

**Topic: Family Planning**  
**Class: B.Sc Part –III (Hons.)**  
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**Group – A**

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# Various types of contraception, including birth control pills, condoms, and diaphragm.



- Although there are many different types of birth control,
- they can be divided into a few groups based on how they work.
- These groups include:
- Hormonal methods:
- These use medications (hormones) to prevent ovulation.
- Hormonal methods include birth control pills ( **oral contraceptives** ), Depo Provera injections, and Norplant.

- **Barrier methods:**
- These methods work by preventing the sperm from getting to and fertilizing the egg.
- Barrier methods include male **condom** and female condom, diaphragm, and cervical cap.
- The condom is the only form of birth control that also protects against **sexually transmitted diseases** , including human **immunodeficiency** virus (HIV) that causes acquired immune deficiency syndrome (AIDS).

- **Spermicides:**
- These medications kill sperm on contact.
- Most spermicides contain nonoxonyl-9. Spermicides come in many different forms such as jelly, foam, tablets, and even a transparent film.
- All are placed in the vagina.
- Spermicides work best when they are used at the same time as a barrier method.

- **Intrauterine devices (IUDs):**
- These devices are inserted into the uterus, where they stay from one to ten years.
- An IUD prevents the fertilized egg from implanting in the lining of the uterus and may have other effects as well

- **Tubal ligation:**
- This medical procedure is a permanent form of contraception for women.
- Each fallopian tube is either tied or burned closed.
- The sperm cannot reach the egg, and the egg cannot travel to the uterus.

- **Vasectomy:**
- This medical procedure is a the male form of sterilization and should be considered permanent.
- In vasectomy, the vas defrens, the tiny tubes that carry the sperm into the semen, are cut and tied off.



- Unfortunately, there is no perfect form of birth control.
- Only abstinence (not having sexual intercourse) protects against unwanted pregnancy with 100 percent reliability.
- The failure rates, or the rates at which pregnancy occurs, for most forms of birth control are quite low.
- However, some forms of birth control are more difficult or inconvenient to use than others.
- In actual practice, the birth control methods that are more difficult or inconvenient have much higher failure rates, because they are not used faithfully.