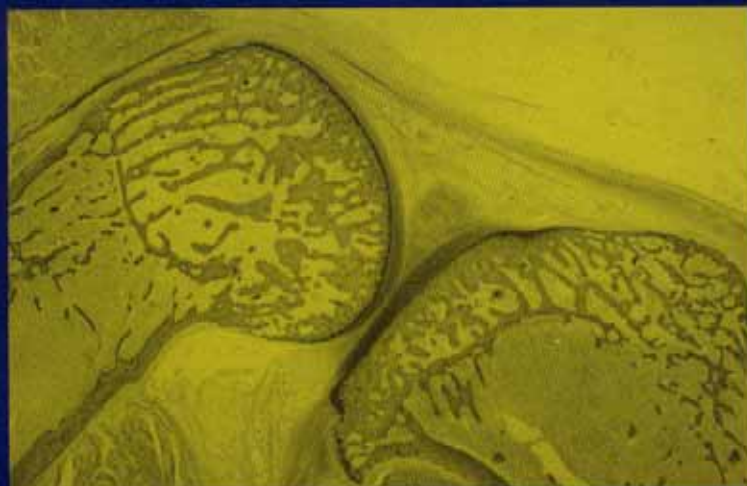


9th World Congress of the
OsteoArthritis Research Society
International

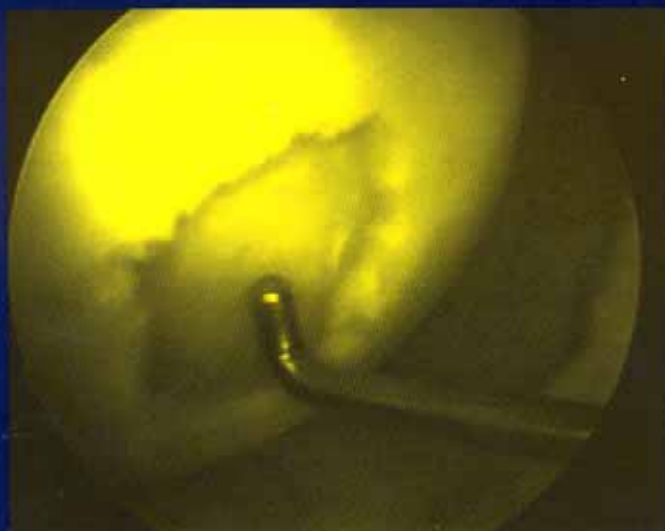
2-5 December 2004
Chicago, IL, USA



Osteoarthritis and Cartilage



International
Cartilage Repair
Society



Editor-in-Chief:
R D Altman, USA

Associate Editors:
M C Hochberg, USA
E Hunziker, Switzerland
S A Jimenez, USA
V C Mow, USA
G Nuki, UK
J-P Pelletier, Canada

ISSN 1063-4584

A HERBAL REMEDY, MADE FROM A SUBSPECIES OF ROSE-HIP *ROSA CANINA*, REDUCES SYMPTOMS OF KNEE AND HIP OSTEOARTHRITIS

E. Rein†, A. Kharazmi‡, G. Thamsbprg§, K. Winther||

† *Institute for Clinical Research, Clinical Research, Torskinsvej, Egtved, Denmark*

‡ *Department of Clinical Microbiology, Rigshospitalet, Copenhagen, Denmark*

§ *Department of Rheumatology, County Hospital, Glostrup, Copenhagen, Denmark*

|| *Department of Biochemistry, County Hospital, Gentofte, Copenhagen, Gentofte, Denmark*

Aim of the study: The objective of this study was to test if a herbal remedy made from a subspecies of rose-hip (*Rosa canina*) might reduce symptoms of osteoarthritis and consumption of rescue medication in patients suffering from osteoarthritis of the hip or knee.

Methods: Ninety-four patients with osteoarthritis of the hip or knee were enrolled in a randomized, placebo-controlled, double blind cross-over trial. Forty-seven patients were given 5 g of the herbal remedy daily for a period of 3 months and the remaining patients were given a similar amount of identical placebo. The group initially treated with placebo was then changed to rose-hip and vice versa for another three months period. Upon inclusion and after 3 weeks and 3 months of each treatment period pain, stiffness, disability and global severity of the disease was scored on a WOMAC questionnaire. After 3 weeks of treatment patients, if possible, were allowed to reduce their consumption of "rescue medication". Data were analyzed on the basis of intention to treat.

Results: Rose-hip treatment resulted in a significant reduction in WOMAC pain ($P < 0.013$) as compared to placebo, when testing after 3 weeks of treatment. The consumption of "rescue medication", significantly declined as a result of active treatment ($P < 0.0137$). WOMAC disability, stiffness and global assessment of severity of the disease was not altered by 3 weeks, but decreased significantly ($P < 0.0183$, $P < 0.0378$ and $P < 0.0349$), respectively, after 3 months treatment.

Conclusion: The present data suggest that the herbal remedy rose-hip can alleviate symptoms of osteoarthritis and reduce the consumption of "rescue medication".

A POWDER PREPARED FROM SEEDS AND SHELLS OF A SUBTYPE OF ROSE-HIP *ROSA CANINA* REDUCES PAIN IN PATIENTS WITH OSTEOARTHRITIS OF THE HAND – A DOUBLE-BLIND, PLACE-CONTROLLED, RANDOMIZED STUDY

K. Winther, A. Kharazmi

Biochemistry, Copenhagen County Hospital, Copenhagen, Denmark
Clinical Microbiology, University Hospital Rigshospitalet, Copenhagen, Denmark

Aim of study: To study the impact of a standardized dried powder, made from the seeds and shells of a sub-species of rose hip, *Rosa canina*, on pain and stiffness in patients with osteoarthritis of the hands.

Methods: The design was double-blind, placebo-controlled, cross-over. Thirty-two patients with osteoarthritis of one or both hands were randomly allocated to treatment with either rose-hip powder or placebo.

Treatment: Five capsules of 0.5 gram standardized rose-hip powder, or an identical placebo, was given twice daily, for a 3 months period, after which the patients switched immediately to the corresponding medication. Before and after each of the two treatment periods, the patients evaluated their pain and stiffness while performing one of 15 different daily activities of the hand, using a separate 10-step categorical scale for each. They also assessed their overall feeling of discomfort from the disease on a similar scale. A blood sample for determination of C-reactive protein was also taken.

Results: Taking the average of their 15 individual activity pain scores as the index of effect for each person showed a significant reduction of pain while on active treatment ($P < 0.0428$). In the group initially given active treatment for 3 months, 88% reported reduction in pain when evaluated on the response/no response basis, as compared with 36% in the placebo group ($P < 0.009$). Evaluation of stiffness showed a similar pattern and the overall feeling of discomfort from the disease was reduced while on active treatment ($P < 0.0324$). Active treatment caused a significant fall of the C-reactive protein level ($P < 0.047$) below the pre-treatment level.

Conclusion: The data suggest that powder from the present sub-species of rose-hip can reduce pain and the feeling of discomfort in patients with osteoarthritis of the hand.