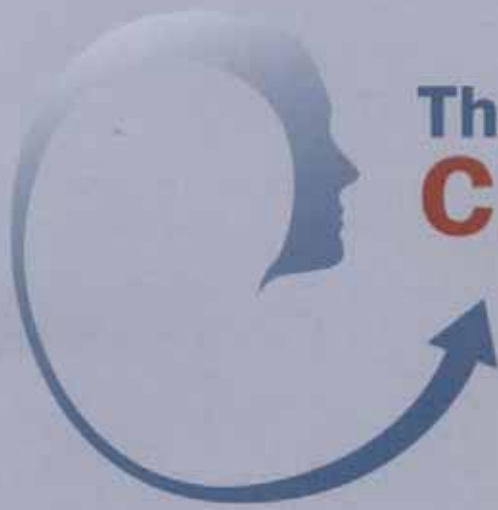


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20 A SUBTYPE OF ROSA CANINA EXERTS ANTI-INFLAMMATORY PROPERTIES

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Aim: The aim of the present study was to test whether rose-hip powder could alleviate symptoms of osteoarthritis, and if so to characterise the active ingredient.

Methods: Ninety-six patients, all suffering from osteoarthritis of the hip or knee participated in a randomised, double-blind, placebo controlled study. Half of the patients received 5 capsules of the rose-hip powder in the morning and additional five capsules in the evening or similar placebo capsules, for a period of three months. Then the group initially treated with rose-hip was changed to placebo and vice versa. Symptoms of osteoarthritis were evaluated using the WOMAC scoring system and consumption of paracetamol and synthetic opioids was recorded in a diary. A possible anti-inflammatory action (neutrophil leucocyte chemotaxis) was monitored and different fractions of the powder were tested *in vitro* in a bioassay (Larsen et al. *J Nat Prod* 2003; 66: (7), 994-995).

Results: During treatment with rose-hip powder pain and stiffness as well as the consumption of paracetamol and synthetic opioids and neutrophil chemotaxis significantly declined as compared to placebo ($p < 0.050$). The fractionation studies indicated that a galactolipid isolated from the present subtype of rose-hip inhibited chemotaxis.

Conclusion: The present study suggests that the present powder reduces symptoms of osteoarthritis. The ingredient responsible for this might be of a galactolipid origin.