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Hyben-Vital, a herbal remedy, reduces pain and stiffness of the Hip in a group of patients suffering from severe osteoarthritis.

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Purpose: Hyben Vital, a standardized powder produced from seeds and shells of Rosa-Canina, has been reported to inhibit certain leucocyte functions of relevance to the cell injury seen in osteoarthritis and rheumatoid arthritis. The aim of the present study, therefore, was to test the impact of Hyben Vital on pain and stiffness of the hip and knee, in a large group of patients with osteoarthritis.

Methods: One hundred patients, all with an X-ray verified diagnosis of osteoarthritis of the hip or knee, and all on the waiting list for hip or knee surgery, participated in a randomized, placebo-controlled, doubleblind study. Fifty of the patients were given 5 Hyben Vital capsules twice daily for 4 months and the other 50 were given identical placebo capsules in the same dosage for the same time. Pain was assessed by the patient on a scale of 0-4 and stiffness of the hip or knee was estimated by measuring the degree of flexion on a scale during passive flexion (made by the investigator) and active voluntary flexion.

Results: Pain in the group treated with Hyben Vital significantly declined as compared to placebo, $p < 0.035$ (Mann-Whitney). In addition, stiffness estimated as the change in the degree of flexion of the hip, significantly declined. This was shown by an improvement in passive flexion of the hip of approximately 4 degrees in the active treated group, as compared with less than 1 degree in the placebo group, $p < 0.033$ (Mann-Whitney). A similar, significant change in favour of Hyben Vital was also observed after active flexion. Pain in the knee joint was also relieved by Hyben Vital, but flexion of the knee showed improvement on both therapies, with no significant change between them.

Conclusion: The present data indicate that Hyben Vital, a standardized herbal remedy produced from Rosa Canina, reduces osteoarthritic pain in the hip and knee joints, when tested in a double blind, placebo-controlled design. During active therapy the patients also reported a statistically significant improvement in energy, motivation for their daily activities and in sleeping quality.

