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P212. A HERBAL REMEDY, MADE FROM A SUBSPECIES OF ROSA CANINA, REDUCES SYMPTOMS OSTEOARTHRITIS AND THE CONSUMPTION AND COST OF RESCUE MEDICATION

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Objectives: The aim of this study was to test if a herbal remedy made from a subspecies of rose-hip (*Rosa canina*) by name LitoZin, might reduce symptoms of osteoarthritis and the cost of rescue medication in patients suffering from osteoarthritis of the hip or knee.

Material and 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 five grams of LitoZin 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 symptoms of osteoarthritis such as pain, stiffness, daily activity and the patients personal evaluation of the severity of the disease, was scored on a WOMAC questionnaire. Each day during the whole treatment period the patients registered their consumption of rescue medication. After 3 weeks of treatment patients, if possible, were allowed to reduce their consumption of medication. Data were analyzed on the basis of intention to treat.

Results: Active treatment resulted in a significant reduction in WOMAC pain ($p < 0.013$) as compared to placebo, when testing after 3 weeks of treatment. A similar pattern was observed for joint stiffness. WOMAC disability (ADL) and the patients evaluation of the severity of their disease decreased significantly ($p < 0.0183$ and $p < 0.0349$) respectively, when testing after 3 months treatment. The consumption of rescue medication such as paracetamol and synthetic opioids such as Tramadol and codeine declined by 40% as a result of active treatment ($p < 0.031$).

Conclusion: The present data suggest that the herbal remedy LitoZin developed from a subspecies of rose hip can alleviate symptoms of osteoarthritis and reduce the consumption of rescue medication. It has been calculated that if 50% of potential osteoarthritis patients replace their rescue medication with the present remedy, the saving at society level can be 666 Euro per patient per year.