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

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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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