



# HerbClip™

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**FILE: ■Rose Hips (*Rosa canina*)**  
**■Hyben Vital**  
**■Litozin**  
**■Osteoarthritis**

**HC 050665-320**

**Date: January 15, 2007**

**RE: Systematic Review of Rose Hips and Seeds for Use as an Aid for Treating Symptoms of Osteoarthritis**

Chrubasik C, Duke RK, Chrubasik S. The evidence for clinical efficacy of rose hip and seed: a systematic review. *Phytother Res.* Jan. 2006;20(1):1-3.

The traditional uses of rose (*Rosa canina*) hips and seeds include the prevention of influenza and colds, and treatment of fevers, gastric spasms, gastric ulcers, diarrhea, diabetes, gout, and sciatica.<sup>1</sup> However, most of the traditional uses of rose hips and seeds have not been clinically evaluated. The purpose of this monograph is to review the clinical research on rose hips and seeds conducted since the publication of *The Complete German Commission E Monographs—Therapeutic Guide to Herbal Medicine* by the American Botanical Council in 1998.

The authors searched the following databases for randomized controlled clinical trials on rose hip and seed preparations: MEDLINE, PUBMED, The Cochrane Collaboration Library, and EMBASE. The methodological quality of the clinical trials was analyzed using the method of Gagnier and collaborators,<sup>2</sup> and the clinical evidence was rated on a scale from strong to no evidence. Two clinical trials and two related subgroup analyses were found. The two clinical trials tested the efficacy of a proprietary rose hips seed and husk powder (Hyben Vital® a.k.a. Litozin® produced by Hyben Vital in Denmark) at a dose of 5g/day against a placebo in the treatment of osteoarthritis (OA). The rose hips powder is standardized using a special chemotype of rose hips from Langeland, Denmark. The two main clinical trials "were of high quality, but not confirmatory." The rose hips powder preparations were more effective than placebo in treating joint pain after 3 and 4 months (n=112, P<0.01 and n=100, P<0.05, respectively). This effect may be due to the antioxidant and anti-inflammatory constituents of the rose hips powder. The patients taking the rose hips powder also used less palliative medication and had improved levels of daily activities.

This review shows that a proprietary powder of rose hips seed and hulls (Hyben Vital/Litozin) may be effective in treating OA; however, follow-up studies are needed for

confirmation. Additional clinical trials on rose hips and OA, as well as clinical research on other traditional uses of rose hips and seeds, are warranted.

—*Marissa Oppel, MS*

### **References**

1. Blumenthal M, Busse WR, Goldberg A, Gruenwald J, Hall T, Riggins CW, Rister RS, eds. Klein S, Rister RS, trans. *The Complete German Commission E Monographs—Therapeutic Guide to Herbal Medicines*. Austin, TX: American Botanical Council; Boston: Integrative Medicine Communication; 1998.
2. Gagnier JJ, Chrubasik S, Manheimer E. *Harpagophytum procumbens* for osteoarthritis and low back pain: a systematic review. *BMC Complement Altern Med*. Sep. 15, 2004;4:13.

The American Botanical Council has chosen not to reprint the original article.

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