

2. REPRODUCTIVE HEALTH

Single Page Simple Synopsis

Reproductive Health is defined by the WHO as a state of total well-being in all aspects of reproduction—covering physical, emotional, behavioral, and social health.

FOUR CORE COMPONENTS:

1. Problems and Strategies:

- **Challenges:** Rapid population growth, myths regarding sex, and unhygienic practices.
- **Initiatives:** India was among the first globally to initiate “family planning” in 1951, now functioning as wider Reproductive and Child Health Care (RCH) programmes.
- **Awareness:** Use of audio-visual media, sex education in schools, and consultation to establish socially conscious and healthy families.

2. Birth Control and Contraception:

To control population and prevent unwanted pregnancies, various contraceptive methods are studied:

- **Natural Methods:** Periodic abstinence, withdrawal (*coitus interruptus*), and lactational amenorrhea.
- **Barrier Methods:** Condoms, diaphragms, and cervical caps.
- **Chemical & Hormonal Methods:** Oral pills (e.g., the non-steroidal pill *Saheli*), injections, and implants.
- **Intra Uterine Devices (IUDs):** Copper T (Cu-T), Cu7, and hormone-releasing IUDs.
- **Surgical Methods:** Sterilization via vasectomy (in males) and tubectomy (in females).

3. Medical Termination of Pregnancy (MTP)

MTP is the voluntary or induced termination of pregnancy before the fetus becomes viable. It is used to prevent unwanted pregnancies or safeguard the mother's life.

4. Sexually Transmitted Infections (STIs) and Infertility

- **STIs:** Diseases transmitted through sexual contact (e.g., Gonorrhea, Syphilis, and AIDS). Emphasizes the use of barrier methods (condoms) and prompt medical detection.
- **Infertility:** The inability of couples to produce children despite unprotected cohabitation. It is addressed via specialized Assisted Reproductive Technologies (ART):
 - **IVF-ET:** In Vitro Fertilization followed by Embryo Transfer (Test-tube babies).
 - **ZIFT:** Zygote Intra-Fallopian Transfer.
 - **GIFT:** Gamete Intra-Fallopian Transfer.
 - **AI:** Artificial Insemination.

FRUIT POINTS

1. **Reproductive health** is total well-being in physical, emotional, behavioural, and social aspects of reproduction.
2. A **reproductively healthy society** consists of people with physically and functionally normal organs and healthy social interactions.
3. Adolescents specifically need information on **bodily changes, safe sexual practices, and STDs**.
4. The legal **marriageable age** is 18 years for females and 21 years for males.
5. An **ideal contraceptive** is user-friendly, effective, reversible, and has no or least side-effects.
6. Contraceptive categories include **Natural, Barrier, IUDs, Oral, Injectables, Implants, and Surgical**.
7. **Periodic abstinence** involves avoiding coitus from day 10 to 17 of the menstrual cycle, the “fertile period”.
8. **Lactational amenorrhea** is effective for up to six months after childbirth due to the absence of ovulation during intense lactation.
9. **Barrier methods** use physical blocks to prevent the meeting of ovum and sperm.
10. Condoms provide the additional benefit of **protection against STIs and AIDS**.
11. **Diaphragms, cervical caps, and vaults** are reusable barriers for females that cover the cervix.
12. **Spermicidal creams, jellies, and foams** are often used with barriers to increase efficiency.
13. **Intra Uterine Devices (IUDs)** are inserted into the uterus by doctors or expert nurses.
14. **Non-medicated IUDs** like Lippes loop and **copper-releasing IUDs** like CuT are widely used.
15. **Copper ions** released by IUDs suppress sperm motility and fertilising capacity.
16. **Hormone-releasing IUDs** (e.g., Progestasert) make the uterus unsuitable for implantation.
17. **Oral contraceptives (pills)** are small doses of progestogens or combinations taken daily for 21 days.
18. **‘Saheli’** is a non-steroidal ‘once a week’ pill with very few side effects.
19. **Emergency contraceptives** taken within 72 hours of coitus can prevent pregnancy from unprotected sex or rape.
20. **Vasectomy** involves removing or tying a small part of the vas deferens in males.
21. **Tubectomy** involves removing or tying a small part of the fallopian tube in females.
22. **Medical Termination of Pregnancy (MTP)** is the intentional termination of pregnancy before full term.
23. India **legalised MTP in 1971** with strict conditions to check illegal female foeticides.
24. **Sexually Transmitted Infections (STIs)** are diseases transmitted through sexual intercourse.

25. Most STIs are **curable if detected early**, though HIV, Hepatitis-B, and genital herpes are exceptions.
26. **Infertility** is defined as the inability to produce children after two years of unprotected sexual cohabitation.
27. **Assisted Reproductive Technologies (ART)** include special techniques like **IVF, ZIFT, GIFT, and ICSI** to help infertile couples.
28. Artificial insemination means
artificial introduction of sperms of a healthy donor into the vagina. [NEET-2013]
29. Tubectomy is a method of sterilisation in which
small part of the Fallopian tube is removed or tied up. [NEET-2014]
30. Assisted reproductive technology, IVF involves transfer of
zygote into the Fallopian tube [NEET-2014]
31. A hormone releasing IUD is **LNG-20.** [NEET-2016]
32. The function of copper ions in copper releasing IUDs is
to suppress sperm motility and fertilising capacity of sperms. [NEET-2016]
33. In case of a couple, where the male is having a very low sperm count, then the technique that is suitable for fertilisation is **Intrauterine insemination(IUI)** [NEET-2017]
34. The sexually transmitted disease '**Genital Herpes**' is **not completely curable.** [NEET-2019]
35. In **ZIFT and IUT techniques**, the embryos are transferred to assist those females who cannot conceive. [NEET-2020]
36. **LNG-20** is an example of hormone releasing IUD. [NEET-2021]
37. **Lippes loop** is used as non-medicated IUD. [NEET-2022]
38. Amniocentesis is used to determine genetic disorders and survivability of foetus.[NEET-2023]
39. **Gonorrhea** is common sexually transmitted diseases it is completely curable when detected early and treated properly. [NEET-2023]
40. **Vaults** is not a natural contraceptive method. [NEET-2024]
41. In human pregnancy heart is formed after **one month** of gestation. [NEET-2025]
42. The potential drawbacks in adoption of this IVF method are **expensive instruments, reagents, less adoption of orphans & Possibility that the early embryo deons't survive.** [NEET-2025]