

NCERT/STATE BOARD
CRASH COURSE
NEET/CET 2020-21

UNIT VI
REPRODUCTION
Chapter 4 (Part I)
Reproductive Health

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ACCORDING TO WHO

Reproductive Health Means A Total well being in all aspects of Reproduction, Physical, Social & Behavioural.



sex

education

condom

school

activity

adult
gender

leadership person

hormone

incentive
communication

pill
anatomy

concepts

emotional
motivate
relationship

partnership
protection

heterosexual
passion
goal
aids

inspiration
sexuality
lubrication

human
issues
hiv

marriage
teamwork

health

contraceptive rights
creativity medicine

livelihood innovation
text male

vision

progress
chalkboard
teach

life safety

ideas
planning

healthy efficiency
sexual people

abstinence

relations

contraception

performance

reproductive
lifestyles

woman
word

sensuality

birth

love

reproduction

Population Increases Rapidly – Due to

1. Lack of sex education
2. Marriage in childhood
3. Do not aware about contraceptive method



India has amongst 1st country in the world to initiate Action Plans & Programmes at a NATIONAL LEVEL to attain total reproductive health as a social goal.

These plan is called Family Planning which initiated in **1951**

Recently Known as - RCH (Reproductive Child & Health care)

Contraceptive Method

- Our Gonads are well functioning & they produce gametes, but avoid to meeting of Gametes is called Contraceptive Method.
- Male testis – sperm & Female ovary – ovum
- **IDEAL CONTRACEPTIVE:**
 1. User friendly
 2. Easily available
 3. Effective
 4. Reversible
 5. Least or no S/E

Contraceptive Method Are:

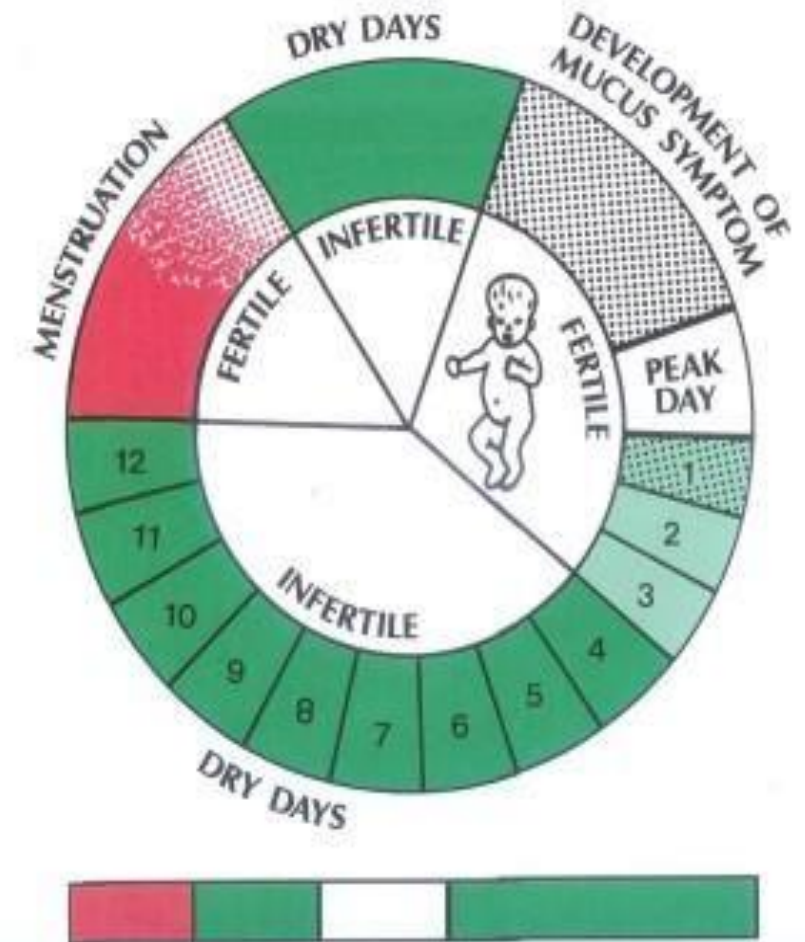
- 1. Natural & Traditional Method**
- 2. Barrier Method**
- 3. Intrauterine Devices (IUD)**
- 4. Oral contraceptive pills (OCP)**
- 5. Injection & Implants**
- 6. Surgical Method**

1. Natural / Traditional Method

- No chemical & Devices are used

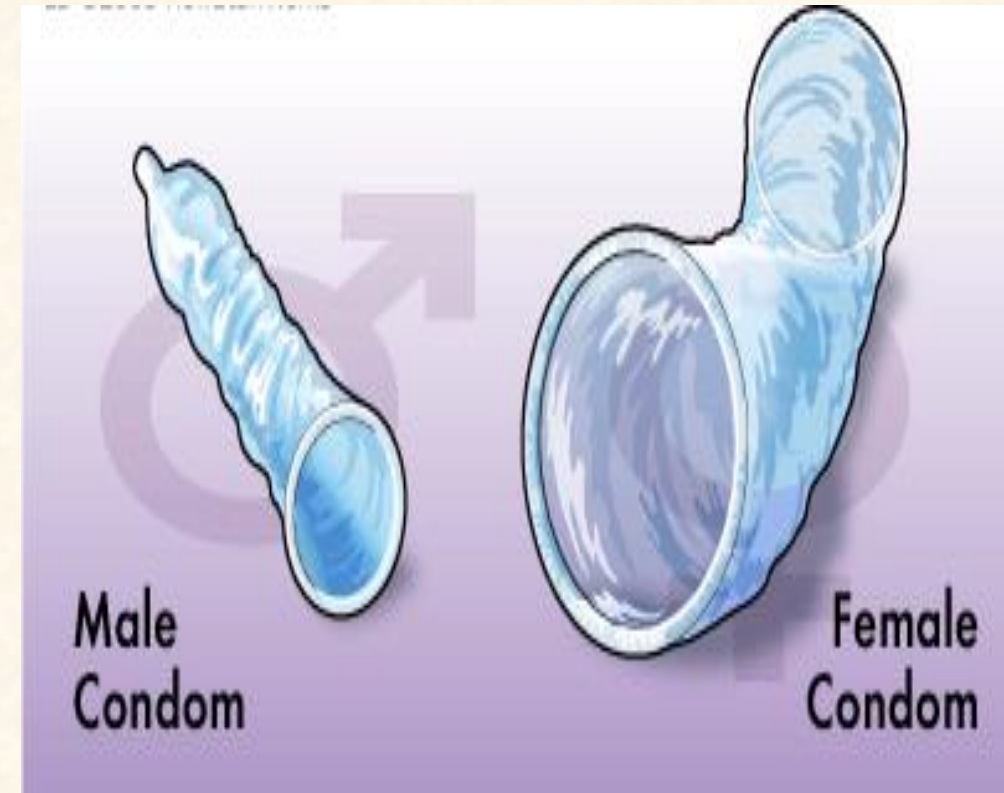
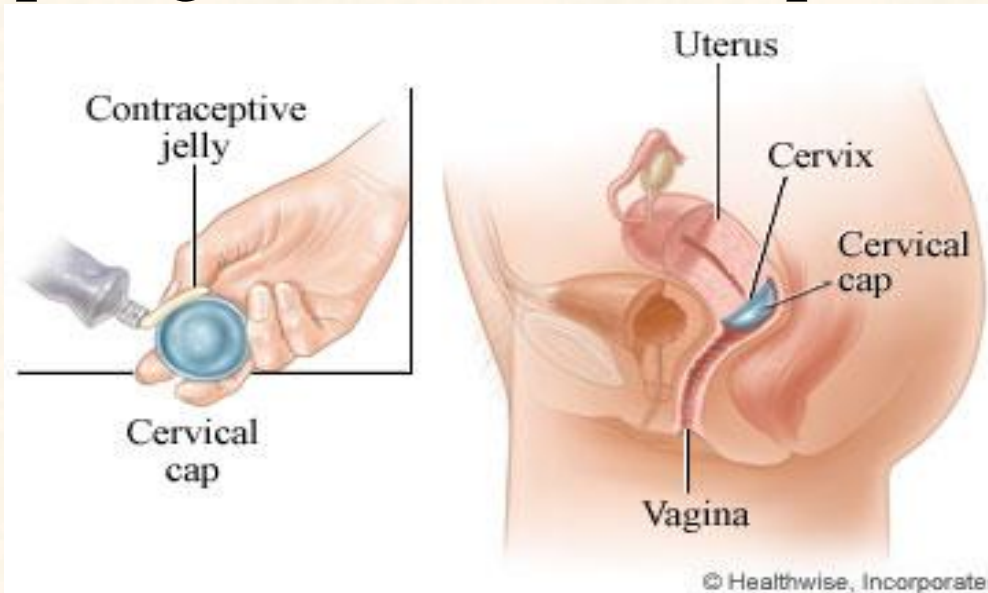
IT CONSIST OF:

- A. Periodic Abstinence
- B. Withdrawal or Coitus Interrupts
- C. Lactational Amenorrhea (Absent of MC)
- D. Temperature Surge



2. Barrier Method

- Prevent fertilization by creating barrier between male & female gametes.
 - a. Male Condom (Dr. Condom)
 - b. Female Condom(Femidom)
 - c. Diaphragms / Cervical Cups / Vaults



3. Intra uterine Devices (IUD)

- These devices are inserted by Doctor in uterus through Vagina.

Non Medicated IUD

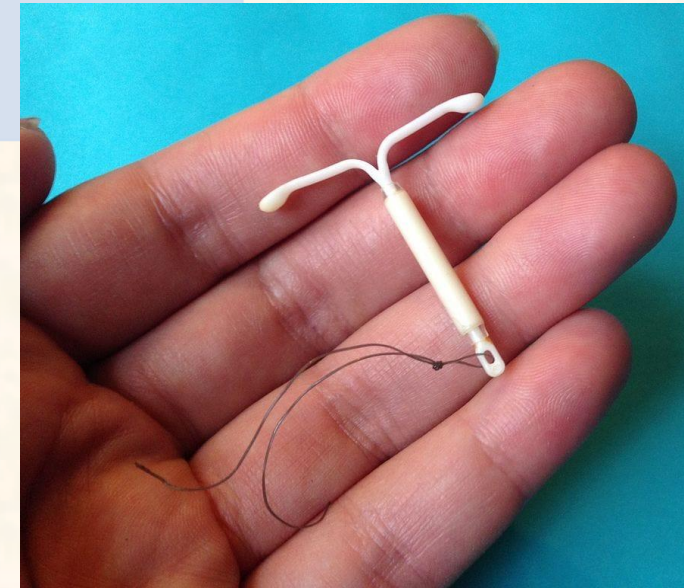
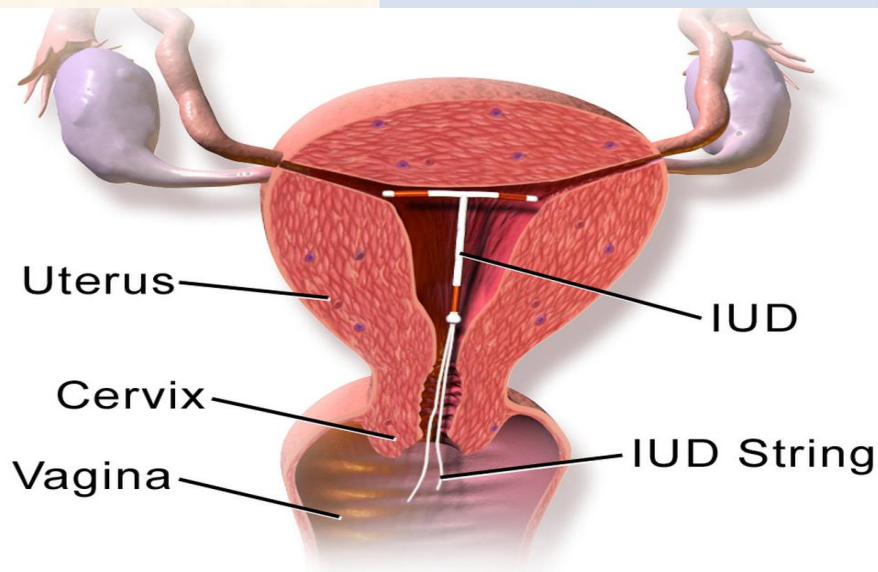
- Lippes Loop

Copper Releasing IUD

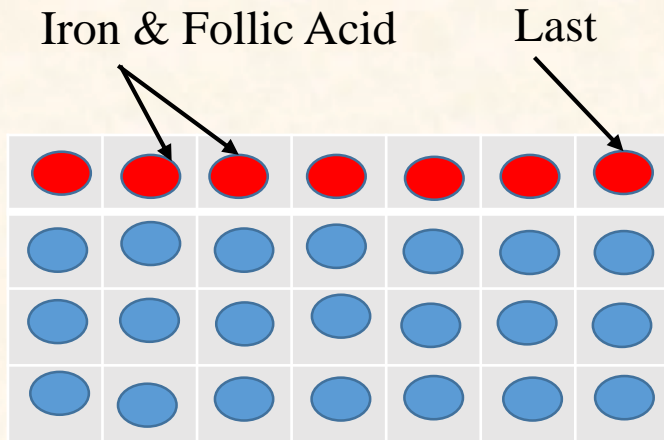
- CU – T
- CU – 7
- Multiloaded 375

Hormone Releasing IUD

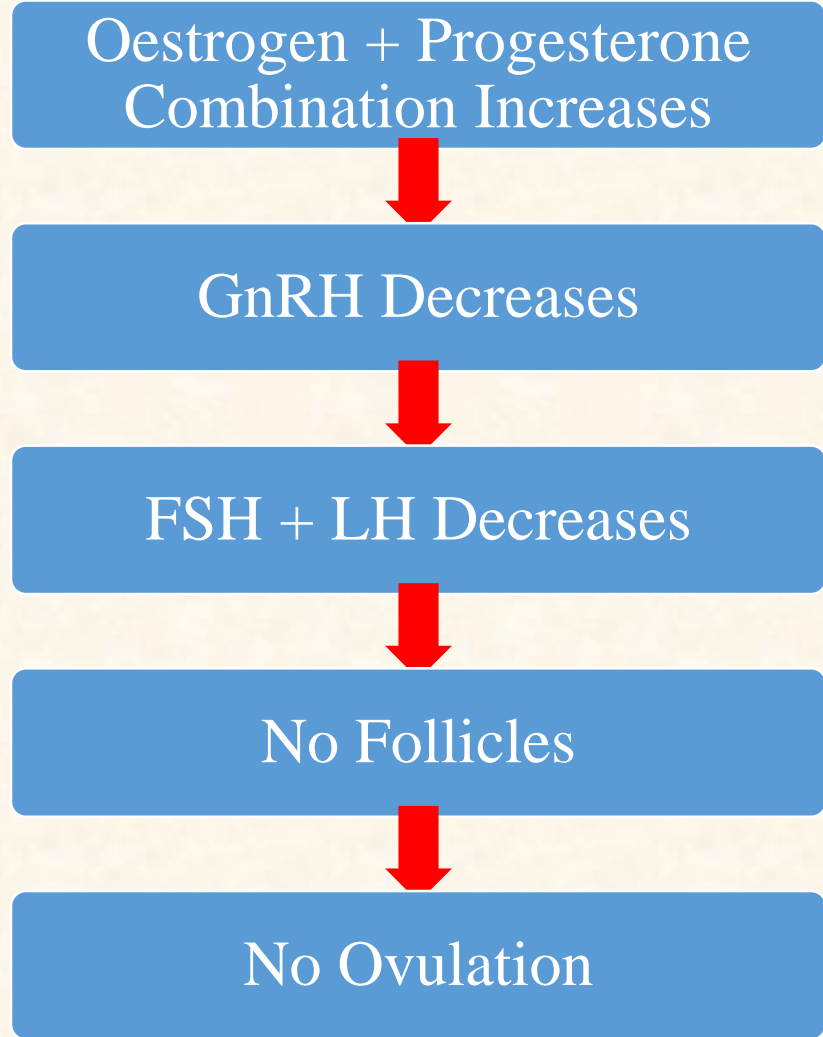
- Progesteasert
- LNG - 20



4. Oral Contraceptive Pills (OCP)



1st Day to 28 Day Tablet



**e.g. Mala – D,
Mala – N,
Saheli – CDRI (Once
a week, non Steroid)**



4. Oral Contraceptive Pills (OCP)

A. Mala – D & Mala – N:

✓ It taken daily for period of 21 Days of Menstrual Cycle.



B. Saheli :

- ✓ It is New Oral Contraceptive Pills for Female developed by scientist at **CENTRAL DRUG RESEARCH INSTITUTE (CDRI) LUCKNOW INDIA.**
- ✓ It is non Steroidal Pills – **FAT PRODUCTION** Decreases.
- ✓ It taken as – “Once a week a tablets”, with few side effect & high contain contraceptive value.



C. Morning After Pills (MAP):

- ✓ It is Aborting Agents & it has RU – 486 (Mifepristone) an anti progesterone so, it taken with 3 Days of unprotected sex.
- ✓ It prevents implantation.
- ✓ It is also known as progesterone only pills.



5. Injection & Implants:

- This is Matchstick like structure which implant under skin.
- It is combination of E + P.
- Mode of action is very similar to pills.



6. Surgical Method / Sterilization:

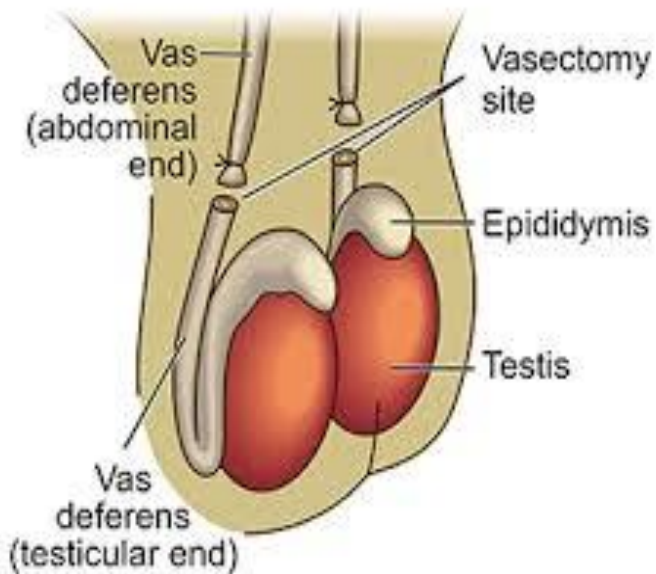
- Permanent method, block the gamete transport, hence prevent fertilization.

VASECTOMY

Vas
deference
Cut & Tied

TUBECTOMY

Fallopian
tube Cut &
Tied



1. Tubectomy a method of fertilization in which.
 - a. Small part of Fallopian tube is Removed or Tied up
 - b. Ovaries are removed
 - c. Small part of Vas Deference is removed or Tied up
 - d. Uterus is removed surgically
2. Which one of the following is the most widely accepted method of contraception in INDIA at present.
 - a. Cervical Cap
 - b. Tubectomy
 - c. Diaphragms
 - d. IUD
3. The most important components of the Oral Contraceptive Pills is
 - a. Thyroxin
 - b. LH
 - c. Progesterone
 - d. Growth Hormone

MTP (Medical Termination of Pregnancy)

- It is voluntary or intentional termination of pregnancy before full term is known as MTP or Induce Abortion.
- Government of India legalised MTP in 1971.
- About 45 to 50 million MTPs are done in year in whole world.
- MTP has significant role in decreasing the population, but is NOT meant for this purpose.
- MTP is safe up to 12 weeks (The 1st trimester) of pregnancy.
- Second trimester – Risky.

METHOD

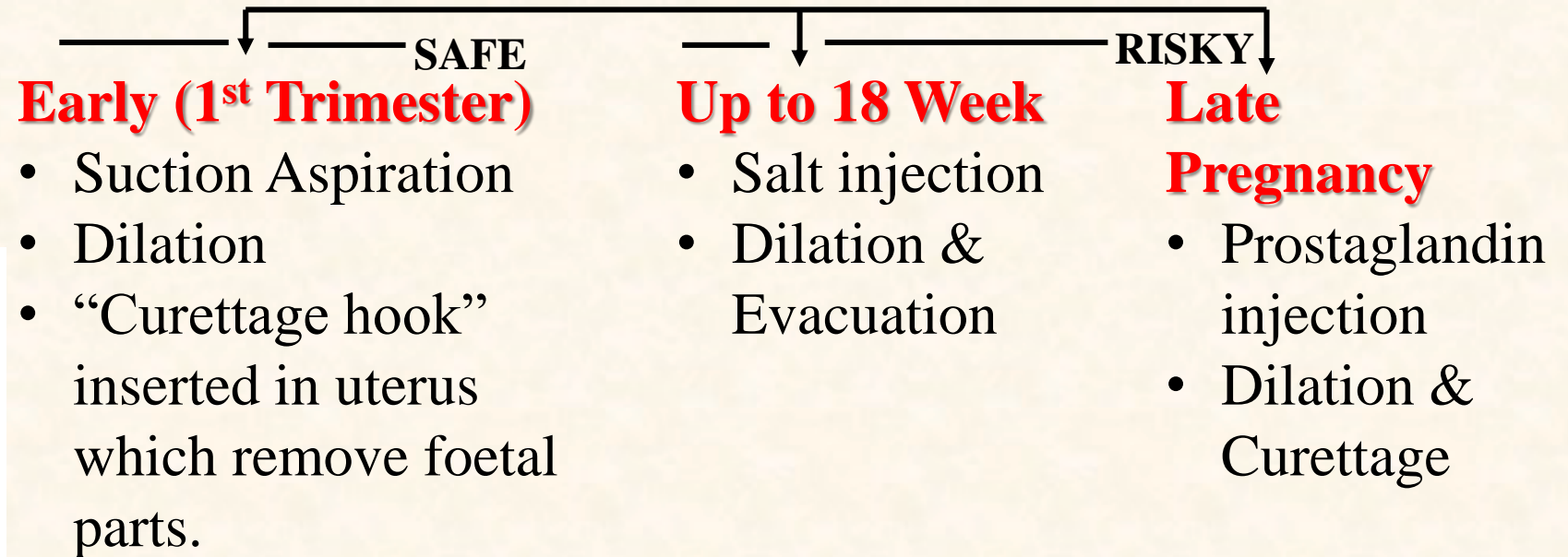
CHEMICAL METHOD

- RU – 486
- Mifepristone
- MTP Kit

1 Mifepristone + 4 Misoprostol



SURGICAL METHOD



STD (Sexually Transmitted Disease)

VD (Venereal Disease)

RTI (Reproductive Tract Infection)

- Disease or infection which are transmitted through sexual intercourse.
- Hepatitis – B, is also includes in STDs

Examples of STDs:

- a. **Gonorrhoea** – Neisseria gonorrhoea
- b. **Trichomoniasis** – Trichomonas Vaginalis
- c. **AIDS** – HIV
- d. **Syphilis** – Treponema Pallidum
- e. **Hepatitis B** – Hepatitis B virus

SYMPTOMS OF STDs

Primary Symptoms

- Itching
- Fluid Discharge
- Slight Pain
- Swelling
- Infected Female may be often Asymptomatic & Hence may Remain undetected for long time.

Secondary Symptoms

- PID (Pelvic Inflammatory Disease)
- Abortion
- Still Birth
- Infertility
- Cancer of Reproductive Tract

- ❖ Most Vulnerable Age Group – 15 – 24 years.
- ❖ Mostly STDs are Curable Except – AIDS, Genital Herpes, Hep – B.



AVOIDING STDs

1. Avoid sex with unknown partners / multiple partners.
2. Use condom during sex.
3. Encase of any doubt, Diagnosed the disease by the help of doctors.

Infertility

- **FAILURE TO PRODUCE CHILDREN EVEN AFTER 1 YEAR OF UNPROTECTED SEXUAL ACTIVITY.**

CAUSES OF INFERTILITY

MALE

- Azoospermia – No sperm count
- Ejaculation Failure
- Testes injury
- Hormonal problems
- Oligospermia
- Low sperm count
- Abnormal sperm
- Premature ejaculation

FEMALE

- Failure to ovulate due to low LH
- No follicular development due to low FSH
- Bx – Clomiphene Citrate
- Damage to Oviducts
- TB of Fallopian tube

In India, Female is Blamed to Having Childless but, it is NOT True, the fertility also arises in MALE Partners.

ART (Assisted Reproductive Technologies)

A. IVF – (In Vitro Fertilization):

- ✓ Fertilization outside the body.
- ✓ Condition is very similar to the Test – Tube baby.

ZIFT

- **Zygote intra fallopian Tube Transfer**
- Zygote up to 8 Blastomere stage is Transferred into Fallopian tube.

IUT

- **Intra Uterine Transfer.**
- More than 8 Blastomere Embryo Transfer into Uterus.

INVITRO FERTILIZATION & EMBRYO TRANSFER

- If a female is able to produce ovum but can not Bear Child due to Hormonal Imbalance.
- Normal Intercourse, i.e. Fertilization inside the body of female & embryo transferred to the other female.

GIFT (Gamete Intra Fallopian Transfer)

- Ovum collected from donor & transfer into – (Recipient).
- Recipient – Unable to produce ova but can provide suitable conditions for fertilization & further development.

ICSI – (Intra Cytoplasmic Sperm Injection):

- Sperm is directly injected into ovum.
- Ovum is immobilised by Glass Pipetted.

1. Which of the following is not sexually transmitted disease.
 - a. Trichomoniasis
 - b. Encephalitis
 - c. Syphilis
 - d. AIDS
2. A childless couple can be assisted to have a child through.
 - a. Technique called GIFT
 - b. Gamete internal fertilization & Transfer
 - c. Germ cell internal fallopian transfer
 - d. Gamete inseminated fallopian transfer
 - e. Gamete intra fallopian transfer
3. The stage transferred into the uterus after induced fertilization of ovum in the laboratory is.
 - a. Embryo at 4 Blastomere stage
 - b. Embryo at 2 Blastomere stage
 - c. Morula
 - d. Zygote
4. MTP is considered safe up to how many weeks of pregnancy
 - a. 8 Weeks
 - b. 12 Weeks
 - c. 18 Weeks
 - d. 6 Weeks