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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'.