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Effect of Kaseesa Bhasma on Reproductive Function in Female Rats

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ABSTRACT

Kaseesa Bhasma is a traditional Ayurvedic preparation derived from purified ferrous sulfate and is commonly used in Ayurvedic medicine for the treatment of anemia, digestive disorders, and certain gynecological conditions. In recent years, scientific studies have explored its pharmacological effects, including its influence on reproductive functions. Experimental studies conducted on female rats aim to evaluate the impact of Kaseesa Bhasma on fertility, hormonal regulation, and reproductive health. Research findings suggest that controlled administration of Kaseesa Bhasma may influence reproductive parameters such as the estrous cycle, ovarian activity, and hormonal balance. The iron content present in Kaseesa Bhasma may help improve hemoglobin levels and overall physiological health, which indirectly supports reproductive functioning. Some studies have also indicated that appropriate doses of Kaseesa Bhasma may promote ovarian follicle development and enhance uterine health. Additionally, the preparation is believed to possess antioxidant properties that help reduce oxidative stress in reproductive tissues, thereby supporting normal reproductive processes. However, the effects of Kaseesa Bhasma depend greatly on dosage, duration of treatment, and proper purification methods used during its preparation. Excessive or improperly prepared formulations may lead to toxic effects due to the presence of heavy metals. Therefore, although preliminary experimental studies show potential benefits, further detailed toxicological and pharmacological research is necessary to establish the safety and therapeutic efficacy of Kaseesa Bhasma in relation to reproductive health.