

# Rosehips could ease arthritis pain



A DAILY dose of rosehip extract was once thought to ward off all childhood ills.

Now scientists believe the fruit could have a place in modern medicine - to ease the pain of arthritis.

A study has shown that rosehips contain a compound which reduces inflammation, a key factor in joint pain. Researcher Kaj Winther, of Frederiksberg Hospital in Copenhagen, said they could have a 'wide therapeutic effect'.

Packed with vitamin C - ten times more than oranges by weight - the reddish-orange fruit of the rose has long been used to boost immunity.

The Vikings relied on it to prevent scurvy on sea voyages. And during World War II and after, millions of children were given rosehip syrup to help com-

By **Fiona MacRae** Science Reporter

pensate for a lack of vitamins in the rationed diet. In the Danish study, more than 80 per cent of the osteoarthritis sufferers who took part found rosehip extract helped ease their pain within three weeks.

After three months they noticed a significant decrease in the stiffness of their joints, making movement easier.

A record number of British-grown berries were eaten last year after research confirmed them as 'super-foods'. Around 58,000 tons of blackberries, blueberries and other soft fruit was purchased at a cost of £204million, a rise of 6.8per cent on 2005, according to the industry.