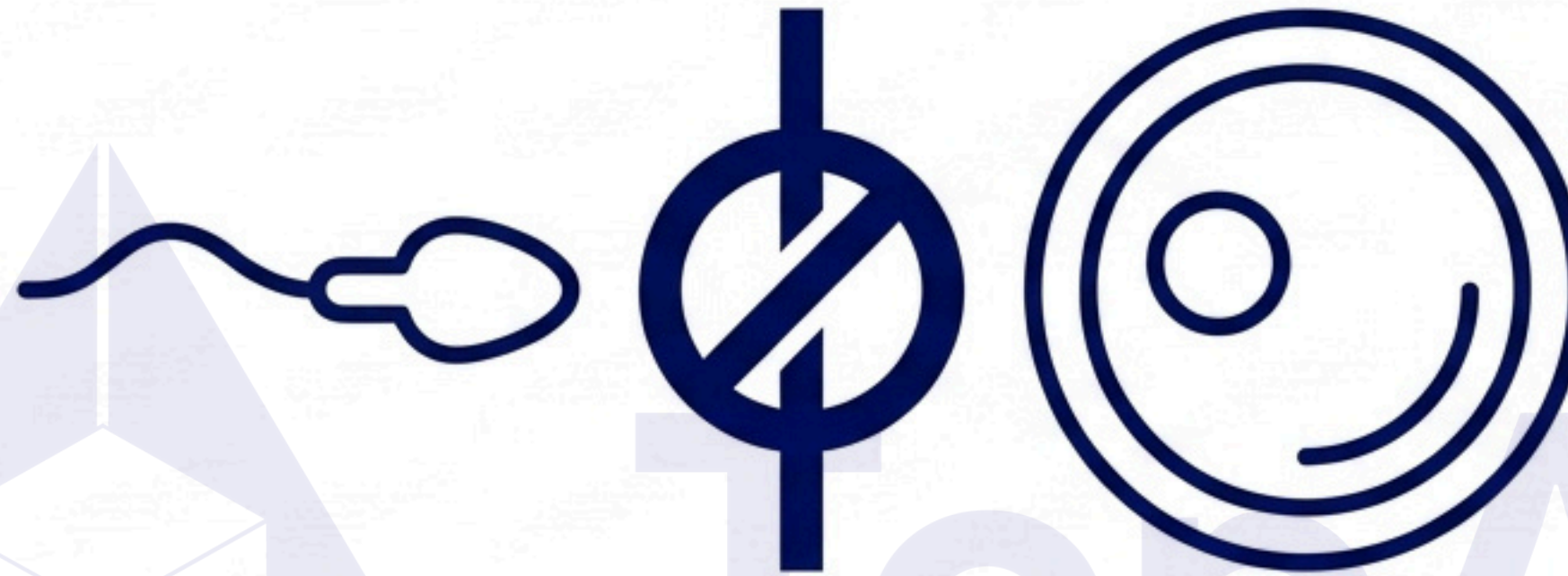


Natural Contraceptive Methods

High-yield NEET revision on traditional approaches without devices or medicines.

The Core Biological Principle



Avoid chances of ovum and sperm meeting.

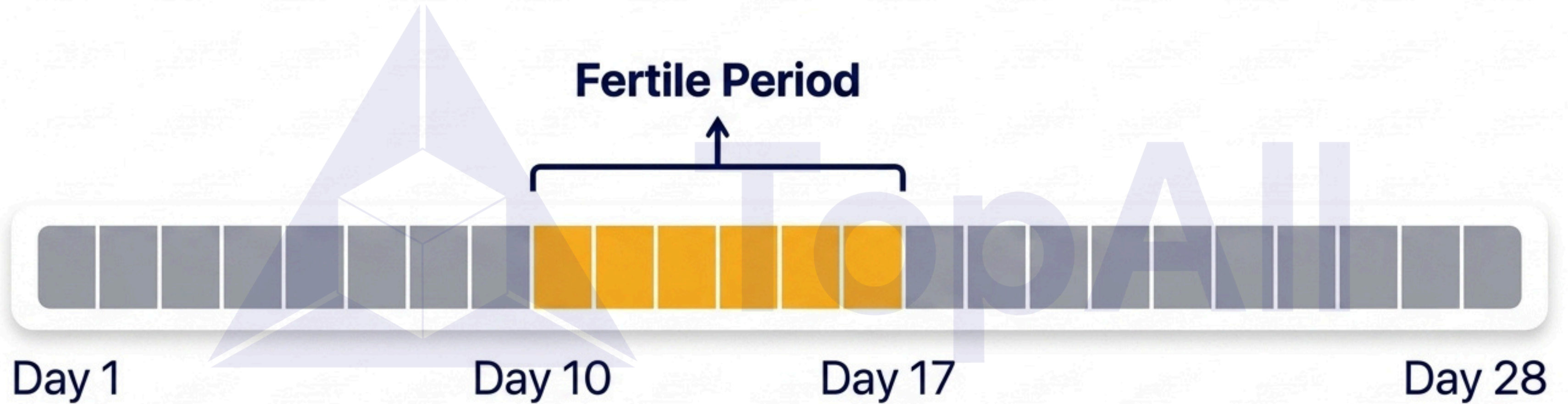
✓ No medicines used.

✓ No physical devices required.

✓ Almost zero side effects.

Periodic Abstinence

Couples avoid coitus during the fertile window when ovulation is expected.



Quick Tip: Fertilisation chances are very high in this specific window.



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$$E=mc^2$$



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Coitus Interruptus (Withdrawal)



Male partner withdraws penis from vagina just before ejaculation.

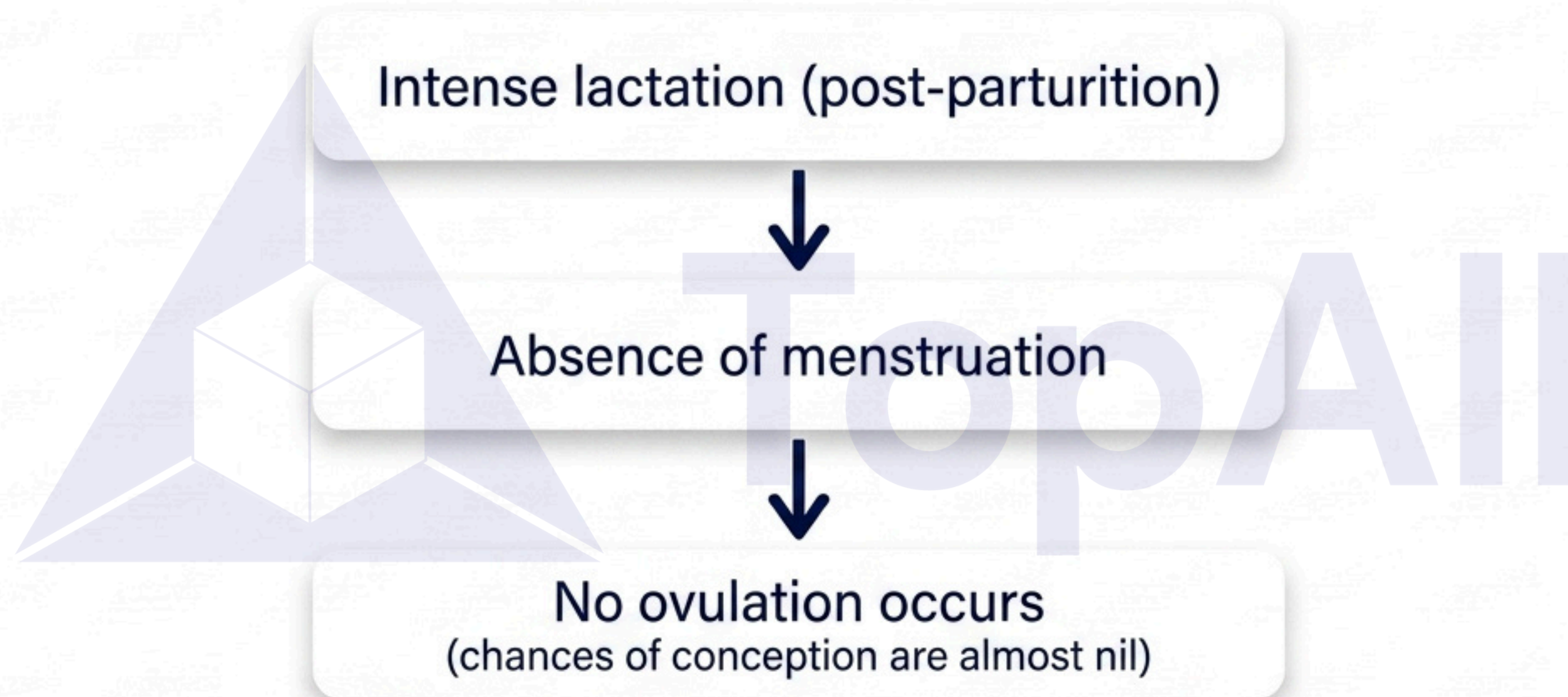


Prevents semen from entering the female reproductive tract.



Successfully avoids insemination.

Lactational Amenorrhea



Common Mistake: NOT a permanent method. Works ONLY when the mother is breastfeeding fully, and ONLY up to a maximum of 6 months after delivery.

Clinical Limitations

High Failure Rate



Despite having zero side effects, natural methods offer the lowest reliability among all contraceptive categories.

Time Constraints



Methods are heavily dependent on strict physiological timing (e.g., the exact 6-month expiration of lactational amenorrhea).

Day 10–17 is the fertile window for periodic abstinence.

(Prints verbatim from NCERT — highly tested recall fact)



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