

## CHAPTER – 2 Social Pharmacy

### Topic: FAMILY PLANNING

#### 2.1

#### INTRODUCTION

“Family planning means to decide number & timing of children in family. “Family planning is a practice to controlling the number of children one has and maintain the intervals between their births, particularly by means of contraception or voluntary sterilization.

#### 2.2

#### AIM OF FAMILY PLANNING

- To avoid unwanted birth
- To bring about wanted birth
- To regulate the intervals between the pregnancies.
- To control the at which birth is occur
- To determine number of children in the family.
- To control population
- To reduce hunger and poverty
- To reduce maternal mortality
- To reduce infant mortality and morbidity
- To improve the reproductive health
- To improve the health (Physical, mental and social)
- To decrease the STDs
- To improve the education level
- To reduce MTPs

#### 2.3

#### FACTORS AFFECTING FERTILITY

**1. Age at marriage:** Lower age- high level of fertility.

female age from 15 to 18

male age from 18 to 21

- 2. Duration of marriage life:** first 10 to 15 yrs. Of married life majority of birth. so first 5 to 10 years to have desire effect. use of spacing method sterilization operation after complete family.
- 3. Spacing of children:** couple are advised to keep spacing of 2 to 3 yrs. by using spacing method so fertility will be reduced.
- 4. Education:** fertility related with education inverse related to educated status.
- 5. Economic status:** fertility related with economical status inverse related to economical status. total no. of children born decline with increase in economical status.
- 6. Caste & religion:** Some caste have higher fertility. effect fertility. some low caste having high fertility rate.
- 7. Nutrition:** indirectly affect on fertility. high and well feed societies having low fertility and vice versa.
- 8. Family planning fertility:** proper family planning will reduce fertility.

## 2.4

## METHODS OF FAMILY PLANNING

Classification of Contraceptive

### A. Temporary methods:

#### 1. Barrier methods

- a. Physical methods: E.g.: Condoms, Diaphragm etc.
- b. Chemical methods: E.g.: Foams, Creams etc.

#### 2. Intra - uterine methods (IUDs)

- a. Non - medicated IUDs:
- b. medicated IUDs:
  - i. metal containing IUD's
  - ii. Hormones containing IUD's

#### 3. Hormonal methods

- a. oral pills:
  - i. combined pills
  - ii. Progestogen only pills
  - iii. Male pills.
  - iv. Once a month pill
- b. slow release preparations:
  - i. Injections
  - ii. Subcutaneous implants
  - iii. Vaginal rings

#### 4. Post contraceptive methods

- a. menstrual regulations
- b. Menstrual induction
- c. abortion

#### 5. Miscellaneous methods

- a. abstinence
- b. coitus interrupts
- c. safe periods
- d. natural family planning methods
- e. breast feeding
- f. birth control vaccine

#### B. Permanent methods:

1. male sterilization (Vasectomy)
2. Female sterilization (Tubectomy)

**1. Natural/Traditional methods:** — Natural methods work on the principle of avoiding chances of ovum and sperm meeting. It follows many ways:

**a. *Periodic abstinence*** — It is one such method in which the couple avoid or abstain from coitus from day 10 to 17 of the menstrual cycle when ovulation could be expected. As chances of fertilization are very high during this period, it is called the fertile period.

**b. *Withdrawal or coitus interruptus*** — It is another method in which the male partner withdraws his penis from the vagina just before ejaculation so as to avoid insemination.

**c. *Lactational amenorrhea*** — During the lactational period following parturition ovulation are absence. Completely absence of menstruation only up to a maximum period of six months following parturition.

**2. Physical/barriers methods:** — In barrier methods, ovum and sperms are prevented from physically meeting with the help of barriers. It is available for both:

**a. *For male*** — Male condoms are barriers made of thin rubber/latex sheath that are used to cover the penis in the male, just before coitus so that the ejaculated semen would not enter into the female reproductive tract. It also prevented the STDs.

**b. *For female*** — Female condom are also a barrier method made of thin rubber/latex sheath that are used to cover the vagina and cervix in female. They prevent conception by blocking the entry of sperm in female reproductive tract. It also prevented the STDs.

Diaphragms, cervical caps and vaults are also barrier made of rubber that are inserted into the female reproductive tract to cover the cervix during coitus.

**3. Chemical/hormonal methods:** — Chemical and hormonal substances also overcome the

conception and work as contraceptive.

**a. Oral contraceptives** — In the oral contraceptive tablets or pills are used which contains either progestogens or progestogen-estrogen combination. Pills have to taken daily for a period of 21days starting preferably within the first five days of menstrual cycle.

'Saheli' the new oral contraceptive for the females contains a non-steroidal preparation. It is 'once a weak' pill with very few side effects and high contraceptive value.

**b. IUDs** — Intra Uterine Device are most effective and popular method are inserted by doctors or experts nurses in the uterus through vagina. Many types of IUDs are used—

- Non-mediated IUDs— Example- Lippes loop.
- Copper releasing IUDs— Example- CuT, Cu7, Multiload 375.
- Hormone releasing IUDs—Example- Progestasert, LNG-20.
- Implants and injection—Progestogens alone or in combination with estrogen can also be used by female as injections or implants under the skin. Their effective period are much longer.

**4. Surgical methods:** — Surgically method is perform in both male and female. Surgical method is also called sterilization method which blocks gamete transport and thereby prevent conception. It is two types.

**a. Tubectomy** — In tubectomy, a small part of the fallopian tube removed or tied up through a small incision in the abdomen or through vagina.

**b. Vasectomy**— In vasectomy, a small part of the vas deferens is removed or tied up through a small incision on the srotum.

## 2.4

## NATURAL FAMILY PLANNING METHODS

Natural Family planning methods They include:

1. Calendar (Rhythm) method
2. Withdrawal (Coitus interruption)
3. Basal body temperature
4. Cervical mucous method
5. Sympto - thermal method
6. Ovulation awareness method
7. Lactational amenorrhea method

Family planning program—India was amongst the first countries in the world to initiate action plans and programmes at a national level to attain total reproductive health as a social goal. These programmes called ‘family planning’ were initiated in 1951 and were periodically assessed over the past decades.

For creating awareness among people about various reproduction related aspects and providing facilities and support for building up a reproductively healthy society are the major tasks under these programmes. Some program given below—

- Reproductive and Child health care (RCH).
- International conference on population and development (ICPD).
- National Health Mission (NHM).
- National Population Policy (NPP).
- National Health Policy (NHP).
- Millennium development goals (MDG).
- Sustainable development goals (SDG).

