

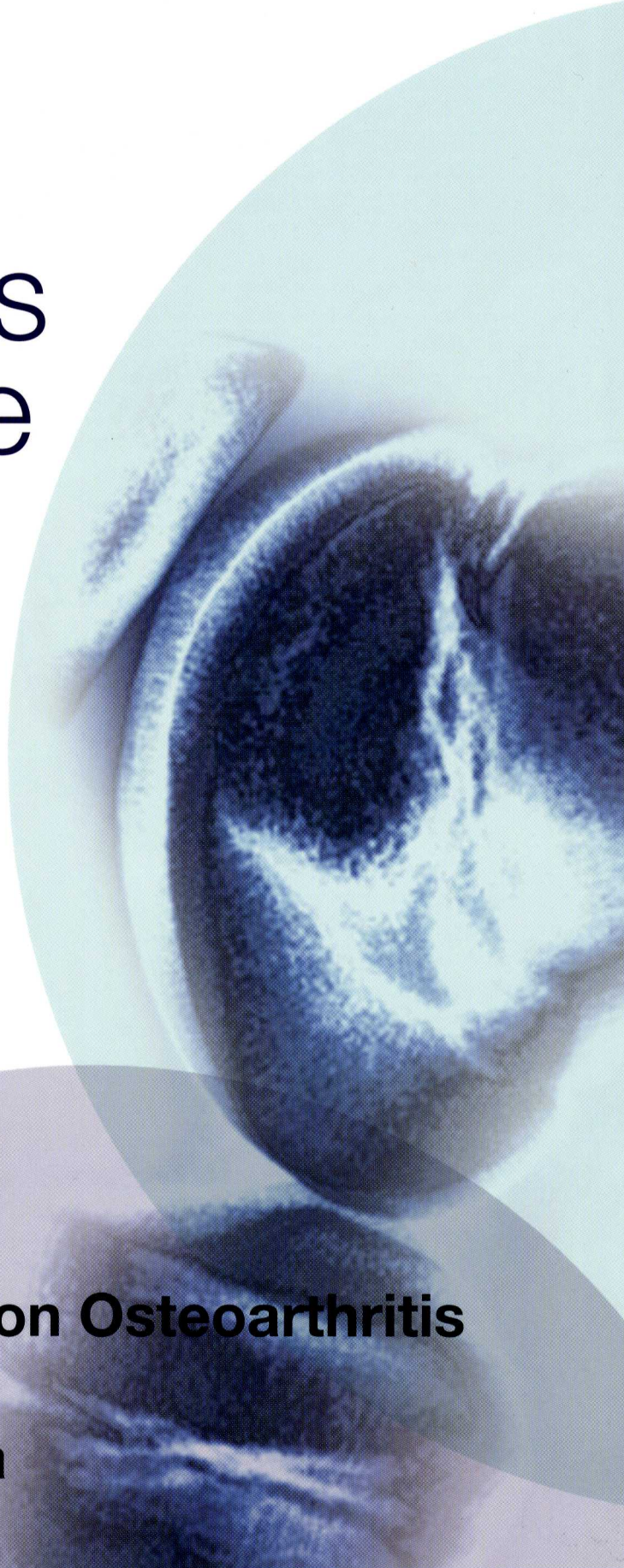
Osteoarthritis and Cartilage



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A STANDARDISED HERBAL REMEDY MADE FROM ROSA CANINA REDUCES PAIN IN PATIENTS SUFFERING FROM OSTEOARTHRITIS

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Purpose: In clinical trials on osteoarthritis, i-flex™/LitoZin™, a standardised rose hip powder produced by HybenVital, has shown anti-inflammatory and cell preserving capacity and a reduction in symptom score using WOMAC. This study aimed to investigate if a change in symptom score (primary effect variable: pain) could be detected using daily evaluation.

Methods: This randomized, double-blind, cross-over study included patients with at least light to moderate pain from osteoarthritis. The patients were treated with either placebo or rose hip powder (5g daily) for a period of 3 months, after which the placebo group was changed to active treatment and vice versa. On inclusion and after 3 months of each treatment period pain was estimated on a 10 step categorical scale (10 indicating the worst pain experienced). Additionally, on a daily basis throughout the whole 6 months study period the following parameters were evaluated: pain, stiffness, general wellbeing, quality of sleep and mood, using similar scales as for pain.

Results: Categorical pain scales were available from 67 patients and daily evaluation from 47 patients. In the former group of 67 patients, active treatment tended to be superior to placebo although not significantly ($p < 0.067$). As a strong carry-over effect was detected, a Mann-Whitney test comparing the two groups after only 3 months treatment was applied. This analysis demonstrated significant effects of active treatment ($p < 0.042$). Pain, when evaluated on the day by day basis in all the available patients, was in favour of active treatment ($p < 0.020$). A Mann-Whitney test applied after 3 months treatment supported these findings ($p < 0.036$). An identical pattern was observed for stiffness, wellbeing, sleeping quality and mood, which all significantly improved as a result of active therapy, irrespective of the statistical methodology used.

Conclusions: These data suggest that the present rose hip powder reduces symptoms of osteoarthritis and that a daily evaluation of symptom score can result in a more detailed evaluation, especially regarding the onset and time course of symptom relief.