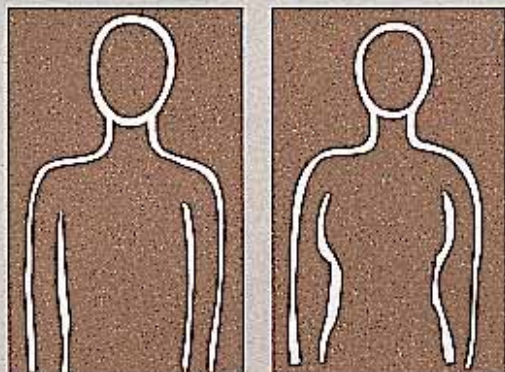


VOLUME 39

Supplement 240 2004

SJGSB8 39(240) (2004)

ISSN 0085-5928



SCANDINAVIAN JOURNAL OF


Gastroenterology

Abstracts of Papers Presented at
The XXXVI Nordic Meeting of Gastroenterology
The XXVII Nordic Meeting of Digestive Endoscopy (SADE)
The XV Nordic Meeting of Gastrointestinal Motility (SAGIM)
The Annual Endoscopy/Gastroenterology Nurses'/Assistants' Meeting

Oslo, Norway, 2-5 June, 2004

Edited by

Kirsten Muri Boberg and Knut E. A. Lundin

 Taylor & Francis
healthsciences

The impact of a standardized powder made from a subtype of Rose-hip on IBDQ symptom score in patients with Crohn's Disease or Ulcerative Colitis

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Aim: The aim of the present investigation was to test if a large dose of standardized powder (Hyben Vital) made from a subtype of Rose-Hip (*Rosa-Canina*), known to reduce the chemotaxis of neutrophil leucocytes and to reduce symptoms of osteoarthritis, would alleviate symptoms in patients with inflammatory bowel disease (IBD).

Methods: Results were obtained from 24 patients of which 9 suffered from Crohn's Disease and 15 from Ulcerative Colitis. All patients were given 7.5 to 10 g of Rose-hip powder (15 to 20 capsules) daily, in an open trial for a period of 4 months. The IBDQ questionnaire was used and blood samples for routine laboratory values were taken at the initial meeting and again each month during the whole trial period. Statistical evaluation: Wilcoxon's test for paired samples and Mann-Whitney-test for unpaired samples.

Results: The total score of the IBDQ significantly improved in the Crohn group after two and four month treatment ($p < 0.02$). The Ulcerative Colitis group remained unchanged during the whole treatment period. The Mann-Whitney test showed a p value of < 0.04 after two month and was borderline significant after four month treatment. The haemoglobin concentration and haematocrite increased modestly but non-significantly in the Crohn group, after four month treatment, whereas both parameters slightly, but insignificantly, declined in patients with colitis.

Conclusions: The present data indicate that the rose hip-powder (HybenVital) might be of value in reducing symptoms in patients with Crohn's disease, but not in patients with Ulcerative Colitis.