Family Planning in Nepal

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The physicians of the so called developing countries like Nepal have to face the challenge posed before Family Planning, as a means to check population growth by the people. But the world is so vast and the population too is growing at such a rapid speed that it deserves serious consideration as to how to curb Population growth. The developed countries of the world like Great Britain, Norway, Switzerland, France and United States of America have made way towards population control by means of adopting various Methods of Family Planning and they have been able to conquer Population explosion to a very great extent. Even in Asia Japan has adopted different methods of Family Planning despite oppositions posed. Toshikome in the year 1948, the then Director, Health Services, Japan. The result is that small and thickly populated country of Japan is progressing day by day.

So what I mean to suggest is this that it is a golden period for the physicians to make our country Nepal a unique example for the best of the developing countries is so far as the implementation of the different methods of Family planning are considered. For the sake of convenience we can understand the problem as follows below:-

1. what is Family Planning ?
2. Its methods :- popular methods
3. Motivation :- Education etc.
4. Suggestions.
5. Conclusion.

Now the times is over to define what is Family planning. By this time not only the physicias dut also the responisble citizens of the country know well its meaning and importance out of their sense of curiosity and also due to its popularization by the Health Service of H.M.G. of Nepal. Provisions have been made for the implementation/execution of different methods of Family planning throughout the country in each and every distriot Hospital and Health Centre free of cost. So we find that the Nepalese understand full well what are the implications of Family planning and how it is helpfull in prosprity. They want to make every baby a responisble citize of the country.

Family planning is an unique property of the public of the conuntry and it promotes the intrest of the people. Every bady wants that his kith and kins should be healthy, educated; and well placed in life. It is a universal proveab now-a-days that "Every new born should be a loug wanted chiold and not an unwelcome guest". Family planning aims at saving the sountry from population explosion. This is the right time to curb the rapid growth of population in the country by adopting various methods of family planning and make this country heaven. "Prevention is better than cure" and therefore precautionary mesures are always advisable to be adopted:

In my last article on J.N.M.A. I have given the methods of Family Planning in detail. The followiag are important methods:—

- (1) Natural.
- (2) Artificial.
- (3) Mechanical.
- (4) Chemical.
- (5)

(A) NATURAL— There are some groups of people who do not believe in adopting the meteods of Family planning for the following reasons:—

- a) On religious ground.
- b) For fear of deadly consequences (side effects)
- c) Obstinacy.
- d) Customs of the society like "parda"

- e) Lack of education.
- f) Lack of proper approach.

People argue that children are not the products of human Sex, they are the gifts of God. They are of the opinion that God has created them and as such 'He' is competent enough to support them. Further they say that if children are the creation of human Sex why it is so that despite their best efforts some have no issue. Specially those who have financially well to do. Such cases are very few and far between, one in a million. So the discouraging, Family Planning have been put before Family Planning experts. Catholics were not using any methods of Family Planning other than the natural one. They met together in so called "Safe period". They believed in with-drawal before the seminal discharge could occur. But I am now glad to know that they too have adopted the methods of Family Planning like taking pills etc. after much more deliberations and consultaion with the priests. Using pills is decidedly a very healthy sign of cotrolling the population growth in the world.

(B) ARTIFICIAL:— Artificial means of Family Planning denotes operative methods—(a) Vasectomy (in male) (b) Sterilisation. (in female) (c) Hysterectomy (total uterus) and (d) oorectomy (ovary) and other surgical interference that hampers the fertilization of sperm and ova.

Few years back vasectomy was not popular due to the prevalence of polygamy on the part of the males. Therefore, the people is not in the favour of vasectomy and hence sterilization (in female was very much popular in our country. But the steps taken by the H.M.G. of Nepal with regard to the ban imposed on polygamy, introductions of Land Reform Bill and panchayat and the spread of education and communication facilities have been proved to be useful also in controlling population growth to some extent. Vasectomy is a very easy operation and it is done in every Health institution of the country free of cost. People now are gradually becoming responsive to it shaking down the age old fear they had. The persons associated with the Family Planning campaign are trained in this operation and they are performing wonderful job. It is on account of this reason that vasectomy is becoming gradually popular in our country. Further, it

won't be an exaggeration if I say that such operations are hundred percent successful.

Vasectomy is done in each and every district Hospital of our country and recently H.M.G. of Health Services has passed an order that all interested doctors should be provided with training in this operations. This is a wonderful step taken by H.M.G. of Nepal for controlling population explosion.

Ours is an age of competition in all walks of human activities. The country men like to undergo vasectomy in order to have a well planned family but there are certain doubts (which have been given below) regarding it makes them Reluctant.

- (1) Does Vasectomy cause impotency.
- (2) Can it be again united to function in the normal way to produce children.
- (3) Does it cause mental disorder.
- (4) Is it so that people become bulky and fat after operation.
- (5) Is it a difficult operation does it cause bleeding?

Reg. 1:— So far as I have known through the Family Planning experts, papers, Journals and literature on the subject, I can say that Vasectomy does not cause impotency. I have myself done a good number of Vasectomy but I never have anybody complaining of impotency as yet. May be such cases be one in million but the cause might be something else not the Vasectomy itself. Its cause may be the neurosis of the gentleman or the wrong technique of operation. I do not say that its possibility can be totally ruled out but at the same time I have been reported by some of the operated persons that their Sex desire has increased.

Reg. 2:— Really it is very difficult problem before the Family Planning experts to rejoin this VAS for further production of children. It is only by adopting fine Surgical methods that it can be rejoined in order that it can normally function. In this connection I can point out the best method recently introduced that can be appointed in our country where the mortality rate of children is

still very high in comparison to the so called developing countries. This method is practicable as well as useful. A Professor of Obstetrics and Gynaecology Medical college Ann Arbor, Michigan University U.S.A. is Experimenting upon a bead like substance made of Polythelen derivatives. That bead is filled in VAS after exposing and it sticks very nicely so as to abstract the passing Spermatozoa. Whenever the parents like to have children the bead can be removed and the normal function can be restored. I hope this would be materialized very soon and it would be useful to the developing countries of the south east Asia.

Reg. 3:— People have certain wrong notions about the Vasectomy that it causes mental disorder. But it is not actually so. So far I have not found any person suffering from mental disorder after this operation. The Family Planning experts also find no truth in it. This is simply the ignorance of the people.

Reg. 4:— Further people point out that it causes fatness. This is usually a very interesting question. I myself have put this question before a number of Family Planning experts and have learnt that fatness is caused not due to the operation but due to the fact that at the age of 35 or after when people normally get operated for Vasectomy, there are certain hormonal changes resulting in fatness. So there is no relation between Vasectomy and fatness. Fatness occurs mainly due to the hormones in the system of the body. At the same time it is difficult to explain what hormonal changes takes place. However experiments are going on in this respect in the so called developed countries.

Reg. 5.— Even the motivated people are afraid of it because there are certain misconceptions prevailing among them. They question if this operation takes much time or does it cause profuse bleeding or sepsis? These are the common questions that are put before the Family planning experts. We should give a patient hearing to their questions and reply to them in an intelligent way.

In fact, the operation for vasectomy does not take much time. Moreover it neither causes profuse bleeding nor causes acute pain.

(C) MECHANICAL:-

- (a) Pessary.
- (b) Condome or French—leather
- (c) Nylone Ring
- (d) Loop

(a) Pessary is not popular in the south east Asian countries for the reason that we have no privacy. Not only this, we are not even well equipped from sanitary point of view. Besides this our social set up is, to a very great extent, different from that of an European country. We live in a joint family where as the Europeans have their independent family hence tendency towards individualization of the family unit. An account of these reasons this method is not popular in our country.

(b) Condome is very popular by the name of French—Leather. There was a time when this was very popular and people were inclined towards it. They accepted it an important method employed against Pregnancy. But since this method is not successful in all cases and it does not allow the couple to have complete satisfaction, people have grown somewhat in difference to it. Moreover, it is very expensive and requires privacy which the general man can not afford and, therefore, this is not very popular in our country now-a-days.

(c) Nylone ring is the method introduced by a private practitioner of CHILLI. He put twenty times a ring like band on the tip of index finger with a tail of that Nylone thread. I think this would be a very suitable method but since it is still under experiment in Marquet Research Institute of New York, there is no room to mention about it in detail. However, We are all anxiously waiting for the day when this method can be introduced.

(d) LOOP:— This method is a gift of Dr. Tietze of Maternal and Child Health New York and others, to the human society. He has done this in quite a good number of cases. Now-a-days this method is very popular throughout the world. It is also an sure success.

Its types (1) Spiral
(2) Tail of Nylone

Loop with tail of Nylone is universally used now-a-days.

A number of questions have been put in connection with this method.

Does it cause (a) Cancer
(b) Pain
(c) Bleeding
(d) Impotency
(e) Mental disorder

Whatever be the question of the people, the whole human society has began to realise the utility of this method. Those who are tired of bearing burden of children, and those who are suffering from ill health due to repeated pregnancy, are coming forward and adopting this method even privately. Apart from old ones even the nearly wed couples are coming forward to adopt this method in order that they have limited number of children. They are of the opinion that every body should be a long wanted child and not an unwelcome guest.

Loop, Like any thing, has certain merits and demerits as we know every thing has certain merit and demerits. Some well motivated mother using loop suffer from profuse bleeding and they can not retain loop despite all medical measure taken to retain that. Again some complain pain in the braist. But such complaints may be one in thousands. This method, therefore, is a right method because (1) It is very simple to apply.

- (2) Causes no disturbance in menstruation.
- (3) Causes no disturbance in sex conjugation.
- (4) Causes no worry even in a joint family.
- (5) Causes no difficulty in taking it out when the couple like children.

Questions regarding the pills:-

- (a) How do they work.
- (b) Is it surest method against pregnancy.
- (c) Do they cause fatness.
- (d) Do they cause mental disorder.
- (e) Do they cause inpotency.

So we find a series of questions put before the Family Planning experts. So far as the 1st question is concerned we can say that it prevents ovulation. How it acts, was a matter of discussion till only a few days back but now it has been confirmed that ovulation does not occur by the use of pills.

To make this point clear, I am presenting here the methods of action of ORTHO-NOVUM. This diagram is taken from ORTHO which I think would give satisfactory explanation to the questions.

(b) It is the surest method against pregnancy if pills are taken regularly. As nothing is certain hundred percent, therefore there is likelihood of failure as well but its percentage is very low. But in developing countries the results are not satisfactory at present. For this I do not blame the pills but the common man as a whole because they do not have full faith in this method. It is one of the factors of its not being popular in our country.

(c) Again this is a controversial issue if it comes fatness. Some people are of the opinion that fatness is caused due to the hormonal changes. The fatness might be caused by other factors that I have already discussed in respect of vasectomy. So fatness is not caused by the pills, only but by age and hormonal system in the body also.

(d) I have not heard of this complication from any Family Planning experts. But some people have pointed out that in some cases this complications has been found. But I do not think that this method causes mental disorder. I do not find any truth in it.

(e) Again the questions has been raised by the so called immature motivated people that it results into inpotency. But this too is a wrong notion of the people. I have never heard from any person applying this method about this camplication. They simply talk as "Contractor of sad" to deviate the motivated people in the society and discourage this method. So far I have not come across even a single example of inpotency caused by the use of pills. on the contray, the sex desire is increased due to freeden from pregnancy.

A very important proverb goes "Prevention is better than cure". we are also faced with the problem. People are arguing that at present there is no population problem in Nepal. But this argument does not hold good of the entire country. There are certain belts in Nepal where this problem prevails. If we take into consideration, diffrent couuntries of the world we shall find that the rate of growth of population is different.

Recently the state of Orissa in India has passed the regulation no mother can avail the privilege of what they are getting that as "Maternity leave" etc. if she has more than three children. India is also going to legalise abortion. Japan has already legalised it. Other developed countries like united states and others are freely adopting the use of pills without taking into account any religious consideration. The so called developing countries like Arab, Phillipines, Indonessia, Thyland ete are also adopting the diffrent methods of Family Planning in order to curb population growth.

These are the great examples before us that show how the people can be motivated and benifit themselves by controlling population growth. these are some ambiguous quesbions that people will ask you. They are:-

(1) That childern are the gift of God producing children is not a machine bussiness to manufacture children. But think that people will agree with me if I say that children are also products of natural machine. A of us know that if auy part of the machine is disturbed it does not function properly. The same is the cases also with natural machine. ERRORS can be corrected by Doctors. However, there is a difference between God made machine, and man made machine. Man made machine can be corrected easily

whereas it is very difficult to correct to God made machine through, people are trying to have God instinct in themselves in this age of science.

(2) What is the harm of having many children:-

(a) This causes bad health to mothers and financially Stringency to the father specially where the father is whole and sole to support the family.

(b) Children are not sound physically and mentally if they are not given proper care but due to the poor financial state of the parents children do not get proper education and treatment, Such children cannot be good and responsible citizen of the country rather they will become burden to the society.

(c) It has been seen in quite a good number of middle class families that there is bad relation between members of the family on account of too many children. Brother fight with brother, son fight with his father and villager fight with the others. All these happen due to over population.

SUGGESTION;- To my opinion H.M.G. is doing a lot for the implementation of the above discussed methods among the people of the country. I would like to give a suggestion to the H.M.G. Nepal and the countrymen in this respect which I think would be useful to handle this over population problem.

"3 children methods"

Father- one child Mother (1) child. (2) child, one baby common to both. So there will be three children in one family. This is the time when Family planning organization should organize steliataion camps in different parts of the country in order to check population growth, only then every one will have an opportunity to become a responsible father in the society and make the country an unique one.

Before I conclude, I would like to give my thoughts on family planning in our country:-

Population is increasing by leaps and bounds in the country. According to the statistics the population will increase by ten Lakhs within next ten

year. So this is a great burden to be shouldered together. It is privilege to be sound physical and mentally so that we may be able to study as fascinating a subject as medicine.

Again I would like to suggest that the success of Family Planning is not only the responsibility of handful of individuals but of the entire race of making spread all over the world. Talks on Family planning are currently popular in the country. There should be room to honour constructive criticism of Family Planning as it is healthy to the country and the world as a whole.

This is what the country expects from the physicians and as such we have to rise to the country's expectation. If we meet our privilege with humility, our responsibility with integrity and our challenge with vision and hard work, we will materialise the image and make the Nepal a heaven in a short period. This would be a gift of the physicians to the Future generations and we are sure they will admire the splendid job of ours.

DOCTOR

MAKE THE N.M.A.

A

STRONG BODY

By

TAKING AN ACTIVE

INTEREST IN ITS AFFAIRS