

Male Vasectomy (Purush Nasbandi): Garbh Nirodhak Upay

Purush Nasbandi, male ke liye garbh nirodhak ka sabse saral aur surakshit upay hai. Isme shukravahika naam ke 2 tube ko kaat diya jata hai jisse shukranu virya tak pahuch hi nahi pate hai. **Male Vasectomy** karwane me samay bhi kam lagta hai aur yeh garbh nirodhak ke liye mahila nasbandi jitna hi prabhav shali hota hai.

Nasbandi karne ke liye bina chire ke taanke ki tarah sabse pahale andkosho ke uppar wali khaal par sui lagakar usse sunn kiya jata hai. Phir sunn ki gayi khaal me khaas tarah ki chimti se bahut baarik surakh karke uss nail ko bahar nikalkar andakosh se purush beejo ko peshab ki nail tak pahuchaya jata hai. Phir iss nail ko bich se katkar dono kate huyr siro ko bandhkar unke muh band kar dete hai aur wapas andakosh theli ke andar daal dete hai.

Purush Nasbandi se Pahale Jarur Rakhe Inn Baato Ka Khayal

Jab tak aap yeh pakka nischay na kar le ki aapko bhavishya me santan nahi chahiye tab tak aapko nasbandi nahi karani chahiye. Kyuki nasbandi karwane ke baad aap santan utpann nahi kar sakte hai aur phir aapko baccha nahi ho payga.

Aaiye jante hai aisi kuch baate jinka humko iss process me khayal rakhna chahiye aur swasth rehna chahiye:

- 1) Sankraman Hone Par Nasbandi Na Karaye:** Yadi aapke genitals me ya aapke aaspas kisi prakar ka sankraman ho to aapko nasbandi nahi karani chahiye. Kyuki aise me nasbandi karne me vilam ho sakta hai. Iske alawa rakt srav ka vikaae ho to bhi isko nahi karwana chahiye.
- 2) Turant Kaam Nahi Karti:** Dono spermary se shukranu (sperm) ko puri tarah khali karne ke liye 15 se 20 baar unka nishkan karna hoga. Iss karan se shalya prakriya (Surgical Procedure) ke baad 3 mahine tak condom ya parivaar niyojan ki kisi vidhi ka prayog karna jaruri hai. Male Vasectomy turant asardaar nahi hoti hai.
- 3) Rahata Hai Khatra:** Nasbandi ko janm niyantran ka sabse surakshit aur prabhavi upay mana jata hai. Lekin phir bhi kuch mamalo me ye kaam nahi karti hai. Iske karne ke ek saal me 10000 me se keval 15 ko hi garbh dharan hota hai.
- 4) HIV Marij bhi Karwa Sakte Hai ye Nasbandi:** Aisa kuch nahi hai ki jisse HIV marijo ko nasbandi se rokta hai. Isliye kaha jata hai ki jinn purusho ko HIV jesa youn sankraman rog ho wo bhi ye nasbandi karwa sakte hai.
- 5) Asar Palta Nahi Ja Sakta:** Yeh janana bahut jaruri hai ki nasbandi ke prabhav ko tala nahi ja sakta hai. Kuch log dawa karte hai ki ve iske prabhav ko palat sakte hai, lekin aisa sambhav nahi hota hai. To isliye jaruri hai ki jab bhi aap nasbandi karwaye aap iss baat ko lekar puri tarah se assure ho jaye ki aap baccha nahi chahte hai aur yadi aap bhavishya me Kabhi bhi santan ki chahat rakhte hai to nasbandi na karwaye. Isse accha to koi aur garbh nirodhak ka prayog kare.

6) Nasbandi se Cancer ka Khatra: 1990 me huye ek shodh me nasbandi aur prostate cancer ke bich ki baat kahi gayi thi, lekin baad me huye anya pramanik shodho me iss baat ko puri tarah nakar diya gaya hai. Yani yeh baat pramanit ho chuki hai ki nasbandi aur cancer ke bich koi bhi sambandh nahi hai.

7) Dementia ka Khatra: Purush Nasbandi se judi kuch aisi baate jispar 2006 me north western university ke shodhkartao ne ashanka jatayi hai ki nasbandi ka sambandh Dementia se ho sakta hai. Alzheimer ke 47 marijo par shodh karne ke baad yeh pata chala hai ki unme se 19 ne nasbandi karwayi thi. Halaki, kuch logo ne iss par hairani jatai hai aur bataya hai ki isse masthishk ko koi nuksaan ho sakta hai. Virya aamtor par rakt pravah ka hissa nahi hota hai. Lekin, yeh bhi dekha gaya hai ki isko karwane wale two third purusho ke rakt me virya ke antibodies paye gaye hai. Lekin yeh shodh kafi chote paimane par kiya gaya hai aur iss bare me kisi nirnay par pahuchna abhi jalbaazi ho sakti hai.

8) Raktsrav (Bleeding) aur Sujan: Nasbandi se testicles me bleeding athawa rakt ke thakke jamane ki shikayat ho sakti hai. Iske saath hi virya me rakt, andakosh me chot aur surgery ki place par sankraman jesi pareshani ho sakti hai. Iske saath hi dard, ashajata (Uncomfortable) aur sujan ki shikayat ho sakti hai.

9) Ye Bhi Ho Sakta Hai Dushprabhav: Bahut kam mamalo me andakosh me tez dard, fluid banana ki samasya ho sakti hai. Virya skhalan ke samay yeh dard kafi tez ho sakta hai. Iske saath hi virya ke leak hone se jalan bhi ho sakti hai. Aur bahut kam mamalo me garbh dharan bhi ho sakta hai.

10) Dil ki Bimari: Halaki kayi log mante hai ki nasbandi kle karan insaan ke dil par bura asar padta hai, lekin vastav me nahi hai. Abhi tak iss baat ka koi scientific aadhar nahi hai.

Upar aapne jane *Purush Nasbandi* se judi kuch khaas baate. To dhyan rahe agar aap iss process ko karwane ja rahe hai to inn baato ko jarur dhyan me rakhe aur kisi bhi sankraman bimari se bache.