

## EVALUATION OF EFFICACY OF ABHA GUGGULU WITH PLACEBO CONTROLL GROUP IN THE MANAGEMENT OF ASTHI-BHAGNA W. S. R. LONG BONE FRACTURE

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### ABSTRACT

*Bhagna* is an epitome, where the bone or bones get interrupted. Investigators claim that about 1/3<sup>rd</sup> of the surgical OPD patients come for the treatment of fractures. Among the global burden of injury assessed at South-East Asia Region, morbidity rate is 30.3% [1]. Out of all complications of trauma, delayed or non-union of fractured bones, irrespective of their origin and aetiologies has always posed great problems. Due to the fact that post fracture complications are much prevalent in the society and lack of effective medicament and treatment procedure, the disease is being chosen for the study with hope to develop effective medications for it. The principal objective of the present study was to evaluate the comparative effects of *Abha Guggulu* & placebo in the management of *Asthi bhagna* (fracture). To prove the practical approach of mentioned *Asthi Bhagna Chikitsa* with '*Abha Guggulu*' in the management of *Asthi Bhagna*, a randomized clinical trial on 20 uncomplicated subjects of *Asthi Bhagna* (simple fracture and long bone fracture), was conducted at the Group A with *Abha Guggulu* in a dose of 2 Tabs BD with warm water and in Group B with 20 patients was kept in Placebo trial for 6 weeks. Though, out of 20 patients, 6 were LAMA from Group B in between the clinical trial. The response was encouraging with *Abha Guggulu* and has laid the scope for further studies.

**KEYWORDS:** Asthi bhagna, Bhagna, Fracture, Abha Guggul, Asthi sandhana