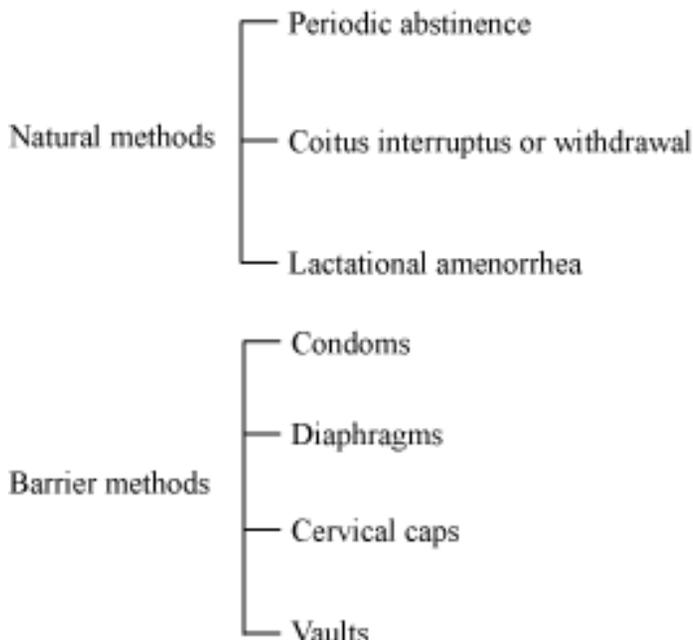


Reproductive Health

Reproductive Health and Population Explosion

- Reproductive health refers to the total well being in all aspects of reproduction – physical, emotional, behavioural and social.
- Aspects of reproductive and child health care (RCH):
 - Creating awareness among people regarding reproductive organs, adolescence and sexually transmitted diseases (STDs).
 - Provision of medical facilities and care regarding problems like pregnancy, abortions, infertility, menstrual cycle, etc.
- Population of our country is increasing exponentially. A decreased death rate, maternal mortality rate and infant mortality rate are the probable causes for the population explosion.
- Amniocentesis (foetal sex determination) has been banned to check female foeticide.

- **Need for adopting control measures as it creates a lot of problems:**
- Per capita income is decreasing
- Health of population is affected
- Over utilisation of natural resources
- **Contraceptive methods include**



- - **Intrauterine devices:** Non-medicated IUDs (e.g., Lippes loop), Copper-releasing IUDs (e.g., CuT, Cu7), and hormone-releasing IUDs (e.g., LNG 20).
 - **Oral administration:** Mainly used in the form of pills. Example: saheeli
 - **Sterilisation technique:** It includes surgical methods.
 - **Tubectomy:** It involves the cutting and tying of the fallopian tube in females.
 - **Vasectomy:** It involves the cutting and tying of the vas deferens in males.
- It is essential to educate the people about population explosion and its adverse effects by creating awareness and educating people about advantages of small families.
- **Medical termination of pregnancy (MTP)**
 - It is the voluntary termination of pregnancy during the first trimester.
 - Also known as induced abortion
 - Advantage of MTP: Helps to get rid of unwanted pregnancies
 - Disadvantage: Misuse of amniocentesis to determine the sex of the baby, which is then followed by MTP, if it is female
- **Sexually transmitted diseases (STDs)**
 - Diseases transmitted through sexual intercourse are known as sexually transmitted diseases.
 - Example: gonorrhoea, syphilis, chlamydiasis, trichomoniasis, AIDS.
- **Prevention of STD:**
 - Safe sexual intercourse
 - Early detection and control

Infertility

- Inability of the female uterus to conceive baby, even after unprotected coitus.
- For the treatment of infertility, couples adopt certain techniques which are known as **assisted reproductive technologies**. They include –
 1. **In vitro fertilisation:** It is the process where the fusion of the egg occurs outside the mother's womb.
 2. **Test tube baby:** It involves in vitro fertilisation of the ovum, followed by embryo transfer in the uterus of the mother for further development of the embryo.
 3. **Gamete intra-fallopian transfer (GIFT):** It involves the transfer of the ovum from a donor into the fallopian tube of the recipient.

4. **Zygote intra-fallopian transfer (ZIFT):** It involves the transfer of the zygote (at the stage up to 8 blastomeres) into the fallopian tube of the recipient.
5. **Intra-uterine transfer:** It involves the transfer of the zygote (at the stage of more than 8 blastomeres) into the uterus of the recipient for further development.
6. **Intra-cytoplasmic sperm injection (ICSI):** It involves the injection of the sperm directly into the ovum.
7. **Intra-uterine insemination:** It is the method of introducing the semen from a healthy donor into the uterus of the recipient.