

# Chapter 4: Reproductive Health

**Reproductive Health:** A state of complete physical, mental, and social well-being in all matters relating to the reproductive system.

## Population Explosion & Birth Control:

Need for population control and family planning.

## Birth Control Methods:

**Natural methods:** Rhythm, withdrawal.

**Barrier methods:** Condoms, diaphragms.

**IUDs (Intrauterine devices):** Copper-T, loop.

**Oral contraceptives:** Pills.

## **Implants and surgical methods:**

Vasectomy (male), Tubectomy (female).

## **Medical Termination of Pregnancy (MTP):**

Induced abortion for specific reasons, e.g., contraceptive failure, potential birth defects.

Legal in India up to 20 weeks of pregnancy.

Sexually Transmitted Infections (STIs):

### **Transmitted through sexual contact.**

Examples: Gonorrhoea, syphilis, genital warts, **AIDS** (caused by **HIV**).

**Prevention:** Condom use, regular check-ups, early detection.

Infertility:

Inability to produce offspring in spite of unprotected sexual cohabitation.

Assisted Reproductive Technologies  
**(ARTs):**

In Vitro Fertilization (IVF): Fertilization outside the body. Embryo transfer can be done at 8-cell stage (**ZIFT** - Zygote IntraFallopian Transfer) or at blastocyst stage (**IUT** - Intra Uterine Transfer).

**Artificial Insemination:** Directly injecting sperms into the female genital tract.

**GIFT** (Gamete IntraFallopian Transfer): Transfer of harvested ova and sperms into the fallopian tube.

**ICSI (Intracytoplasmic Sperm Injection):** Injecting sperm directly into the egg.

**Reproductive Health Education:**

Addressing reproductive aspects of adolescent health.

Importance of awareness, education, and counseling.

Overcoming misconceptions and myths.

### **Amniocentesis:**

A prenatal diagnostic technique to detect chromosomal abnormalities in the fetus.

Misuse for sex determination leading to female feticide. Hence, legally banned for this purpose in India.