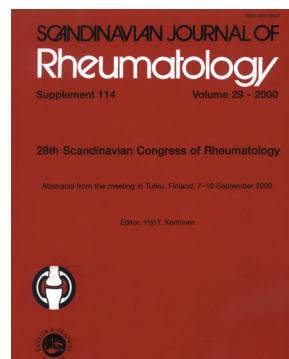


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Hyben Vital, a standardised powder made from Rose-hip (*Rosa Canina*), reduces pain and stiffness of the Hip and improves daily functions in a group of patients suffering from severe osteoarthritis.

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Methods: Hyben Vital is reported to inhibit certain leucocyte functions of relevance to the cell injury seen in osteoarthritis and rheumatoid arthritis. The aim of the present study, therefore, was to test the impact of Hyben Vital on pain, stiffness of the hip and knee, and certain daily functions in a large group of patients with osteoarthritis.

One hundred patients, all with an X-ray verified diagnosis of osteoarthritis of the hip or knee, and all on the waiting list for hip or knee surgery, participated in a randomised, placebo-controlled, double blind study. Fifty of the patients were given 5 Hyben Vital capsules twice daily for 4 months and the other 50 were given identical placebo capsules in the same dosage for the same time. Pain was assessed by the patient on a scale of 0-4, stiffness of the hip or knee was estimated by measuring the degree of flexion on a scale during passive flexion (made by the investigator) and active voluntary flexion. Daily functions, like walking in the street, shopping and taking on and of stockings, were evaluated using visual analogue scales.

Results: In the group treated with Hyben Vital pain and stiffness of the hip, estimated as passive flexion, significantly declined as compared to placebo, $p < 0.035$ and $p < 0.033$, respectively (Mann-Whitney). A similar significant change in favour of Hyben Vital was observed when estimating active flexion and rotation of the hip. Flexion of the knee, showed improvement on both therapies, with no significant change between them. Daily functions like walking, shopping, taking on and of stockings improved statistically significant in the Hyben Vital group, and so did energy, motivation for daily activities and sleep ($p < 0.046$).

Conclusion: The present data suggest that Hyben Vital, reduces osteoarthritic pain and stiffness. The patients more over reported a statistically significant improvement in certain daily functions and in energy, motivation for daily activities and sleep during active therapy. □

