**Abstract:-**

**Background –** Adults nearly one in five have osteoporosis in India.

**Objectives -** to study the use of biologicals and conventional therapies in the management of osteoporosis

**Materials and methods –** A prospective study was conducted in Mumbai. The survey focused on the question of the management of osteoporosis for physicians.

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**Results –**

**Conclusion –**

**Introduction –**

**Osteoporosis: The Brittle Bone Disease is “**The condition in which the bone becomes weak and brittle”

“Osteo" means bone and "porosis" means porous. So, osteoporosis literally translates to "porous bone."

The World Health Organization defines osteoporosis as a T score less than <= 22.5

Osteoporosis can also be defined clinically as the presence of a low trauma fracture with or without BMD in the osteoporotic range.

A mechanistic definition of osteoporosis is a skeletal disorder characterized by compromised bone strength predisposing a person to an increased risk of fracture.

The recent study shows that the prevalence of osteoporosis was 10.4% for men in <52.2 years category and 18.6% for men in more than 52.2 years category. In premenopausal women, the prevalence was 3.5%, 18.4% in postmenopausal women <5 YSM and 37.3% in postmenopausal women more than 5 YSM. Osteopenia was seen to be 35.1%–43.8% in men, 31%–34% in premenopausal women and postmenopausal women <5 YSM and 42.2% in postmenopausal women more than 5 YSM. At the hip, the prevalence of osteoporosis was 5.2%–6.2% in men, 2.6% in postmenopausal women <5 YSM and 16.5% in postmenopausal women more than 5 YSM. A higher prevalence of osteopenia was observed in men (50%–62%) and postmenopausal women (50%–59%) while for premenopausal women it was 32.6%.

Fractures and their complications are the relevant clinical sequelae of osteoporosis. Osteoporosis is a silent disease until the patient experiences a fracture. A recent fracture at any major skeletal site, such as vertebrae (spine), proximal femur (hip), distal forearm (wrist), or shoulder in an adult older than 50 years with or without trauma, should suggest that the diagnosis of osteoporosis needs further urgent assessment involving diagnosis and treatment.

**Objectives:-** Understanding the common therapies utilized inosteoporosis and the use of the biologicals in management of the osteoporosis

**Methodology:-**  the prospective cross-sectional study was conducted at the Mumbai. More than 40 specialized physicans