

Can a powder made from subtypes of rose-hip act structuremodifying in osteoarthritis?

Kaj Winther (1) Arsalan Kharazmi (2). Department of Clinical Biochemistry, Frederiksberg Hospital (2) Department of Microbiology, Rigshospitalet, University of Copenhagen, Denmark.

Purpose: A standardised powder (HybenVital) made from certain subtypes of rosehip (*Rosa canina*) trade name LitoZin/i-flex has shown anti-inflammatory and cell preserving capacity. This study aimed to support or deny the hypothesis that the present powder act structuremodifying in joints with osteoarthritis.

Materials and methods: This double-blind, cross-over study randomly included patients for treatment with either placebo or rosehip powder (5 mg daily) fore 3 month after which the placebo group was changed to active treatment and vice versa. Pain and stiffness were estimated in the morning and at noon on a 10 step categorical scale (10 worst possible). General wellbeing, quality of sleep and mood were evaluated once daily on similar scales.

Results: Diaries were available from 47 patients. Pain in the morning and pain later in the day evaluated after 3 month active treatment showed a mean decline of 0.48 ± 1.49 and 0.49 ± 1.40 ($p < 0.020$ and $p < 0.015$) respectively, as compared to placebo. The corresponding values for stiffness was 0.54 ± 1.50 and 0.32 ± 1.01 ($p < 0.029$ and $p < 0.035$) respectively. General wellbeing, sleeping quality and mood significantly improved as a result of active therapy ($p < 0.016$, $p < 0.009$ and $p < 0.020$), respectively. A strong carry-over was detected.

Conclusion: The data support the hypothesis that the present powder may act as a structuremodifying compound and encouraged us to plan research related to cartilage.