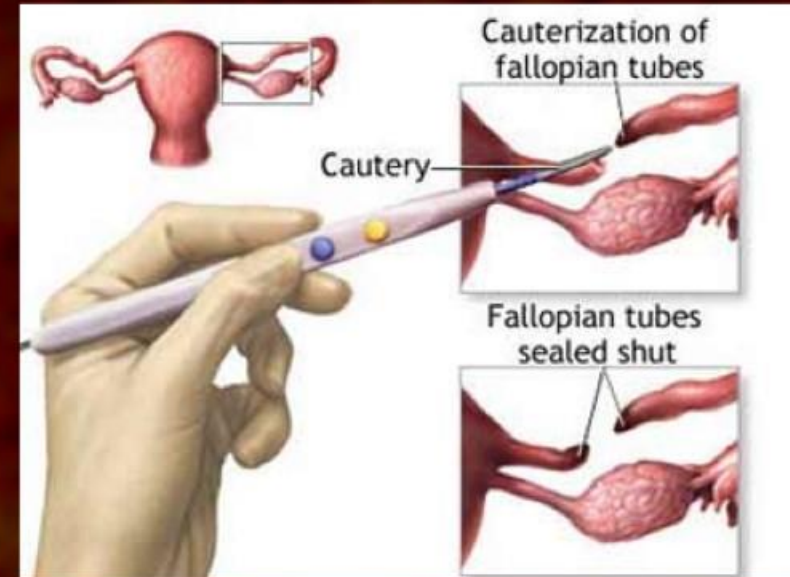
- Sterilization procedure in males.
- In this, a small part of the vas deferens is removed or tied up through a small incision on the scrotum.

Contraceptive methods



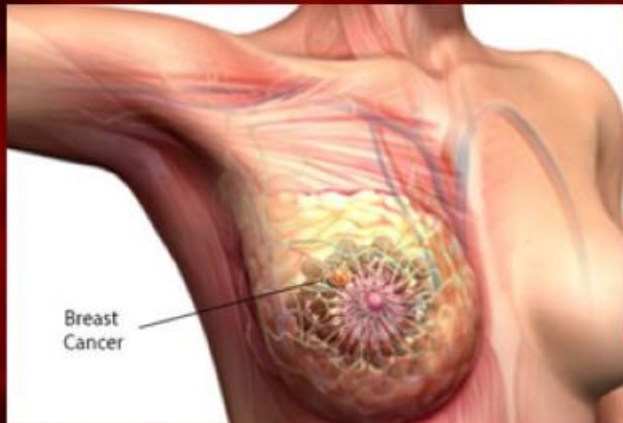
6. Surgical methods (Sterilization)

Tubectomy



- Sterilization procedure in females.
- In this, a small part of the fallopian tube is removed or tied up through a small incision in the abdomen or through vagina.

Contraceptive methods



Side-effects of anti-natural Contraceptive methods

Nausea

Abdominal pain

Breakthrough bleeding

Irregular menstrual bleeding

Breast cancer