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CHAPTER

UNIT - I

Reproductive Health



Safe motherhood begins before conception with healthy lifestyle and proper nutrition.

Chapter outline

- 3.1. Need for reproductive health problems and strategies
- 3.2. Amniocentesis and its statutory ban
- 3.3. Social impact of sex ratio, female foeticide and infanticide
- 3.4. Population explosion and birth control
- 3.5. Medical termination of pregnancy (MTP)
- 3.6. Sexually transmitted diseases (STD)
- 3.7. Infertility
- 3.8. Assisted reproductive technology (ART)
- 3.9. Detection of foetal disorders during early pregnancy



Learning objectives

- Understands the importance of sex education and reproductive health.
- Learns the importance of amniocentesis as a pre-natal diagnosis.
- Evaluates the effects of maternal and infant mortality.
- Identifies, compares and explains different types of contraceptive devices.
- Discusses the medical necessity and social consequences of MTP.
- Explains the reasons of transmission and prevention of STDs.
- Highlights the reasons of infertility.
- Develops a positive and healthy attitude towards reproductive life.



Reproductive health represents a society with people having physically and functionally normal reproductive organs. Healthy people have healthier babies and are able to care for their family, and contribute more to the society and community. Hence, health is a community issue. Reproductive system is a complex system controlled by the neuro-endocrine system, hence, it is important to take necessary steps to protect it from infectious diseases and injury.

3.1. Need for reproductive health-Problems and strategies

India is amongst the first few countries in the world to initiate the 'Family planning programme' since 1951 and is periodically assessed every decade. These programmes are popularly named as 'Reproductive and Child Health Care (RCH)'. Major tasks carried out under these programmes are:

- Creating awareness and providing medical assistance to build a healthy society.
- Introducing sex education in schools to provide information about adolescence and adolescence related changes.
- Educating couples and those in the marriageable age groups about the available birth control methods and family planning norms.