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## 4. Reproductive Health

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### **Question 1. What do you think is the significance of reproductive health in a society?**

Answer: Reproductive health refers to complete physical, emotional, behavioural and social well-being in all aspects of reproduction. The significance of reproductive health is as follows:

1. Attainment of reproductive health can possibly reduce the chances of STDs such as AIDS, hepatitis, gonorrhoea etc. as a reproductively healthy society has knowledge about transmission of these diseases, thus these can be prevented.
2. In a reproductively healthy society, people will have knowledge about birth control and family planning, thus aiding in population control.

### **Question 2. Suggest the aspects of reproductive health which need to be given special attention in the present scenario.**

Answer: Reproductive health is the total well-being in all aspects of reproduction. The aspects which have to be given special attention in the present scenarios are

1. Counselling and creating awareness among people, especially the youth, about various aspects of reproductive health, such as sexually transmitted diseases, available contraceptive methods, care of pregnant mothers, adolescence, etc.
2. Providing support and facilities such as medical assistance to people during pregnancy, STDs, abortions, contraceptives, infertility, etc. for building a reproductively healthy society

### **Question 3. Is sex education necessary in schools? Why?**

Answer: Sex education is necessary in schools because it provides correct information about reproductive health, related organs, about adolescence and sexually transmitted diseases. As well as it creates awareness to protect people from the misconceptions about various sex-related issues.

### **Question 4. Do you think that reproductive health in our country has improved in the past 50 years? If yes, mention some such areas of improvement.**

Answer: Yes, the reproductive health has tremendously improved in India in the last 50 years. The areas of improvement are as follows.

- (1) Massive child immunization programme, which has led to a decrease in the infant mortality rate
- (2) Maternal and infant mortality rate, which has been decreased drastically due to better post-natal care

- (3) Family planning, which has motivated people to have smaller families
- (4) Use of contraceptive, which has resulted in a decrease in the rate of sexually transmitted diseases and unwanted pregnancies

**Question 5. What are the suggested reasons for population explosion?**

Answer: The human population is increasing day by day, leading to population explosion. It is because of the following two major reasons.

- (a) Decreased death rate
- (b) Increased birth rate and longevity

The death rate has decreased in the past 50 years. The factor leading to decreased death rate and increased birth rate are control of diseases, awareness and spread of education, improvement in medical facilities, ensured food supply in emergency situation, etc. All this has also resulted in an increase in the longevity of an individual.

**Question 6. Is the use of contraceptives justified? Give reasons.**

Answer: Yes, the use of contraceptives is justified due to the following reasons:

- 1) Contraceptive devices help in reducing unwanted pregnancies, which reduces increased birth rate and hence, checks population explosion.
- 2) Contraceptives provide an option for planning the family by spacing the pregnancies and avoiding unwanted pregnancies.
- 3) Contraceptives also prevent the incidence of sexually-transmitted diseases, AIDS etc. to some extent.

**Question 7. Removal of gonads cannot be considered as a contraceptive option.**

**Why?**

Answer: Removal of gonads cannot be reversed. The sex hormones are produced by gonads which are necessary for accessory sex organs and certain functions. Sexual life of the person is affected after removal of gonads. A contraceptive should be user friendly, reversible and available. Hence, removal of gonads cannot be considered as a contraceptive option.

**Question 8. Amniocentesis for sex determination is banned in our country. Is this ban necessary? Comment.**

Answer: Contraceptive devices are used to prevent unwanted pregnancy and to prevent the spreading of STDs.

There are many methods, such as natural, barrier, oral, and surgical methods, that prevent unwanted pregnancy.

However, the complete removal of gonads cannot be a contraceptive option because it will lead to infertility and unavailability of certain hormones that are required for normal functioning of accessory reproductive parts.

Therefore, only those contraceptive methods can be used that prevent the chances of fertilization rather than making the person infertile forever.

Contraceptives are practiced only before or during the period of sexual act and are only temporary requirements.

**Question 9. Suggest some methods to assist infertile couples to have children.**

Answer: Infertile couples may be helped to have children by the following techniques:

Technique	Working
1. In-vitro fertilization Embryo transfer (IVF-ET) technique • ZIFT (Zygote intra fallopian transfer) • IUT (Infra-uterine transfer)	Ovum of female and sperms of male are induced to form zygote in a culture medium and then embryo is transferred in the female for further developments. It is of two types: Embryo is transferred in the fallopian tube of female at the stage of 8 blastomeres. Embryo is transferred in the uterus at 32-elled stage.
2. GIFT (Gamete intra fallopian transfer)	Transfer of an ovum of a female into fallopian tube of another female for fertilization by sperms of former's husband.
3. ICSI (Intra-cytoplasmic sperm injection)	Sperm of male is directly injected into ovum of female.
4. AI (Artificial insemination)	Sperms of husband (AIH) or a donor male are artificially introduced into the vagina or uterus of the female.

**Question 10. What are the measures one has to take to prevent from contracting STDs?**

Answer: The following measures must be taken to prevent from contracting STDs:

- Avoid sexual intercourse with unknown or multiple partners.
- Use of condoms during sexual intercourse.

- Consulting a qualified doctor immediately for treatment in case of doubt of infection.

**Question 11. State True/False with explanation**

- (a) Abortions could happen spontaneously too. (True/False)
- (b) Infertility is defined as the inability to produce a viable offspring and is always due to abnormalities/defects in the female partner. (True/False)
- (c) Complete lactation could help as a natural method of contraception. (True/False)
- (d) Creating awareness about sex related aspects is an effective method to improve reproductive health of the people. (True/False)

Answer:

- (a) True. Miscarriages occur when pregnancy is not viable, i.e. the foetus cannot survive. It can be occur due to several reason.
- (b) False. Infertility is not always due to abnormality in female partner. Abnormalities in male can also cause infertility such as low sperm count in male can lead to infertility. Infertility can be due to either male or female or both.
- (c) False. Complete lactation as a contraception is only limited to six months after parturition.
- (d) True. Creating awareness about sex related aspects helps in improving reproductible health of the people.

**Question 12. Correct the following statements:**

- (a) Surgical methods of contraception prevent gamete formation.
- (b) All sexually transmitted diseases are completely curable.
- (c) Oral pills are very popular contraceptives among rural women.
- (d) In E. T. techniques, embryos are always transferred into the uterus.

Answer:

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a) Surgical methods of contraception prevent gamete formation.

Correction

Surgical methods of contraception prevent the flow of gamete during intercourse.

(b) All sexually transmitted diseases are completely curable.

Correction

Some of the sexually transmitted diseases are curable if they are detected early and treated properly.

AIDS is still an incurable disease.

(c) Oral pills are very popular contraceptives among the rural women.

Correction

Oral pills are very popular contraceptives among urban women.

(d) In E. T. techniques, embryos are always transferred into the uterus.

Correction

In embryo transfer technique, 8 celled embryos are transferred into the fallopian tube while more than 8 celled embryos are transferred into the uterus.

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