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A randomized, parallel, double blinded and placebo controlled study of liquid rose hip in volunteers during the winter season with special reference to the occurrence and symptoms of colds

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The common cold is a widespread disease worldwide with great social and economic implication. The goal of this study was to test if a liquid form of a standardized rose hip preparation-Hyben-Vital, based mainly on shells of selected sub-species of Rosa canina L. (Rosacea), might reduce the incidence and symptoms of the common cold. A number of 120 middle-aged to elderly volunteers, mean age 61.5±7.3 years, were randomly allocated to daily treatments with either 2 g of the liquid rose hip preparation (RH) or placebo (P) for six months during the winter. Effect variables were the frequency of colds registered, the occurrence and severity of reported symptoms and general stiffness of muscles. In the RH-group 43% of volunteers reported cold as compared to 53% in the P group (p=0.348). After two month of treatment the numbers of volunteers (% incidence) who reported the different symptoms of cold in RH-group vs. P-group were: Pain in throat: 4% vs. 16%, (p=0.051); Muscus in nose: 8% vs. 20% (p=0.091); Headaches: 6% vs. 18%, p=0.072); and Fatigue: 8% vs. 21%, p=0.054); similar trend after 6 month treatment. Stiffness of muscles, evaluated over 6 month changed from initially: 2.40±2.32 to 2.02±2.15 in the RH group and from 2.37±2.40 to 2.93±2.50 in the P group, p=0.043 comparing groups. Our data suggests that administration of liquid rose hip might reduce the incidence of colds and lower the number of patients reporting the different symptoms of cold. .

Biography

Kaj Winther has specialized in Clinical Biochemistry. After working on the circadian variation of myocardial infarction at the Harvard Medical School, he showed more interest in herbal remedies and their impact on inflammation. He was the Director of the Department of Clinical Biochemistry at University Hospitals in Copenhagen. Since 2015, he serves as an Affiliated Professor at the Institute of Nutrition, Exercise and Sports, University of Copenhagen.

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