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

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Purpose: A standardised powder (HybenVital) made from certain subtypes of rosehip (Rosa canina) trade name LiloZin/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) for 3 months 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 months 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.