

A herbal remedy made from Rose-hip improve daily function and quality of life in patients with rheumatoid arthritis - a Randomized, Double-Blind, Placebo-Controlled Trial.

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Background: To alleviate symptoms RA patients are often supplemented with medication such as non-steroidal and anti-inflammatory drugs, which are often expensive and can have side effects.

Purpose: To investigate if i-flex[™], a powder made from rose-hip (*rosa canina*), produced by HybenVital, using a standardized methodology can reduce symptoms in patients with rheumatoid arthritis (RA).

Methods: In a double-blind placebo-controlled trial, patients with RA according to ARA/ACR criteria were randomised to treatment with capsulated rose-hip powder 5 g daily or matching placebo for 6 months at two outpatient clinics in Berlin and Copenhagen. The primary outcome variable was Health Assessment Questionnaire (HAQ) at 6 months, secondary outcome included DAS-28, physician's global evaluation of disease activity, RAQoL, SF-12 and concomitant pain medication.

Results: In a total of 89 patients (90% female, mean age 56.6±11.3 years, mean disease duration 12.8±9.6 years) HAQ-DI in the rose-hip group improved by 0.105±0.346, whereas in the placebo group it worsened by 0.039±0.253 (p adjusted=0.032). In the HAQ Pain Scale no significant differences were observed between both groups. In the HAQ Patient Global Scale a trend was seen favouring rose-hip (p=0.078). The DAS-28 score yielded improvement in the rose-hip group of 0.89±1.32 and in the placebo group of 0.34±1.27 (p=0.056) indicating moderate clinical relevance. The Physicians Global Scale demonstrated more improvement in the rose-hip compared to the placebo group (p=0.012). RAQoL and SF-12 physical score improved significantly in the rose-hip group compared to placebo, whereas SF-12 mental score remained unchanged. Intake of pain medication was not different between the groups. A pre-defined analysis of patients who participated for at least 3 month in the trial and per-protocol analysis confirmed these results. No side effects reported.

Conclusion: The results indicate that patients with RA benefit from additional treatment with the present rose-hip powder.