

SCIENCE

FERTILISATION AND BIRTH CONTROL METHODS

Reproductive Health

As we have seen, the process of sexual maturation is gradual, and takes place while general body growth is still going on. Therefore, some degree of sexual maturation does not necessarily mean that the body or the mind is ready for sexual acts or for having and bringing up children. How do we decide if the body or the mind is ready for this major responsibility? All of us are under many different kinds of pressures about these issues. There can be pressure from our friends for participating in many activities, whether we really want to or not. There can be pressure from families to get married and start having children. There can be pressure from government agencies to avoid having children. In this situation, making choices can become very difficult.

We must also consider the possible health consequences of having sex. We have discussed that diseases can be transmitted from person to person in a variety of ways. Since the sexual act is a very intimate connection of bodies, it is not surprising that many diseases can be sexually transmitted. These include bacterial infections such as gonorrhoea and syphilis, and viral infections such as warts and HIV-AIDS. Is it possible to prevent the transmission of such diseases during the sexual act? Using a covering, called a condom, for the penis during sex helps to prevent transmission of many of these infections to some extent. The sexual act always has the potential to lead to pregnancy. Pregnancy will make major demands on the body and the mind of the woman, and if she is not ready for it, her health will be adversely affected. Therefore, many ways have been devised to avoid pregnancy. These contraceptive methods fall in a number of categories. One category is the creation of a mechanical barrier so that sperm does not reach the egg. Condoms on the penis or similar coverings worn in the vagina can serve

this purpose. Another category of contraceptives acts by changing the hormonal balance of the body so that eggs are not released and fertilisation cannot occur. These drugs commonly need to be taken orally as pills. However, since they change hormonal balances, they can cause side-effects too. Other contraceptive devices such as the loop or the copper-T are placed in the uterus to prevent pregnancy. Again, they can cause side effects due to irritation of the uterus. If the vas deferens in the male is blocked, sperm transfer will be prevented. If the fallopian tube in the female is blocked, the egg will not be able to reach the uterus. In both cases fertilisation will not take place. Surgical methods can be used to create such blocks. While surgical methods are safe in the long run, surgery itself can cause infections and other problems if not performed properly. Surgery can also be used for removal of unwanted pregnancies. These may be misused by people who do not want a particular child, as happens in illegal sex-selective abortion of female foetuses. For a healthy society, the female-male sex ratio must be maintained. Because of reckless female foeticides, child sex ratio is declining at an alarming rate in some sections of our society, although prenatal sex determination has been prohibited by law. We have noted earlier that reproduction is the process by which organisms increase their populations. The rates of birth and death in a given population will determine its size. The size of the human population is a cause for concern for many people. This is because an expanding population makes it harder to improve everybody's standard of living. However, if inequality in society is the main reason for poor standards of living for many people, the size of the population is relatively unimportant. If we look around us, what can we identify as the most important reason(s) for poor living standards?