

Class 12 Biology • Chapter 3: Reproductive Health



Ideal Contraceptive

Mastering the U-E-E-R-N Rule for NEET

What is an “Ideal” Contraceptive?



Practical

Easy for the masses to acquire and intuitively use.



Reliable

Consistently prevents pregnancy with maximum efficacy.



Safe

Protects the user's biological health without causing long-term harm.

The Core Checklist

- U**ser-friendly (Easy to use without complex medical intervention)
- E**asily available (Accessible to the general population)
- E**ffective (Prevents pregnancy reliably)
- R**eversible (Normal fertility must return once stopped)
- N**o / least side effects (Biologically safe for the user)



Quick Tip: Examiners look for all 5 traits. Missing one drops the mark.



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The Crucial “Hidden” Rule



**Does not interfere with
the sexual drive, desire,
or sexual act.**

Contraception should strictly target fertility, not normal emotional and physical sexual interactions.

Fix it in Memory

U

User-friendly

E

Easily available

E

Effective

R

Reversible

N

No side effects



Common Mistake: Confusing 'Reversible' with 'Reliable'.
Remember, R stands for Reversible—fertility must return!

NEET Quick Recall

Which of the following is NOT a feature of an ideal contraceptive?

- A** User-friendly and easily available
- B** Irreversible to ensure permanent efficacy
- C** Effective with least side effects
- D** Does not interfere with sexual drive

Must be Reversible (R in V-E-E-R-N)!

The Master Formula

**U-E-E-R-N + No interference
with the sexual act.**

(User-friendly, Easily available, Effective, Reversible, No side effects)



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