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Rose-hip, given as a standardised dry powder, exerts anti-inflammatory and cell preserving properties in humans.

Winther K, Kharazmi A, Rein E. Dept. of Clinical Chemistry, Kolding Hospital and Dept. of Clinical Microbiology, Rigshospitalet, University of Copenhagen, Denmark.

The impact of cell preserving and anti-inflammatory therapy on the progression of atherosclerosis and as protection after myocardial damage has attracted increasing attention during the last decade.

The present study, therefore, aimed to test the antiinflammatory and cell preserving capacity of Rose-Hip (Rosa-Canina) given as a standardised dry powder "HybenVital", in 18 healthy volunteers. The volunteers comprising both sexes, mean age 48, range 30-62 years were treated with Rose-Hip 45 g daily for 14 days. The antiinflammatory capacity was estimated as C-reactive protein (CRP) in plasma. The cell preserving capacity was estimated as the amount of haemoglobin leaking from erythrocytes during storage in a blood bank followed by measurement of the haemolytic index and serum creatinine using normal laboratory routine.

CRP declined from 5.50 +/-1.67 to 4.18 +/- 2.09 mg/l after fourteen days of therapy ($p < 0.05$). Likewise the leak of haemoglobin from erythrocytes into plasma declined from 57.2 +/- 14.2 to 49.2 +/- 13.9 $\mu\text{mol/l}$ ($p < 0.01$). After cessation of therapy for four weeks both parameters returned to pre-treatment levels ($p < 0.02$ and $p < 0.05$, respectively). Treatment also resulted in a significant decline in haemolytic index ($p < 0.01$) and in serum creatinine ($p < 0.01$).

The present data suggest that Rose-Hip, when given as a standardised dry powder, exerts anti-inflammatory and cell preserving properties.

