FREE NOTES · NCERT + NEET LEVEL

Reproductive Health

Reproductive health ki samasyaein aur upay, jansankhya niyantran aur birth control, contraceptive methods, MTP, sexually transmitted infections, infertility aur assisted reproductive technologies.

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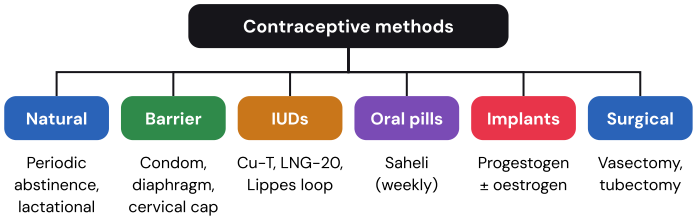
01 Reproductive health

- WHO: reproduction ke har pehlu me poori sehat: shaaririk, bhavnaatmak, vyavhaarik, samaajik.
- Bharat national family planning shuru karne wale pehle deshon me (1951); ab **RCH** (Reproductive and Child Health Care) programmes.
- Upay: schools me sex education, STIs, AIDS, birth control ki jaankari, garbhvati maa ki dekhbhaal, janam ke baad care, stanpaan, ladka-ladki ko barabar mauka.
- Ling jaanch ke liye **amniocentesis** pe kanooni rok (female foeticide rokne ke liye). Amniocentesis foetus ke genetic disorders dekhne ke liye.

02 Jansankhya aur birth control

- Duniya ki aabadi ~2 arab (1900) → ~6 arab (2000); Bharat azaadi pe ~35 crore, May 2000 me 1 arab paar. Kaaran: death rate, MMR (maternal mortality rate) aur IMR (infant mortality rate) me kami, reproductive umar me zyada log.
- Upay: contraception, shaadi ki umar badhaana (ladki 18, ladka 21 saal), chhote parivaar ko protsahan.
- **Ideal contraceptive**: aasaan, aasani se mile, asardaar, reversible, kam ya koi side effect nahi, sexual drive pe asar nahi.

03 Contraceptive methods



Contraceptive methods ke types

Method	Kaise kaam
Natural: periodic abstinence	Din 10–17 (fertile period) me coitus nahi
Withdrawal / coitus interruptus	Ejaculation se pehle bahar
Lactational amenorrhoea	Zyada stanpaan ke dauraan ovulation nahi; delivery ke 6 mahine tak
Barrier	Condoms (STIs se bhi bachav), diaphragms, cervical caps, vaults (dobara use); spermicidal creams ke saath
IUDs	Non-medicated (Lippes loop), copper wale (CuT, Cu7, Multiload 375: Cu ions sperm ki gati aur fertilising capacity kam), hormone wale (Progestasert, LNG-20: uterus anupyukt, cervix sperms ke khilaaf); sperms ka phagocytosis badhta. Bachchon me antar ke liye best
Oral pills	Progestogens ya progestogen–oestrogen; ovulation aur implantation rokte, cervical mucus badalte. **Saheli** (CDRI Lucknow): non-steroidal, hafte me ek
Injections/implants	Skin ke neeche progestogens ± oestrogen; lambe samay tak
Emergency	Coitus ke 72 ghante ke andar progestogens ya IUDs
Surgical (sterilisation)	**Vasectomy** (vas deferens kaatna, baandhna) aur **tubectomy** (fallopian tube); bahut asardaar, wapas karna mushkil

04 Medical termination of pregnancy

- Poora samay hone se pehle jaan-boojhkar pregnancy khatam karna = MTP / induced abortion. Duniya me saal ke ~4.5–5 crore MTP (garbhdharan ka ~1/5).
- Bharat: MTP Act 1971; 2017 me sanshodhan, avaidh abortion aur maternal mortality kam karne ke liye. 12 hafte tak ek registered doctor ki raay pe; 12–24 hafte do doctors (kuch sharton me).
- First trimester (12 hafte tak) me surakshit. Female foeticide ke liye galat istemaal avaidh aur khatarnaak; jhola-chhap se avaidh MTP jaanleva.

05 Sexually transmitted infections

- STIs/VD/RTI: gonorrhoea, syphilis, genital herpes, chlamydiasis, genital warts, trichomoniasis, hepatitis B, HIV/AIDS.
- Hepatitis B, genital herpes aur HIV poori tarah theek nahi hote. Hepatitis B aur HIV injection needles, surgical instruments, sankramit khoon, maa se bachche me bhi failte.
- Shuru me halke lakshan (khujli, rissav, halka dard, sujan); baad me: PID, abortions, still births, ectopic pregnancy, infertility, reproductive tract ka cancer. 15–24 saal sabse zyada prabhavit.
- Bachav: anjaan/kai partners se door, hamesha condom, shak ho to jaldi doctor.

06 Infertility aur ART

Technique	Kya karte
IVF–ET (test tube baby)	Lab me body ke bahar fertilisation; embryo transfer
ZIFT	Zygote ya 8 blastomeres tak ka embryo fallopian tube me
IUT	8 se zyada blastomeres wala embryo uterus me
GIFT	Donor ka ovum us female ki fallopian tube me jo ova nahi bana sakti par sahi mahaul de sakti
ICSI	Sperm seedha ovum me inject
AI / IUI	Pati ya donor ka semen vagina ya uterus me (kam sperm count)

In-vivo fertilisation se bane embryos bhi transfer ho sakte. Bina bachche wale jodon ke liye adoption bhi achha vikalp. Infertility kisi bhi partner ki wajah se ho sakti.

07 Extra + tricks

Barrier	Kaun use kare	Dobara	STI se bachav
Condom (Nirodh)	Male / female	Nahi	Haan
Diaphragm	Female (cervix)	Haan	Nahi
Cervical cap	Female	Haan	Nahi
Vault	Female	Haan	Nahi

- Injectables (**Depo-Provera**, progestogen) ~2–3 mahine; **implants** (skin ke neeche) saalon tak.
- Emergency pills (i-pill type, levonorgestrel) 72 ghante me; **Mifepristone (RU-486)** medical termination ke liye.
- Bharat me sabse zyada maana gaya: copper IUD; Multiload 375 Cu chhodta.
- ART trick: **"Z = Zygote tube me, G = Gamete tube me, I = Inside uterus"** = ZIFT (≤8 cells, fallopian tube), GIFT (ovum tube me), IUT (>8 cells, uterus).
- Amniocentesis ~14–16 hafte pe: amniotic fluid se genetic disorders ki jaanch.

08 Important Q&A

Q1. Copper wale IUD pregnancy kaise rokte?

Cu ions sperm ki gati aur fertilising capacity kam karte; IUDs uterus me sperms ka phagocytosis bhi badhate.

Q2. ZIFT aur IUT me antar?

ZIFT: 8 blastomeres tak fallopian tube me. IUT: 8 se zyada uterus me.

Q3. Ling jaanch ke liye amniocentesis pe rok kyun?

Female foeticide rokne ke liye; ye sirf genetic disorders ke liye hai.

09 Common mistakes

- Saheli ko steroidal daily pill kehna (non-steroidal, weekly).
- Sochna ki saari STIs theek ho jaati (hepatitis B, herpes, HIV nahi).
- GIFT (gamete) aur ZIFT (zygote) mix karna.
- Lactational amenorrhoea ko saalon tak kehna (~6 mahine).

10 Practice (NEET style)

1. Non-steroidal weekly pill?
2. Male me surgical method?
3. Emergency contraception kitne samay me?
4. Sperm ko ovum me inject?
5. Hormone wala IUD?

ANSWERS

1) Saheli · 2) Vasectomy · 3) 72 hours · 4) ICSI · 5) LNG-20 / Progestasert

11 Quick revision: exam se 5 minute pehle

POPULATION

- Shaadi umar 18/21
- RCH programmes
- Ling jaanch pe rok

CONTRACEPTION

- Cu-T, LNG-20
- Saheli weekly
- Vasectomy, tubectomy

MTP/STI

- 12 hafte tak surakshit
- HIV, hep B, herpes laailaaj
- Condom bachata

ART

- IVF-ET test tube
- ZIFT ≤8, IUT >8
- GIFT, ICSI, IUI

Koi doubt? padhaiadda.netlify.app pe AI Doubt Solver se poocho, ya is chapter ka mock test do.