

REPRODUCTIVE HEALTH

REPRODUCTIVE HEALTH – PROBLEMS AND STRATEGIES

The term simply refers to healthy reproductive organs with normal functions.

According to the World Health Organisation (WHO), reproductive health means a total well-being in all aspects of reproduction, i.e., physical, emotional, behavioural and social.

REPRODUCTIVE HEALTH – PROBLEMS AND STRATEGIES

- **India** was amongst the **first countries** in the world to initiate action plans and programmes at a national level.
- These programmes called '**family planning**' were initiated in **1951**.

RCH - Reproductive and Child Health Care Programmes:

- Improved programmes covering wider reproduction-related areas are currently in operation under the popular name 'Reproductive and Child Health Care (RCH) programmes'.

Major tasks under RCH:

- awareness among people.
- Creating Support for building up a reproductively healthy society.

Various steps to create to Awareness –

- With the help of audio-visual and the print-media governmental and Non-governmental agencies.
- Parents, other close relatives, teachers and friends, also have a major role in the dissemination of the above information.
- Introduction of sex education in schools.

- Proper information about reproductive organs, adolescence and related changes, safe and hygienic sexual practices, sexually transmitted diseases (STD), AIDS, etc.
- Educating people, especially fertile couples and those in marriageable age group, about available birth control options, care of pregnant mothers, post-natal care of the mother and child, importance of breast feeding, equal opportunities for the male and the female child, etc.
- Awareness of problems due to uncontrolled population growth, social evils like sex-abuse and sex-related crimes, etc.

Better awareness about sex related matters, increased -

- Number of medically assisted deliveries and better post-natal care leading to decreased maternal and Infant mortality rates.
- Increased number of couples with small families,
- Better detection and cure of STDs.
- Overall increased medical facilities for all sex-related problems, etc.
- All indicate improved reproductive health of the society.

Successful implementation of various action plans to attain reproductive health requires -

- Strong infrastructural facilities
- professional expertise
- material support.
- These are essential to provide medical assistance

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Successful implementation of various action plans to attain reproductive health requires –

- Strong infrastructural facilities
 - Professional expertise
 - Material support.
 - These are essential to provide medical assistance
 - Care to people in reproduction-related problems like pregnancy, delivery, STDs, abortions, contraception, menstrual problems, infertility, etc.
 - Implementation of better techniques and new strategies from time to time are also required to provide more efficient care and assistance to people.
 - Massive child immunisation, etc.
 - Research on various reproduction-related areas are encouraged and supported by governmental and non-governmental agencies to find out new methods and/or to improve upon the existing ones.
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- ❖ **Amniocentesis** - A foetal sex determination test based on the chromosomal pattern in the amniotic fluid surrounding the developing embryo
 - ❖ **Saheli** - ‘Saheli’-a new oral contraceptive for the females. It was developed by scientists at Central Drug Research Institute (CDRI) in Lucknow, India.