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Abstract

Titel: Does the ingestion of rosehip affect symptoms in persons with osteoarthritis?
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Background: Osteoarthritis is a public health problem that affects many, especially elderly. The disease involves a cartilage change in a joint which in turn causes pain, stiffness and decreased mobility. There is no treatment, except surgery, that cures the disease. The medications that are used are analgesic and anti-inflammatory drugs that cause side effects of varying degrees. Previous research has shown that rosehip may have an anti-inflammatory effect that may affect the symptoms in people with osteoarthritis.

Objective: The purpose of this systematic review article is to examine whether the ingestion of rosehip affect symptoms in people with osteoarthritis.

Search strategy: The literature search was done in the databases Pubmed, Cochrane and Scopus. The keywords that were used were “Rosehip and osteoarthritis” and “Rosa canina and osteoarthritis”.

Selection criteria: The criteria were that the studies should be made only on humans. The preparation should contain only rosehip and no other herbal compounds. The condition should be osteoarthritis. No time limits when the studies were made were included.

Data collection and analysis: After searching the databases above and with the keywords above, three RCTs were identified. The studies were examined according to “Granskningsmall för randomiserad kontrollerad prövning” and the selected outcome measures were analyzed according to “Sammanfattande evidensformulär”. The outcome measures pain, movement and ADL/physical function all ended up having high evidence grade (+++). The outcome measure medication ended up having moderate evidence grade (+++).

Main results: All outcome measures in the three studies showed a small but statistic significant improvement after the ingestion of a standardized rosehip powder.

Conclusions: Even though the outcome measures have high and moderate evidence grade, further research are needed to establish a long-term effect. Currently, there is also only evidence for a specific standardized rosehip powder. Therefore more studies on other rosehip preparations would be of interest. A possible positive outcome of these would provide greater variation in the clinical application to patients.