A STANDARDIZED POWDER MADE FROM ROSEHIPS (*ROSA CANINA L.*) IMPROVES FUNCTION AND REDUCES PAIN AND THE CONSUMPTION OF RESCUE MEDICATION IN OSTEOARTHRITIS

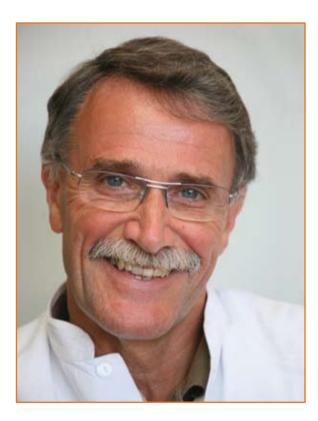
Kaj Winther, M.D., DMSci

Abstract

The effect of a standardized powder made from rosehips on joint pain and stiffness in patients with osteoarthritis has been investigated in several clinical studies. (A) A study with a double-blind crossover design, WOMAC questionnaires and 94 randomly allocated patients with early stage osteoarthritis as defined by the ACR (1). Pain decline and a reduction of rescue medication were identified. (B) A double-blind, parallel, placebo-controlled, randomized trial included 100 patients with end stage osteoarthritis (patients on a waiting list for hip or knee replacement) (2). The degree of flexibility was quantified using a goinometer which showed almost significant improvement. (C) A study of 112 patients with osteoarthritis of different joints (3) in which a sub-fraction of patients (n=32) had osteoarthritis of the hand (4). The pain score showed significant reduction, measured by 15 daily activities made by the hand, using a ten step categorical scale. Several studies exhibit that patients tolerated rosehip powder very well and a reduction in pain and stiffness could be identified in early and late stage osteoarthritis.

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- 4 Winther K, Kharazmi A. A powder prepared form seeds and shells of a subtype of *Rosa canina* reduces pain in patients with osteoarthritis of the hand - a double-blind, placebo-controlled, randomized study. Osteoarthritis and Cartilage 2004; 12 supp B; 145-146.

NOTES



Kaj Winther, M.D., DMSci

Frederiksberg Hospital, University of Copenhagen Department of Clinical Biochemistry Nordre Fasanvej 57 2000 Frederiksberg Copenhagen, Denmark

- Head of department, Department of Clinical Biochemistry, Frederiksberg Hospital, University of Copenhagen, Denmark
- Appreciated speaker world-wide on a variety of different topics involving stress, thrombosis and haemostasis, aging as well as herbal remedies with special reference to osteoarthritis and rheumatoid arthritis
- Temporarily part of the research team at the Brigham and Woman's Hospital, Harvard Medical School, Boston
- Author/Co-author of 124 papers and editor of more than 100 scientific papers