

Inflammopharmacology. 1999;7(1):63-8.

The anti-inflammatory properties of rose-hip.

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Abstract:

The anti-inflammatory properties of rose-hip are described in this short report. Rose-hip extract reduced chemotaxis of peripheral blood neutrophils and monocytes of healthy subjects in vitro. Daily intake of rose-hip powder for four weeks by healthy volunteers and patients suffering from osteoarthritis, resulted in reduced serum C-reactive protein (CRP) levels and reduced chemotaxis of peripheral blood neutrophils. The results indicate that rose-hip possesses anti-inflammatory properties and might be used as a replacement or supplement for conventional drug therapies in patients with osteoarthritis.

A powder made from seeds and shells of a rose-hip subspecies (*Rosa canina*) reduces symptoms of knee and hip osteoarthritis: a randomized, double-blind, placebo-controlled clinical trial.

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Abstract

OBJECTIVE: The aim of this study was to determine whether a herbal remedy made from a subspecies of rose-hip (*Rosa canina*) might reduce symptoms of osteoarthritis and consumption of rescue medication in patients suffering from osteoarthritis.

METHODS: Ninety-four patients with osteoarthritis of the hip or knee were enrolled in a randomized, placebo-controlled, double-blind crossover trial. Forty-seven patients were given 5 g of the herbal remedy daily for a period of 3 months and the remaining patients were given a similar amount of placebo. The group initially treated with placebo was then changed to rose-hip and vice versa for another 3-month period. Upon inclusion and after 3 weeks and 3 months of each treatment period, pain, stiffness, disability, and global severity of the disease were scored on a Western Ontario and McMaster Universities (WOMAC) questionnaire. After 3 weeks of treatment, patients, if possible, were allowed to reduce their consumption of 'rescue medication'. Data were analysed on the basis of intention to treat.

RESULTS: Rose-hip resulted in a significant reduction in WOMAC pain ($p < 0.014$) as compared to placebo, when testing after 3 weeks of treatment. The consumption of 'rescue medication' significantly declined as a result of active treatment ($p < 0.027$). WOMAC disability, stiffness, and global assessment of severity of the disease were not altered by 3 weeks but decreased significantly ($p < 0.018$, $p < 0.038$, and $p < 0.035$, respectively) after 3 months of treatment.

CONCLUSION: The data suggest that the present herbal remedy can alleviate symptoms of osteoarthritis and reduce the consumption of 'rescue medication'.

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Rosehip - an evidence based herbal medicine for inflammation and arthritis.

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Abstract

BACKGROUND: Rosehips - which contain a particular type of galactolipid - have a specific antiinflammatory action. A standardised rosehip powder has been developed to maximise the retention of phytochemicals. This powder has demonstrated antioxidant and anti-inflammatory activity as well as clinical benefits in conditions such as osteoarthritis, rheumatoid arthritis and inflammatory bowel disease.

OBJECTIVE: To examine the evidence suggesting that standardised rosehip powder may be a viable replacement or supplement for conventional therapies used in inflammatory diseases such as arthritis.

DISCUSSION: A meta-analysis of three randomised controlled trials involving 287 patients with a median treatment period of 3 months reported that treatment with standardised rosehip powder consistently reduced pain scores and that patients allocated to rosehip powder were twice as likely to respond to rosehip compared to placebo. In contrast to nonsteroidal anti-inflammatory drugs and aspirin, rosehip has antiinflammatory actions that do not have ulcerogenic effects and do not inhibit platelets nor influence the coagulation cascade or fibrinolysis.