

Value of complementary medicine exemplified by rose-hips

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Rose-hips develop from blossoms of the wild rose (*rosa canina*) and are a popular natural remedy. Laboratory experiments have shown that rose-hip extract inhibits lipid oxidation in vitro and reduces the chemotaxis and chemoluminescence of leucocytes. In clinical studies serum CRP- und creatinine level declined in healthy subjects and patients with osteoarthritis under rose-hip treatment. Additionally patients suffering from osteoarthritis reported that physical symptoms declined. Data from a randomised controlled trial indicate not only that pain significantly declined but also flexion of the hip improved in the active treatment group. The anti-inflammatory properties of rose-hip are useful as a natural treatment in patients with osteoarthritis. It remains to be proven which of the components are responsible for these effects. There is some evidence that in addition to the high vitamin content flavonoids may be actively involved.

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