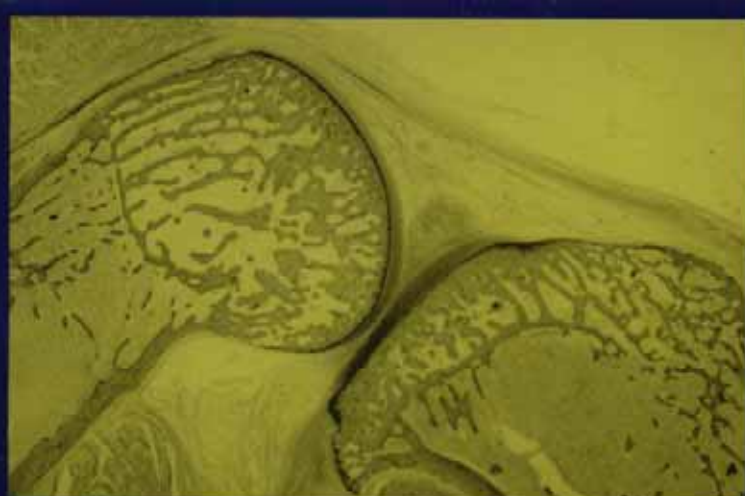


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P181

A POWDER MADE FROM A SUBSPECIES OF ROSE HIP (*ROSA CANINA*), REDUCES WOMAC SYMPTOMS SCORE AS WELL AS CHOLESTEROL LEVEL IN PATIENTS SUFFERING FROM OSTEOARTHRITIS

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Objectives: The primary aim of the present study was to test if a herbal remedy made from a subspecies of rose hip (*Rosa canina*) might reduce symptoms of osteoarthritis after short time of treatment (3 weeks). Secondary efficacy variable was lipid metabolism.

Methods: Ninety four patients with osteoarthritis of the hip or knee were enrolled in a randomized, placebo-controlled, double blind cross-over trial.

Treatment: Forty seven patients were given five grams of the herbal remedy daily for a period of three 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 estimated on a WOMAC questionnaire. Cholesterol levels were estimated in the beginning and at the end of each treatment periods. Data were analyzed on the basis of intention to treat.

Results: WOMAC pain significantly declined ($p < 0.02$) as compared to placebo, when testing after 3 weeks of treatment. WOMAC disability, stiffness and global assessment of severity of the disease significantly declined after three months treatment ($p < 0.04$). In addition three months treatment resulted in a significant decline in cholesterol ($p < 0.05$).

Conclusion: The present data suggest that the herbal remedy rose hip can alleviate symptoms of osteoarthritis in three weeks. The reduction in cholesterol can be related to treatment or is possibly the result of enhanced physical activity caused by the reduction of symptoms.