



Use Of Centchroman As A Post-partum Contraceptive : A Feasibility Review In A Tertiary Care Center

Simran Kousar ,Kamlesh Kumari ,P Shainy ,Anita Kinha , Sunita Rani , Satyam Yadav, Savita Kumari,

K Aparna Sharma , Neerja Bhatla



BACKGROUND- Centchroman was developed at CDRI, Lucknow in 1967. Ministry of Health and Family Welfare India introduced Centchroman in National Family Planning Programme under trade name “chhaya” from April 2016. It is a non-hormonal contraceptive which inhibits fertilized ovum from implantation. It has an immense potential for use as a postpartum (pp) contraceptive ,the data for which is currently limited .

AIMS AND OBJECTIVES- The aim of the study was to assess the effectiveness, side -effects, discontinuation rates and failure rates among the Centchroman(Chhaya) users as a post-partum contraceptive in our tertiary Centre.

MATERIAL & METHODS- This was a prospective study conducted in family planning clinic of Department of Obstetrics and Gynecology at AIIMS New Delhi, a tertiary level Centre. Post-partum women instructed to take Chhaya after adequate counselling between September 2021 to January 2022. Women with polycystic ovarian disease , recent jaundice history or liver disease, tuberculosis and renal disease were excluded and not given Chhaya. These women were followed up telephonically as well as at PNC visits and feedback taken by asking a set of questionnaire.

REFERENCES

1. Kabra R, Allagh KP, Ali M, et al. Scoping review to map evidence on mechanism of action, pharmacokinetics, effectiveness and side effects of centchroman as a contraceptive pill. BMJ Open 2019;9:e030373. doi:10.1136/ bmjopen-2019-030373
2. Doke G et al. Int J Reprod Contracept Obstet Gynecol. 2019 Nov;8(11):4204-4207
3. Mittal S, Sehgal R, Jindal VI et al., Single Dose Levonorgestrel and Two Regimens of Centchroman for Emergency Contraception, J Turkish-German Gynecol Assoc, Vol. 9(3); 2008:134-138



SATISFIED	80.87%
EASY TO TAKE	78%
NOT STARTED TAKING	19.1%
REFUSAL FOR CuT AND ACCEPT CHHAYA	20%

FEEDING DIFFICULTIES	43%
IRREGULAR VAGINAL BLEEDING	17%
MILD ABDOMINAL PAIN	6.5%

RESULTS

- A total of 490 women were prescribed Chhaya as post-partum contraceptive.
- Majority of women were in age group of 20-35yr (95.5%).
- Of these 115 women(%) were followed-up at 6 weeks telephonically
- Feedback taken from them by asking a set of questions
- Out these 115 women 93 (80.87%) were satisfied with chhaya as post-partum contraceptive.
- Majority of them said it was easy to take (78%).
- Refusal for Cu-T and the need for a reversible contraception was the reason for uptake of Chhaya in 20% of women.
- At the follow-up call at 6 weeks, 21(19.1%) women had not yet started taking it ,the reason for which was resistance from family members and husband. Of the women who responded to the queries , 43% felt that there were some feeding difficulties, which could not directly be attributed to Chhaya. Another 17% had irregular bleeding per vaginal and 6.5% women had mild pain abdomen.

DISUCSSION

- Continuous bleeding and prolonged cycles >45 days were the two most commonly reported side effects among centchroman users which was also seen in study of Kabra R et. al¹
- The compliance rates of therapy with this drug are also good due to convenient dosage schedule and similar findings was also seen in other studies²
- Study also suggests that centchroman single dose regimen is an alternative to hormonal emergency contraception with equal efficacy³.

CONCLUSION- Centchroman is a non-hormonal contraceptive drug with good therapeutic efficacy and favorable side effect profile and is an important postpartum contraceptive because of its safety in lactation.