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A HERBAL REMEDY, HYBEN VITAL, REDUCES JOINT PAIN, STIFFNESS AND THE CONSUMPTION OF PARACETAMOL IN MIDDLE-AGED WOMEN.

Winther K, Rein E, Kharazmi A. Department of Clinical Biochemistry, Copenhagen County Hospital in Gentofte, University of Copenhagen, Institute for Clinical Research, Kolding and Department of Clinical Microbiology, Rigshospitalet, University of Copenhagen, Denmark.

This study aimed to test the impact of Hyben Vital, a powder made from seeds and shells of (*Rosa canina*) on joint pain, stiffness, daily activities and intake of analgesia.

Included were 42 middle-aged women with non-rheumatic joint pain. Half of the patients received Hyben Vital 5g daily or identical placebo for three months. Then the group taking Hyben Vital was changed to placebo and vice versa. Pain and stiffness were estimated on a scale from 0 to 4, daily activities using visual analogue scales and consumption of analgesia by counting tablets.

While on Hyben Vital daily activities improved and pain, stiffness and paracetamol consumption declined by 50% ($p < 0.02$). When the 21 patients taking placebo before Hyben Vital were evaluated separately, the decline in symptoms was highly significant and $> 200\%$. The corresponding group did not show any change suggesting carry over.

Our data indicate that Hyben Vital can reduce pain and consumption of paracetamol.

