

Rose-hip trials indicate new hope for joint pain and osteoarthritis sufferers



Rose-hip may help to alleviate joint pain in patients with knee, hip and hand osteoarthritis, according to latest research.

In the study, recently presented at the 11th OARSI World Congress on Osteoarthritis in December 2006, a randomized, double-blind, placebo-controlled clinical trial, 82% of patients reported a reduction in pain after three weeks of active treatment with GOPO, the active compound isolated from *Rosa canina*, a type of rose-hip (1).

The research also found that GOPO alleviated pain to an extent that there was a significant reduc-

tion in the consumption of traditional painkillers and non-steroidal anti-inflammatory drugs (NSAIDs). The need for painkillers decreased by 40-50% in patients and unlike prescription drugs, rosehip has no reported known side-effects — a key benefit not observed in studies on glucosamine.

Studies have also shown that taking rose-hip in a supplement form is more effective at reducing pain and improving mobility than other supplements for joint pain. In comparison, one of the largest long-term studies on glucosamine (2) — currently the most popular supplement for joint health — showed only a 40% response rate after 12 weeks of treatment.

Comments Dr Rod Hughes, consultant rheumatologist at St Peter's Hospital in Surrey: "I was very interested to see the results of this research, which show GOPO to have a very quick effect in reducing osteoarthritic pain in the hip,

knee and hand. This study suggests that rose-hip extract offers potential relief from pain for osteoarthritis sufferers, without the side effects that are often found with conventional anti-inflammatory drugs or pain killers."

The study is a continuation of extensive research into the anti-inflammatory efficacy of GOPO in osteoarthritis and has also been published in the *Scandinavian Journal Of Rheumatology*, one of the leading international journals in the field of arthritis and rheumatology. Due to the drying process that is needed to isolate the anti-inflammatory compound from the sub-species of rose-hip, GOPO is not available in a normal diet and can only be taken in the form of a supplement.

References: 1. A power made from seeds and shells of a rose-hip subspecies osteoarthritis. 2. Long term effects of glucosamine sulfate on osteoarthritid progression.