

Regulation of Child Birth by Using Oral Contraceptive Pills

Francis Tonukari*

Department of Biochemistry, University of Delta State, Abraka, Nigeria

DESCRIPTION

Oral contraceptives have provided women with a reliable and convenient method of birth control, offering greater control over their reproductive choices. The concept of hormonal birth control has a rich history dating back to cultures of older times, where various methods were used to control fertility. Combined oral contraceptives contain two key hormones estrogen and progesterin. First, they inhibit ovulation, which means the release of an egg from the ovaries. Second, they thicken cervical mucus, making it more challenging for sperm to reach the egg. Finally, they alter the uterine lining, making it less receptive to a fertilized egg. Combined Oral Contraceptives (COCs) come in various formulations, with different estrogen and progesterin levels, making it possible for women to choose one that suits their individual needs. Unlike Combined Oral Contraceptives (COCs), they primarily work by thickening cervical mucus and altering the uterine lining, making it less hospitable to fertilization and implantation. Some examples of progesterin-only contraceptives include Ortho Micron or, Norethindrone, and Depo-Provera.

Consult with a healthcare provider who can assess your medical history and recommend a contraceptive method that is safe and suitable for you. Some medical conditions may influence the choice of oral contraceptive. Different oral contraceptives may have varying side effects. Discuss your concerns with your healthcare provider to find an option with fewer side effects or those you can manage effectively. Understand the efficacy of different contraceptives. Combined Oral Contraceptives (COCs) and progesterin-only pills are both highly effective when taken correctly, but progesterin-only pills may require stricter adherence to dosing schedules. Some oral contraceptives can offer additional

health benefits. For example, certain Combined Oral Contraceptives (COCs) can help regulate menstrual cycles and reduce the risk of ovarian and endometrial cancers.

Mechanism of action

Understanding how oral contraceptives work is essential to make an informed choice. As mentioned earlier, Combined Oral Contraceptives (COCs) contain both estrogen and progesterin, which act synergistically to suppress ovulation, thicken cervical mucus, and alter the uterine lining. This combination creates a formidable barrier against pregnancy.

Progesterin-only contraceptives, on the other hand, primarily rely on thickening cervical mucus, which makes it difficult for sperm to reach the egg, and altering the uterine lining, which reduces the likelihood of implantation. Combined Oral Contraceptives (COCs) have been shown to lower the risk of ovarian and endometrial cancers, making them a valuable tool for women concerned about these conditions. Certain oral contraceptives can help improve skin health and reduce acne symptoms, making them a popular choice among individuals seeking both contraception and dermatological benefits.

CONCLUSION

Oral contraceptives have played a pivotal role in advancing women's reproductive health and autonomy. With their high effectiveness, numerous benefits, and ease of use, they offer a valuable option for those seeking contraception and various health-related advantages. However, it's important to weigh the benefits against the potential risks and to make an informed choice based on individual needs, medical history, and lifestyle.

Correspondence to: Francis Tonukari, Department of Biochemistry, University of Delta State, Abraka, Nigeria, E-mail: tonukaf444@gmail.com

Received: 01-Oct-2023, Manuscript No. JAP-23-27870; **Editor assigned:** 03-Oct-2023, Pre QC No. JAP-23-27870 (PQ); **Reviewed:** 17-Oct-2023, QC No. JAP-23-27870; **Revised:** 24-Oct-2023, Manuscript No. JAP-23-27870 (R); **Published:** 31-Oct-2023, DOI: 10.35248/1920-4159.23.15.385

Citation: Tonukari F (2023) Regulation of Child Birth by Using Oral Contraceptive Pills. J Appl Pharm. 15:385.

Copyright: © 2023 Tonukari F. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.