

CONTRACEPTIVES

HYGIENE AND PREGNANCY CARE



DR. GAJANAN V. MADIWAL

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PHYSIOLOGY AND SEX ANATOMY

Before selecting an appropriate method of contraception one should know the physiology and anatomy of the sex organs. A high percentage of failures of contraceptive methods in past was due to the lack of knowledge of reproduction systems of our own but not the effectiveness of the methods. In this chapter male and female sex organs with other relevant terms have been explained based on the questions asked by the readers (which indicates what exactly the sex aspirants want to know about sex) in various Health Journals, Magazines, News Papers, Health Columns, etc.

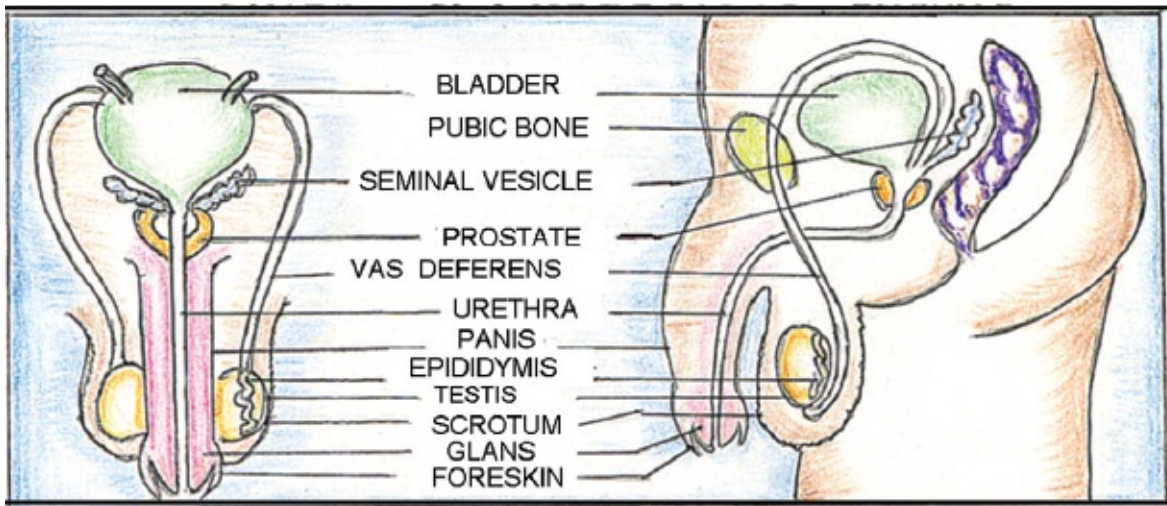
Q. 1.

I am studying in Boys' High School. I want know about male sex organs. Could you tell me about male productive system?

C. Swami, Chennai.

The Reproductive System of A Male: The genital organs of a male are; (a) Penis; (b) Testicles; (c) Seminal Ducts; (d) Cowper's Glands (Bulb Urethral Glands); (e) Seminal Vesicles; and (f) Prostate Gland. The first four are attached outside (in front of pelvis) the body and the other two are situated inside the pelvis.

Male Reproductive Organs



FRONT VIEW

SIDE VIEW

Q. 2.

I am 12 years old girl. I do not have brothers or sisters, I do not want to discuss about sex with my friends. My parents are working in abroad. I am with my grand ma, who is very strict. I want know about boy's private parts. I am regular reader of your column in of 'Youth Today' Newspaper. Next time you give some information about penis in your column—'Teens—Ask Me Your Doubts' which will help girls like me. I am waiting for your reply in next issue. Thank you.

Mariymma. TR.

Penis: Parts of the penis (prick) are the shaft, foreskin, urinary opening, glans and urethra. The penis is made up of a long shaft and a sensitive soft pink tip called as glans. Penis covered by the foreskin or prepuce. The glans has an opening in it, which is the opening of the passage called urethra. Two types of body fluids come out of this opening viz., urine and semen (also Cowper's Gland Fluid) other than these any unusual discharge from penis may be a sign of an infection.

The length of a penis is about 3 to 3½ inches in normal (limp) condition. When man is sexually aroused, blood flows into spongy tissues of the penis and it become hard and erect. Healthy man's penis erects four to five times a day. The normal size of the erect

penis of a normal person is about four to six inches. Medical record shows larger than six inches also. Some men are worry about the size of their penis. The length of penis does not make any difference to one's sexual enjoyment. The length of the penis may be in proportion to the height of a person but not always. One cannot increase the length or size either by consuming herbs, medicine or by applying ointment or cream except by plastic surgery. By injecting collagen or silicon (which causes swelling) into genitals, penis enlargement is done. The surgery is popular in Indonesia (cost \$500) and in Japan (cost \$2000).

In some men the foreskin is too tight to pull back. They feel uncomfortable while cleaning tip (glans) of the penis and it should also slip back at the time of sexual intercourse to get the sensitive enjoyment of vagina. A minor operation 'dorsal slit' is done known as circumcision to remove the foreskin from man's (who has tight foreskin problem or religious purpose) penis. Being circumcised does not affect sexual enjoyment. Since the tip is always exposed, some men felt reduced sensation. Statistics shows lower risk of vaginal disease and delayed ejaculation among those who had undergone circumcision.

The glands in the foreskin secrete a whitish substance called smegma accumulates around the glans of the penis. It is advised, every man should clean his penis at least once in a day, preferably at bath time to clean up the whitish substance.

Q. 3.

I am a boy of shy character. I am in VIIIth Std. I observed my testicles hang down when I take hot bath and night time they go inside. I feel that time they are attached to my body. Why does it happen so? Is there any problem? Last month I saw some hairs are growing around my private part. Kindly write in your next issue about this. I read your column "For Teens" regularly.

Jshwar, A.P.

Testicles: Every man has two Testicles (Testes), which hang down behind the penis. They are of ovoid (egg type) in shape, hard to the touch and are composed of two parts *viz.*, the Testicle Proper and the *Epididymis*. The Epididymis, back and upper part of the testicle composed of coiled tubes (approximately 6 meters long) through which spermatozoa pass from the testicle to the seminal duct. Each testicle weighs 20 gm and is 1½ inches long ¾ inch wide. The left testes usually hangs down lower than the right one.

Both may not be equal in size and weight. Human sperm cannot be produced at body temperature (needs 3 °C lower than that of the body temperature) hence, testes are outside the body and maintain the temperature but get attached when outside temperature is cool. Some feel that it is a problem. But it is quiet natural no need to worry.

Each testis is composed of up to 900-coiled seminiferous tubules in which the sperms are formed. The sperms then empty into the epididymis. The production of sperms and hormones continues round the clock and from puberty until well into old age nearly up to 80 years. The hormone produced by the testicles called Testosterone (male sex hormone), which convert boy into adolescent. When a boy reaches puberty, the male sex hormone stimulates rapid growth and development of genitals; hair on face, under arms and on genitals; fast growth of bone and muscle; voice become deep and hard; and psychologically more aggressive.

Unfortunately testosterone affects the root of the hair on the top of the head, which turns men's hairstyle 'less-hair-head' into 'hairless head' i.e. bald. Non-functional testis do not produce testosterone, therefore man without functional testes never become bald. A small amount of testosterone also produced in ovaries (female gland which produces oval) but women become bald only due to the abnormal production of male sex hormone. The testosterone hormone is used to treat infertility.

Q. 4.

Let me know what are the Duct and Glands in man's reproduction system?

Pranita, Mumbai.

The Seminal Duct: It is about 40 cm long through which spermatozoa are carried upwards from each testicle to the urethra. When man ejaculates sperms are squeezed through these tubes and come out of penis. The seminal ducts are also called Sperm Duct or Vas Deferens. The vas deferens (tubes) are operated (cut and tied) at the time of vasectomy-male sterilization.

The Cowper's Gland: Two tiny glands located below the prostate gland called Cowper's Glands or Bulbourethral Glands. They get stimulated on sexual excitement and secrete an alkaline fluid about 6 to 12 drops. The thin slippery fluid lubricates the tip of penis and makes penis ready for coitus. The flow of fluid continues during the sexual intercourse

and helps the sperms in their easy journey. The fluid reduces the friction at the time of sexual intercourse especially with dry vagina.

Seminal Vesicles: There is a pair of seminal vesicles. Each is joined to vas deferens. The sperms are stored in the seminal vesicles. They are small glands, which secrete seminal fluid during sexual stimulation.

Prostate Gland: A major sex gland surrounds the male urethra. It is about the size of a golf ball; one inch long and $\frac{3}{4}$ inch wide. The major part of semen consists of the fluid secreted by prostate gland. The secretions are alkaline in nature and gives fascinating smell to the semen. It protects the sperms and act as medium for viability to sperm while travelling up in vagina. At the time of orgasm (top of the sexual climax) its secretions are discharged out with a force through its 30 outlets. Any infection to this gland particularly at old age increases sex drive. Hence many time old people read erotic books or indulge in sex activities.

Q. 5.

I have a question for you. Tell me the 'semen' and 'sperm' are they same? Please answer in coming Sunday in your column. I am waiting.

Gouri, Goa.

Q. 6.

During our honeymoon days my husband forced me to swallow semen. My high school friend was telling me that if a woman drinks man's semen she will get pregnant. Is it true? I do not want to get pregnant so soon. Guide me please.

Alka, Madurai.

The Semen: Milky and sticky liquid comes out on ejaculation, composed of fluid from the testicles (in that share of sperms is about 10%), the seminal vesicles secretion (about 60%), prostate gland fluid (about 28%) and the cowper's gland secretion (about 2%). Normal semen contains 20 million to 200 million sperms per ml. If any man's sperm count is less than 20 million per ml such person may not become father of his own child.

In every attempt of ejaculation approximately a teaspoonful (varies from 2.5 ml to 3.5 ml) semen comes out that contain about 300 million to 400 million sperms. If each and every sperm is given a chance to get fertile, then a single man can be a father of as many as 35,00,00,000 babies per ejaculation but fortunately/unfortunately only one sperm penetrates female egg and the rest die within 2 to 3 days.

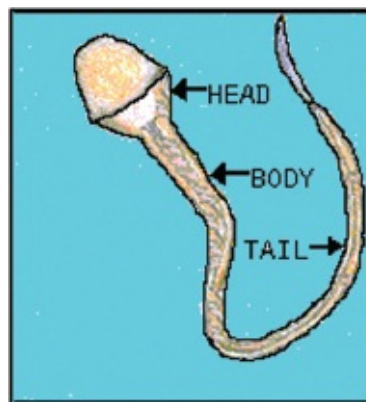
No harm in consuming semen from a clean and known man's penis. Women will not get pregnant if she swallows or drinks or licks (protein based) semen.

Q. 7.

I am a mother of a son who is physically very weak. My mother says that one of the weak sperms of my husband might have had penetrated my egg. Is it true? Let me know something about sperm.

Pillavi, Dandelle.

The Sperm: The sperm consists of two parts head and tail. The tail is further divided into neck, body and end piece. Every sperm is about 0.05 mm (which cannot be seen without microscope) in length. It moves at a velocity of 1 to 4 mm/min. Sperm is much smaller than the female cell. In 24 hours, about 100 million sperms get matured. When a man ejaculates inside the vagina, the sperm swim through the woman's cervix into her uterus and travel up to fallopian tubes, here the strongest sperm penetrate (meet) the waiting (which waits there for three to four days) matured ovum (female egg), called Fertilisation.



Sperm

The Sperm banks keep sperms from healthy and well-educated voluntary donors at an

extremely low temperature. Properly frozen sperms can be kept for 4 to 5 years and used for artificial insemination for infertile women. It is observed that even after several attempt of artificial insemination woman may not conceive because absence of psychological as well as physiological condition of natural coitus.

Q. 8.

When I was in Xth I loved a boy (that time he was in XIIth) who is my far relative. One day we had protected but partial sex. He could not maintain erection even for three minutes and could not penetrate my vagina. I went home with unsatisfied sexual experience. After that we could not meet each other. After 10 years I am in receipt of marriage proposal from the same boy. I am unable to decide. Please help me in this regard. Why did it happen so in those days? Will it be ok if I marry him now?

Jayanti. Gujarat.

Erection of Penis: When a man is sexually aroused or stimulated blood flows into spongy tissues (erectile tissues) of his penis, causing penis to enlarge and become hard, stiff and firm up to an angle. An adolescent boy's penis also goes stiff and hard but not as hard as man's penis. Hence, an adolescent boy cannot thrust his penis satisfactorily at the time of sexual intercourse and also cannot maintain erection for more than five minutes. This is one of reasons that the adolescent girls (who had unsatisfied sexual intercourse with peer age partner) prefer adults (preferably married) who can maintain erection even more than 20 minutes.

When man wakes-up in the morning he may find his penis is in erect status. It is due to the filled bladder. The low quality of erection and reduced duration are due to ugly partner, breast less partner, mental and physical tiredness, illness, regular consumption of drugs and alcohol, old age, etc. Consumption of onion, garlic, highly spiced food, banana and sex stimulating drugs, erotic literature, blue movies, etc., increase the frequency and duration of erection.

Q. 9.

I am born and brought up in a rural area. Now I joined junior college in a city. I am studying in XIth standard. During NCC camp time my classmates asked me a question that whether I have experience of ejaculation at any time? I

told 'ya' 'na'. They were laughing. Frankly tell you I do not know what is ejaculation please tell me, what is ejaculation?

Karan, Goa.

Ejaculation and Orgasm: Continued stimulation of tip of the penis at the time of sexual activities leads to contraction of the muscles present in the scrotum that raises the testicles close to the body and vas deferens. The effect of contraction moves the semen into urethra; the bulbs are stimulated and finally seminal fluid comes out in jerks. Ejaculation is one of the most powerful and satisfying sensation that every man experiences after puberty. It is an explosive discharge of accumulated neuromuscular tension. The experience is known as orgasm derived from Greek word *Orgasms* means to swell or to be lustful.

Every man feels relaxed and wants total rest after ejaculation. Women are advised neither to disturb the exhausted man nor to put forth your demands at this time.

After the ejaculation sexual excitement in male disappears within one or two minutes and erection ceases. Man cannot urinate during ejaculation phase. Coitus interruption delays ejaculation. Pre-matured ejaculation (ejaculation takes place before coitus or within two minutes after intromission) is a common phenomenon among the newlywed bridegrooms at their first attempt of union. It is due to excess stimulation and excitement. In the course of time (after several attempts and practice) man gain control over his ejaculation.

The ejaculation takes place at the time of (i) Coitus (Sexual intercourse or union explained under chapter-II, COPULATION); (ii) Homosexuality; (iii) Nocturnal emission; and (iv) Masturbation.

Q. 10.

A few days ago we were discussing about our forth-coming XIIth Exam on the terrace of our hostel. It was about to sunset; dim light everywhere. We saw two students from other hostel were indulged in some objectionable type of sex activity in the garden. I thought a boy and a girl. When our friends approached them in the garden, they saw both of them were boys. Latter my friend told me that they are 'gays' also called as 'homos' and winked his eyes. What is the meaning of these words?

Muttu, TR.

Homosexuality: One who is sexually attracted to some one of the same sex. It may be between man and man or woman and woman. The male partners are called *gay men*: The gays generally wear an ear ring to give signals to other unknown gay men. They enjoy anal sex. The women partners are called “lesbian”. Homosexuality is due to the wrong development of sex feeling and gratification during adolescence period.

Q. 11.

Let me know what is Wet Dream?

Satish, Goa.

Nocturnal Emissions: Night discharge or wet dreams are common among the adolescent boys and adults. In sleep they get dreams as if they had sex with their girl friend or someone, whom they like. At this time the stimulated sex organs ejaculate the stored semen. Young friends no need to worry about wet dreams.

Q. 12.

I am masturbating twice in a week. My friend told me if you do not leave this bad habit your penis will become curved shape, other day I observed my penis and found that what he told was true. Now I am afraid of masturbation. But I cannot control my sex tension. What shall I do? Is there any way out?

Achut, Goa.

Is

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