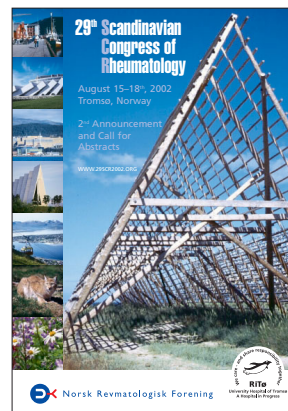


Abstracts - August 2002

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Hyben Vital reduces pain and the consumption of rescue medication in patients with osteoarthritis of the hands. A doubleblind, randomised, placebo controlled study.

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



Objective: To study the impact of a standardised dried powder made from seeds and shells of the wild Rose-hip (*Rosa-canina*) on pain and stiffness in patients with osteoarthritis of the hands.

Methods: Thirty patients with osteoarthritis of at least one hand were randomly allocated to treatment with either Hyben Vital, 5 capsules of 0.5 g twice daily or identical placebo for a three month period, after which they were changed to the corresponding medication. Before and after each of the two treatment periods the patients gave their evaluation of pain and stiffness during 15 different daily activities of the hands using a 10 step categorical scale, blood was drawn for determination of C-reactive protein and consumption of rescue medication were recorded in a diary.

Results: An overall evaluation, adding the 15 different scores together, showed a significant decline in pain while on Hyben Vital ($p < 0.0428$). A Mann-Whitney sub-analysis of the group starting with active treatment and the group starting with placebo gave a p value of 0.0326. The evaluation of stiffness showed a similar pattern ($p < 0.0667$). The consumption of rescue medication (paracetamol, morphine (Tramadol) and codeine) significantly declined during Hyben Vital treatment ($p < 0.0332$) compared to an insignificant increase while on placebo. Hyben Vital resulted in a significant decline in C-reactive protein ($p < 0.0500$); such decline was not observed during placebo.

Conclusion: The present data suggest that Hyben Vital, can reduce pain in patients with osteoarthritis of the hand. The decline seems large enough to lower the consumption of rescue medication.



A HERBAL REMEDY, HYBEN VITAL, REDUCES JOINT PAIN, STIFFNESS AND THE CONSUMPTION OF PARACETAMOL IN PATIENTS SUFFERING FROM OSTEOARTH-RITIS.

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, Copenhagen, Denmark.

Objective: This study aimed to test the impact of a Hyben Vital, a powder made from seeds and shells of (*Rosa-canina*) on joint pain, stiffness, Quality of life and intake of analgesia such as paracetamol.

Methods: Included were 112 middle aged volunteers represented by both sexes all suffering from osteoarthritis. Half of the patients received Hyben Vital 5 g daily or identical placebo for three month. Then the group taking Hyben Vital was changed to placebo and vice versa. Pain and stiffness was estimated on a scala from 0 to 4. Quality of life such as sleeping quality, mood and general well-being was recorded in a diary on a categorical scale from 1 to 10. In the same diary the patients also recorded their daily intake of paracetamol tablets.

Results: While on Hyben Vital pain and stiffness declined by nearly 100% ($p < 0.005$). There was a significant improvement in sleeping quality ($p < 0.012$), mood (0.020) and general well-being ($p < 0.025$) and the consumption of paracetamol declined by nearly 50% ($p < 0.018$). When the patients taking placebo before Hyben Vital, was evaluated separately the decline in symptoms and consumption of paracetamol was much more pronounced than that observed in the corresponding group, suggesting carry over.

Conclusion: The data given indicate that Hyben Vital may reduce symptoms of osteoarthritis and the consumption of paracetamol in patients suffering from osteoarthritis. □

