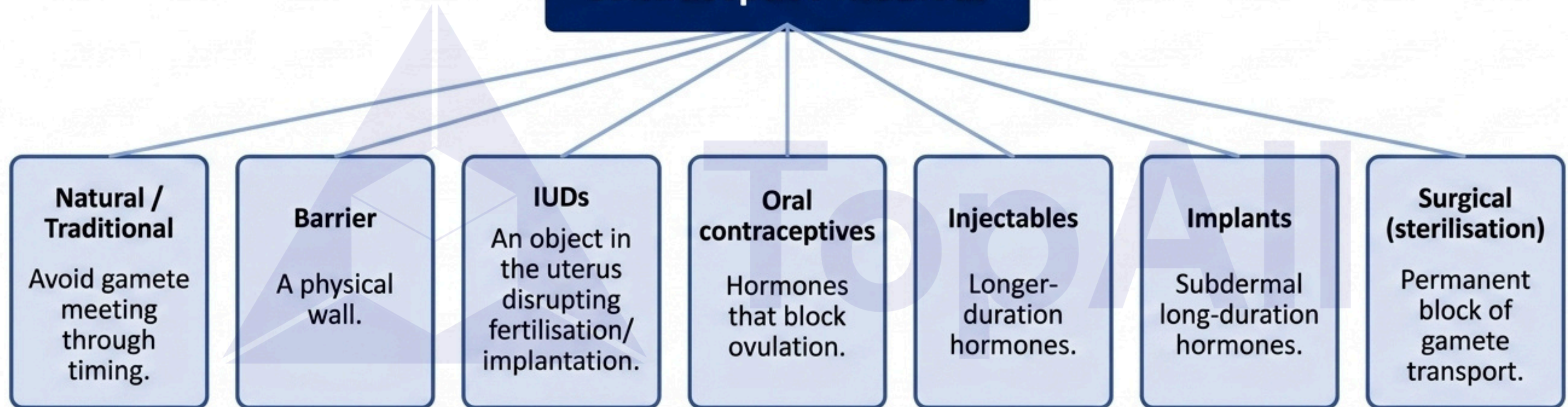


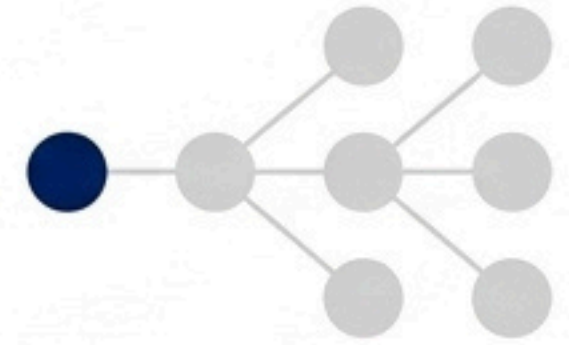


Master Contraceptive Tree

The Ultimate NEET Revision Blueprint —
Chapter 3: Reproductive Health

Contraceptive Methods





Periodic Abstinence

Abstain from coitus during the fertile period.

Coitus Interruptus (Withdrawal)

Penis withdrawn before ejaculation.

Lactational Amenorrhea

Relies on absent ovulation during full breastfeeding.

NEET loves the exact window: day 10 to day 17 of the menstrual cycle is the fertile period for periodic abstinence.

Common Mistake Alert: Lactational amenorrhea is NOT a permanent method. It works only for a maximum of 6 months after delivery.



You've Learned the Theory. Let's Test Them Now.

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Key Highlights

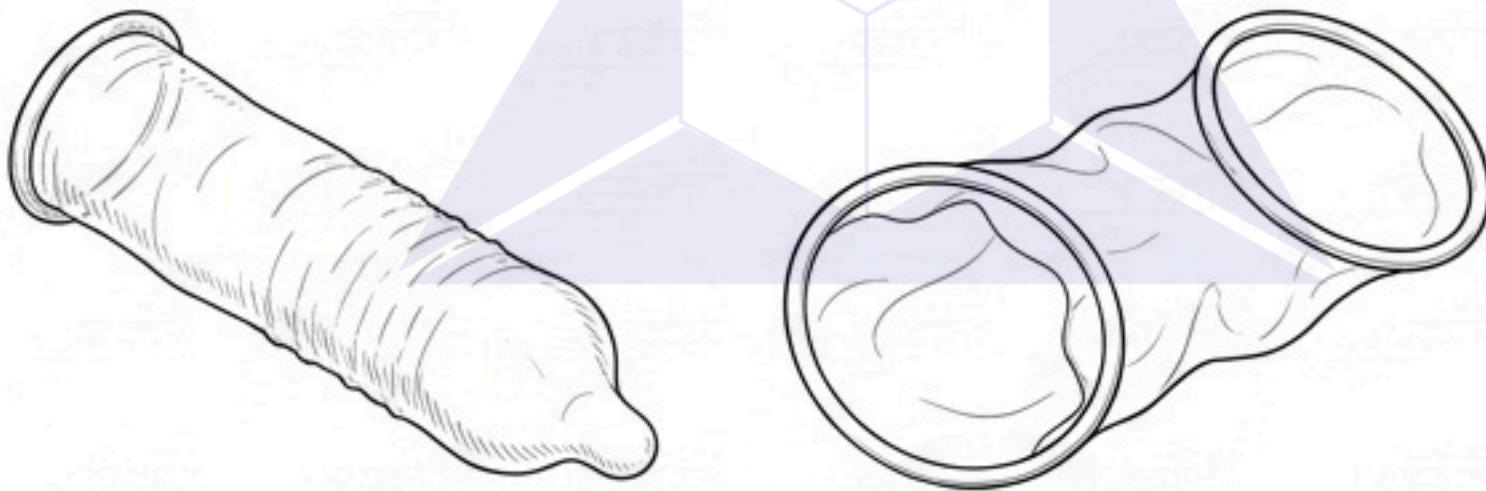
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Condoms

Latex sheaths for male (penis, e.g., Nirodh brand) or female (vagina/cervix).

Disposable and self-inserted.



Male Condom

Female Condom

Reusable Cervical Barriers

Diaphragms, cervical caps, vaults.

Rubber covers on the cervix.

Note: Require spermicides (creams/jellies/foams) to increase efficiency.

Dual Role: Condoms are the only contraceptive that doubles as an STI/AIDS shield.



Non-Medicated
Lippes loop.

Copper-Releasing
CuT, Cu7, Multiload 375.

Hormone-Releasing
Progestasert, LNG-20.

Mechanism of Action

- Baseline for all: ↑ phagocytosis of sperms within the uterus.
- Copper: Cu^{2+} ions suppress sperm motility & fertilising capacity.
- Hormone: Make uterus unsuitable for implantation and cervix hostile to sperms.

Hormonal Methods

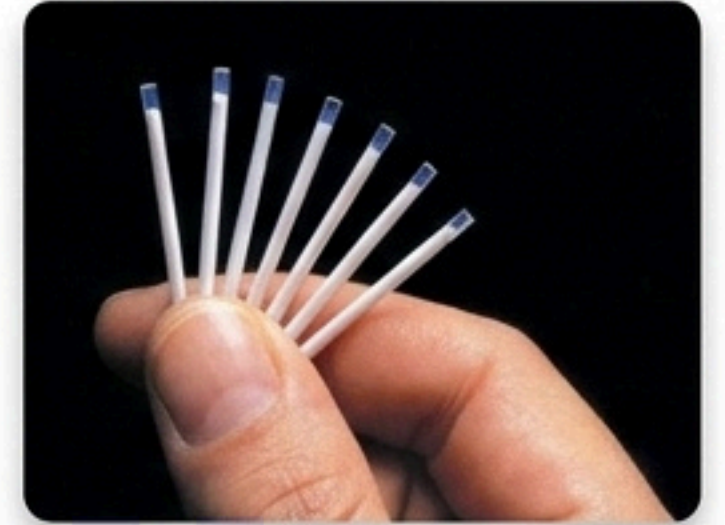
Pills

21 days on, 7 days off protocol.
Highlight **Saheli**: non-steroidal,
once-a-week pill developed at
CDRI, Lucknow.

Injectables

Same mode of action
(progestogens/estrogens), but much
longer effective periods.

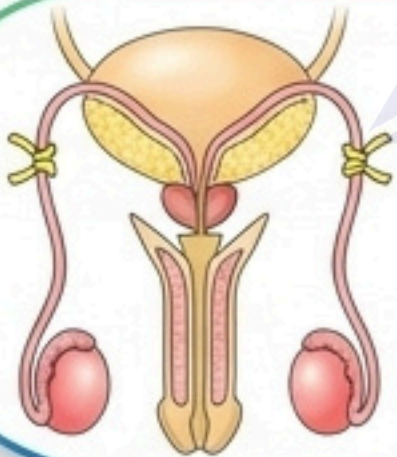
Implants



Surgical Sterilisation

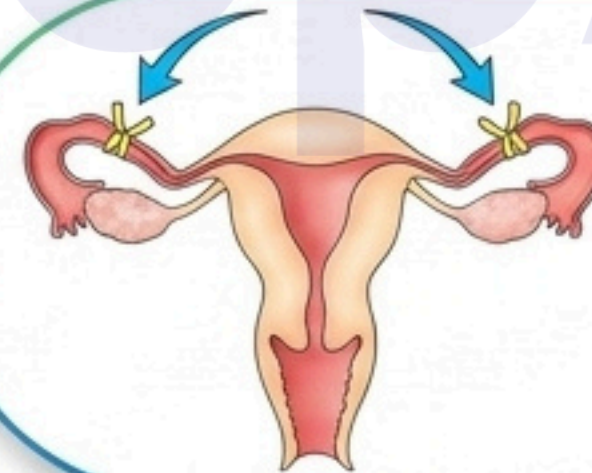
Vasectomy (Male)

Cuts the vas deferens.



Tubectomy (Female)

Cuts the fallopian tubes.



Common Mistake: Surgical methods are highly effective terminal methods, but their reversibility is very poor.

Master Synthesis Matrix

Classification	Examples	Mechanism of Action	Reversibility
Natural	Periodic abstinence, withdrawal	Avoid ovum-sperm meeting	Yes
Barrier	Condoms, diaphragms, vaults	Physical block (+STI protection for condoms)	Yes
IUDs	Lippes loop, CuT, LNG-20	↑ phagocytosis; Cu^{2+} kills motility; hormones spoil uterus	Yes
Oral pills	Progestogen tablets, Saheli	Inhibit ovulation/implantation, alter cervical mucus	Yes
Injectables/Implants	Subdermal rods, injections	Same as pills, longer duration	Yes
Surgical	Vasectomy, tubectomy	Block gamete transport	Poor (terminal)



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