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Contraception





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PHYSICS CHEMISTRY BIOLOGY MATHS

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# Reproductive Health

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# Contraceptive Method (Birth Control)

## Temporary method and spacing method

• ✓ Chemical Method

• ✓ Barrier method

• ✓ Hormonal method

• ✓ Natural method

① P.A

② Withdrawal

③ L.A.

Self control

## Terminal method

- MTP (Medical Termination of pregnancy)

- Surgical Method



Self

## **Ideal contraceptive must be -**

- An ideal contraceptive should be <sup>①</sup> user-friendly, <sup>②</sup> easily available, effective and reversible with no or least side effects
- It also should in no way interfere with the sexual drive, desire and/or the sexual act of the user.

A wider range of contraceptive methods are presently available which could be broadly grouped into the following categories, namely Natural/Traditional, Barrier, IUDs. Oral contraceptives, Injectables, Implants and Surgical methods.

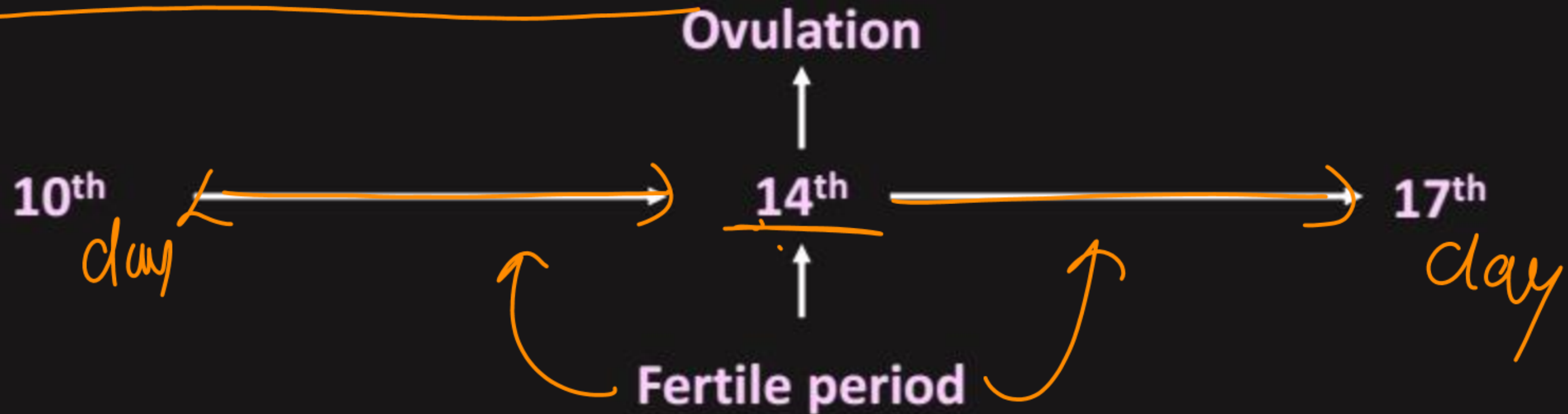


## Temporary method

Self Control

(i) Natural method - work on the principle of avoiding chances of ovum and sperms meeting.

### 1. Rhythm or Periodic abstinence method (Self Control)



Copulation avoid

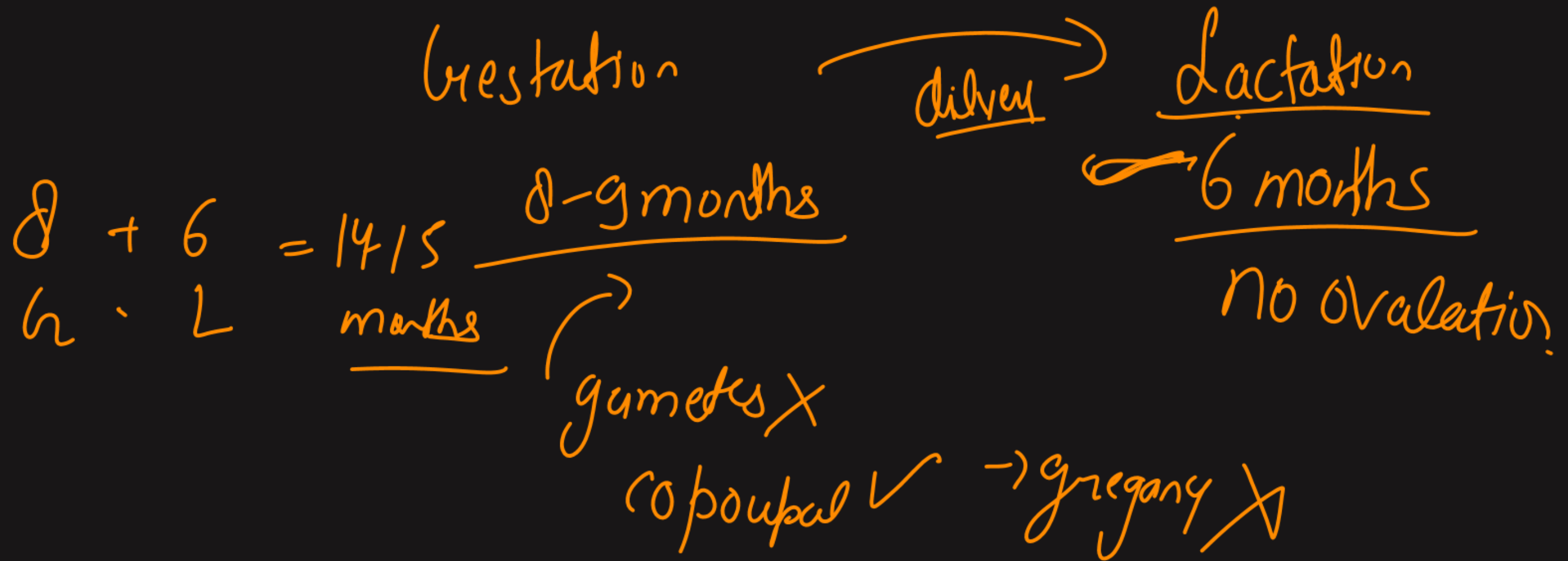
## 2. Withdrawal on coitus interruptus - Withdrawal or Coitus interruptus

During sexual intercourse, male partner withdraws his penis from vagina just before ejaculation so as to avoid insemination.



### 3. Lactational amenorrhea -

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**(ii) Barrier Method → Ovum and sperms are prevented from physically meeting with the help of barriers.**



**For Male :**

① Condom -

✓ Failure rate of male condoms = 10-14%

✓ Failure rate of female condom = 5-15%



## For Female:

Diaphragms, cervical caps and vaults are also barriers made of rubber that are inserted into the female reproductive tract to cover the cervix during coitus.



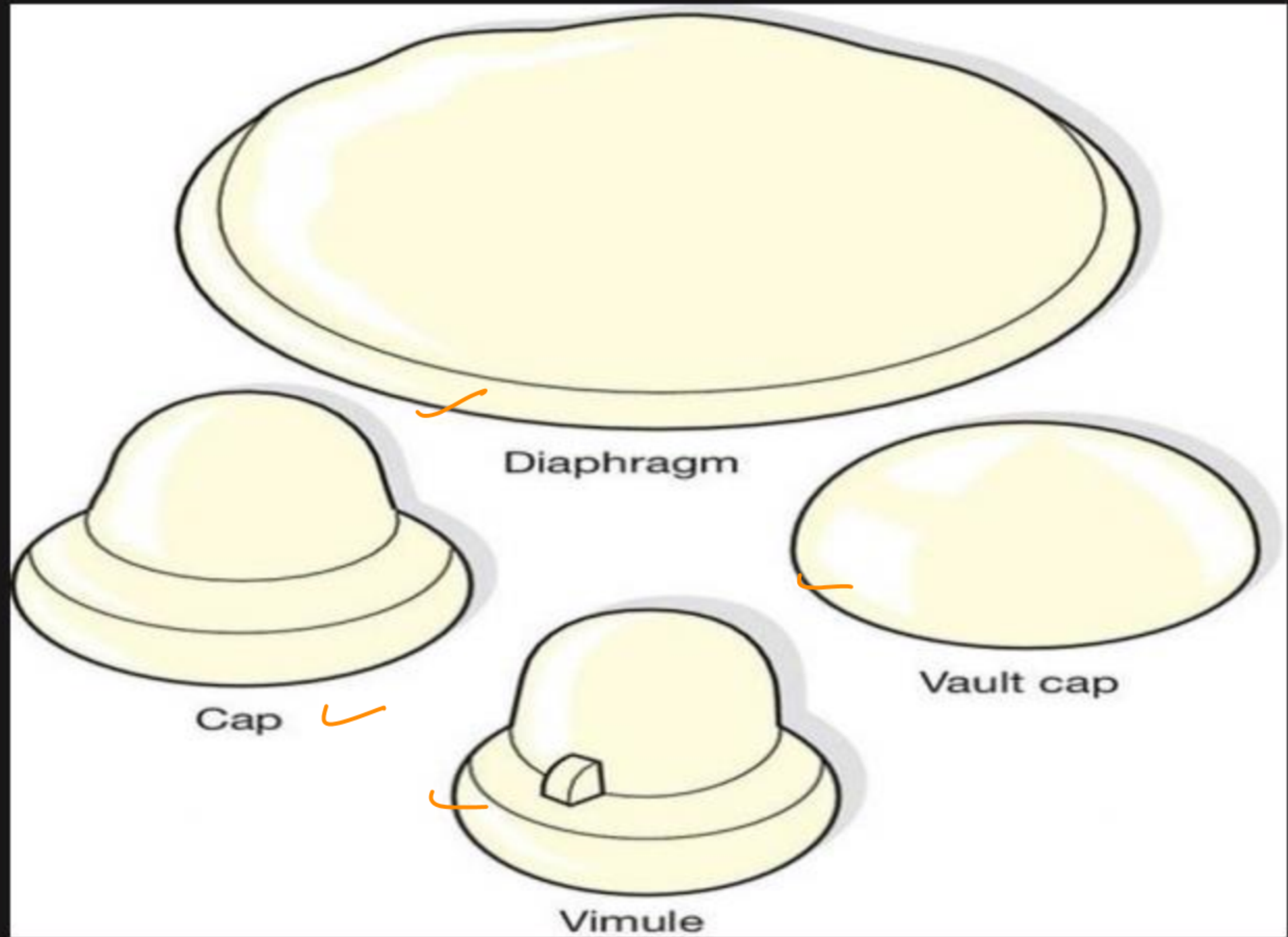
female condom



male condom



For Female:



**Intra Uterine Devices (I.U.D.):**

*Aufp*

**These devices are inserted by doctors or expert nurses in the uterus through  
vagina.**

**I.U.C.D. - Intra Uterine Contraceptive Devices:**



**IUDs are available as :-**

**(i) Non-medicated IUDs: e.g. : Lippes's loop**

*Match the following question.*

- These devices are made of plastic or stainless steel only.
- Lippes's loop made of plastic (Polyethylene) impregnated with barium sulphate is still used in many part of world.

**(ii) Copper releasing IUDs: eg.: CuT. Cu7. Multiload 375**

**(iii) Hormone releasing IUDs: eg. : Progestasert, LNG-20**



CuT



Cu7



Multiload 375



Match the full

### Mechanism:

- ① • Non-medicated IUDs, promote the phagocytic cells of uterus to phagocytosis of sperms within the uterus.
- ② • Copper releasing IUDs, released Cu ions suppress sperm motility and the fertilizing capacity of sperms
- ③ • The hormone releasing IUDs, make the uterus unsuitable for implantation and the cervix hostile to the sperms.
- IUDs are ideal contraceptives for the females who want to delay pregnancy and/or space children . It is one of most widely accepted methods of contraception in India.
- Failure rate of IUDs is approximately 1-3%

### (iii) chemical Method →

In this method chemicals are used which are spermicidal agent or surface-active agents which attach themselves to spermatozoa and inhibit  $O_2$  uptake and kill sperm. Failure rate is approximately 30%.

*mature  
Sperm*

Example:

Vaginal Foam/tablets = "Today"

Cream or Jelly = "Nim-76"



#### (iv) Hormonal Method

This is the most effective method (almost 100% Effective)



## **Oral Pills → Female**

**Daily Oral pills → Mala-N, Mala-D**

**Failure rate = 0.1%**

**The daily oral pills are started preferably within the first five days of menstrual cycle**

**For 1 to 21 days Hormonal pills are given, and Iron or Fe pills are given in last 7 days for recovery of blood loss in menstruation flow and to maintain regularity of pills.**

**Saheli** → Weekly Oral pills Non-steroidal pill. (Developed by scientists at CDRI Lucknow

Few side effects and high contraceptive value.

Failure rate 1.83%





CENTCHROMAN TABLETS I.P.

*saheli*

ORAL CONTRACEPTIVE PILL

ONCE A WEEK\*

8 TABLETS

\*Twice a week for first three months

*saheli*

Store in a cool & dry place.

*saheli*

*saheli*

**Injections** → DMPA (Depot - medroxy progesterone acetate) (Depot = slow release)





## **Implants (Injectables)**

### **Through Injection**

- In these injections High level of progesterone hormone is present which Inhibit segetion or gonadotropins, so ovulation is absent.
- progesterone, progesterone +Estrogen combination.
- Norplant/Subcutaneous injection
- underneath in skin (cutinous layer, of skin)
- failure rate = 0 - 0.4%.
- Oral contraceptive < Injectables →work power (up to months to year)





### **Emergency contraceptive methods:**

**Contraceptives methods which are used within 72 hours of unprotected sexual intercourse**

**(a) Emergency contraceptive pills-progesterone only pill**

**e.g., l-pill, unwanted-72 (LNG)**

**(b) IUD-IUD can also be use as an emergency contraception.**





## **Terminal Method**

**(i) Surgical method → It is a surgical method/Sterilization - Block gamete transport thereby prevent conception. These techniques highly effective but their reversibility is very poor.**

**Female sterilization - 85%**

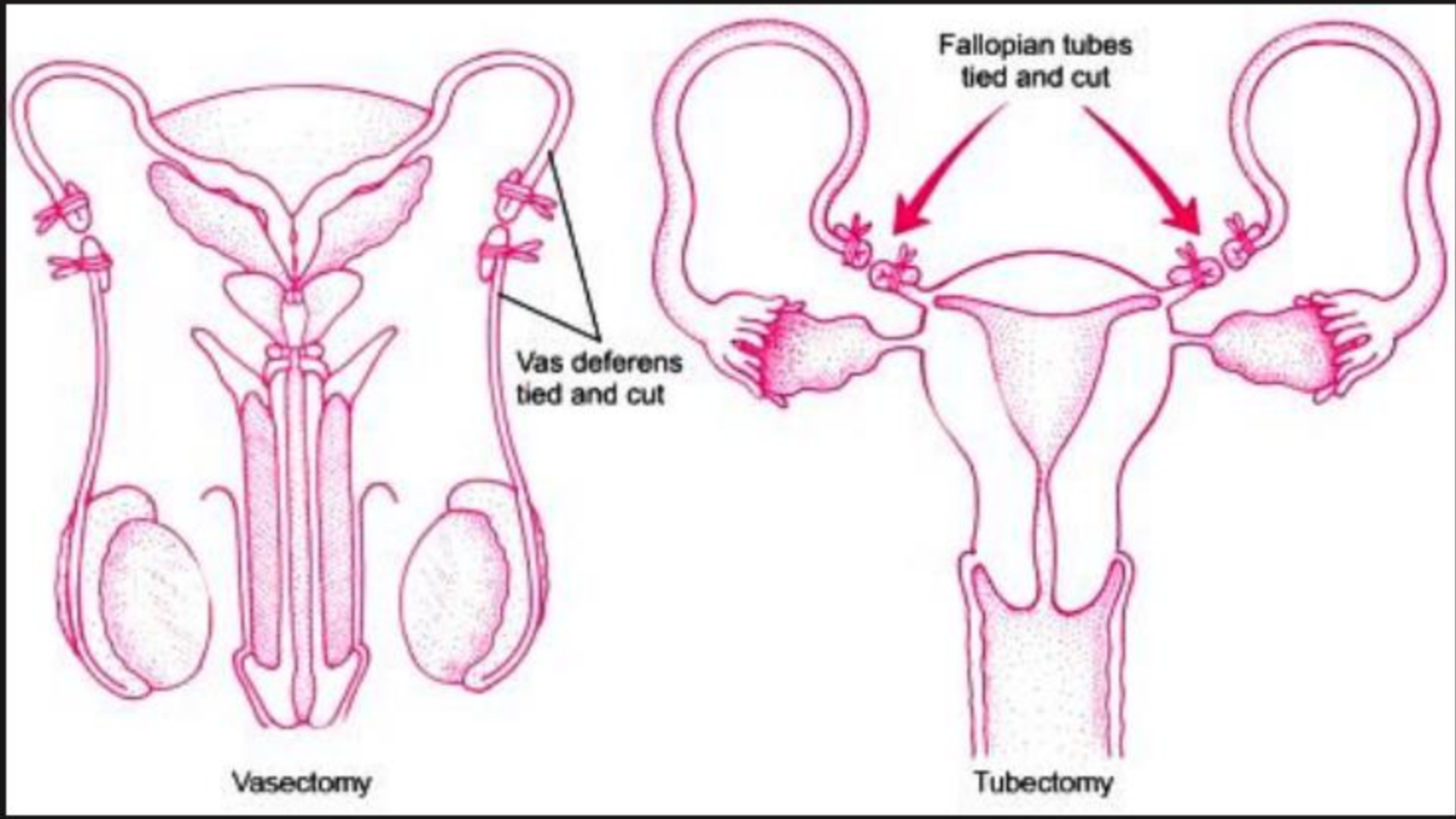
**Male sterilization -10 to 15%**

**For Male:        Vasectomy**

**To cut of vas deferens So ejaculation of sperm does not occur**

**For Female:    Tubectomy - To cut of fallopian tubes.**

**Tubal ligation - To ligate fallopian tubes.**



Vasectomy

Tubectomy

Vas deferens tied and cut

Fallopian tubes tied and cut

**1. Which is the physical barrier method for family planning in females?**

**(a) Condom for male**

**(b) Condom for female**

**(c) Diaphragm**

**(d) Both b and c**



**2. Which of the following is not a natural family planning method?**

**(a) Periodic abstinence**

**(b) Interruption coitus**

**(c) Chemical method**

**(d) Lactational amenorrhea**

**3. Which one of the following is the most widely accepted method of contraception in India at present?**

- (a) IUDs**
- (b) Cervical caps**
- (c) Tubectomy**
- (d) Diaphragms**

**4. Which are the permanent methods of family planning?**

**(a) Vasectomy, Tubectomy**

**(b) Condom for female, condom for male**

**(c) Copper T and pills.**

**(d) Vasectomy, copper T**



**5. What is the reason for the popularity of the barrier method of family planning?**

**(a) The absence of side effect**

**(b) Comparatively more reliable**

**(c) Protection from sexually transmitted diseases.**

**(d) Both a and b**

