HYBEN VITAL® REDUCES PAIN, STIFFNESS AND INFLAMMATORY MARKERS AND IMPROVES GENERAL WELL-BEING IN PATIENTS SUFFERING FROM OSTEOARTHRITIS.

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AIM
The study aimed to test whether Hyben Vital®, a standardized natural remedy made from a special sub-type of Rose-hip (Rosa canina) would reduce the pain and stiffness of osteoarthrotic joints, and to evaluate if a possible reduction in symptoms was followed by a change in quality of life parameters and the consumption of paracetamol.
METHODS

Stiffness and pain relief was estimated by the patient on a scale from 0 (no impact) to 4 (total relief of symptoms). Quality of life parameters were estimated using a diary, in which the patients noted their personal evaluation of mood, general well-being and sleeping quality. The diary was also used for the registration of the consumption of rescue medication including paracetamol. C-reactive protein was estimated using normal laboratory routine.
PATIENTS AND DESIGN

A total of 112 patients with osteoarthritis of the hip, knee, neck or wrist were randomly allocated to treatment with either Hyben Vital® or placebo for three months. The study was a double-blind crossover. Group A received 10 placebo capsules daily for 3 months and then immediately switched to identical capsules with Hyben Vital® for 3 months (5 g. daily), and vice versa with Group B.
Flow Chart

PLACEBO

ACTIVE

PLACEBO

ACTIVE
THE IMPACT OF HYBEN VITAL® AND PLACEBO ON PAIN (n=81)

Total relief of pain

Pain tended to decline during Hyben Vital® treatment (*p<0.0991)

HYBEN VITAL®
(5g daily)

PLACEBO
(5g daily)

Reduction of Pain

1.69 ± 1.4

1.39 ± 1.4

No impact
REDUCTION OF PAIN IN PATIENTS WHERE PLACEBO WAS GIVEN BEFORE HYBEN VITAL® (n=41)

During Hyben Vital® treatment pain significantly declined (*p<0.0033)

Reduction of Pain

PLACEBO (5g daily) 0.90 ± 1.4

HYBEN VITAL® (5g daily) 1.92 ± 1.5

Total relief of pain

No impact
REDUCTION OF PAIN IN PATIENTS WHERE HYBEN VITAL® WAS GIVEN BEFORE PLACEBO (n=40)

Although not significantly pain tended to decline during placebo treatment suggesting a carry-over effect. (p<0.4243)
MOBILITY OF JOINTS TENDED TO IMPROVE DURING HYBEN VITAL® TREATMENT (n=81)

Mobility-Score

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Mobility Score (Mean ± SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HYBEN VITAL® (5g daily)</td>
<td>1.68 ± 1.4</td>
</tr>
<tr>
<td>PLACEBO (5g daily)</td>
<td>1.22 ± 1.5</td>
</tr>
</tbody>
</table>

Total relief of restriction

Mobility of joints did not change significantly during treatment (p<0.1612)
MOBILITY OF THE JOINTS IN THE GROUP WHERE PLACEBO WAS GIVEN BEFORE HYBEN VITAL® (n=41)

Total relief of restriction

During Hyben Vital® treatment restrictions was significantly reduced (*p<0.0008)

- PLACEBO (5g daily): Mobility-Score 0.75 ± 1.3
- HYBEN VITAL® (5g daily): Mobility-Score 1.87 ± 1.3

Restrictions was significantly reduced (*p<0.0008)
MOBILITY OF THE JOINTS IN THE GROUP WHERE HYBEN VITAL® WAS GIVEN BEFORE PLACEBO (n=40)

Total relief of restriction

Mobility - Score

HYBEN VITAL®
(5g daily)

PLACEBO
(5g daily)

Although not significantly mobility tended to improve during placebo treatment indicating a possible carry-over effect (p<0.2855)

1.29 ± 1.4

1.68 ± 1.5
THE IMPACT OF HYBEN VITAL® AND PLACEBO ON MOOD, GENERAL WELL-BEING AND SLEEPING QUALITY (DATA GIVEN ARE DELTA CHANGES COMPARING THE TWO TREATMENTS). (n=47)

Hyben Vital® seems to improve mood, general well-being and sleeping quality.
During Hyben Vital® treatment CRP significantly declined. Such decline was not observed during placebo treatment (*p<0.0043 vs before therapy).
During Hyben Vital® treatment the consumption of paracetamol tablets (500 mg) significantly declined (*p<0.0182).
During treatment with Hyben Vital® the consumption of the opioid analgesics (Tramadol capsules 50 mg and Codein tablets 25 mg) declined by 40% (*p<0.0313).
CONCLUSION

In summary the data suggest that Hyben Vital® can reduces pain and stiffness and improve quality of life parameters in patients with osteoarthritis.

The improvement in quality of life parameters and the reduction in pain and stiffness seems large enough to reduce the consumption of paracetamol.

The results also suggest that the action of Hyben Vital® is protracted.
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