

**HYBEN VITAL[®], A HERBAL REMEDY, REDUCES
PAIN AND STIFFNESS OF THE HIP IN A GROUP
OF PATIENS SUFFERING FROM SEVERE
OSTEOARTHRISIS.**

Warholm O, Skaar S, Hedman E, Mølmer H. M, Eik L.

Department of Orthopaedic Surgery, Vestfold Central Hospital,

3116 Tønsberg, Norway

INTRODUCTION AND AIM

Hyben Vital[®], a standardised powder produced from seeds and shells of Rosa Canina, has been reported to inhibit certain leucocyte functions of relevance to the cell injury seen in osteoarthritis and rheumatoid arthritis. The aim of the present study was to test the impact of Hyben Vital[®] on pain, stiffness and certain daily functions in a group of patients with severe osteoarthritis. The study was double blind, randomised and placebo controlled.




METHODES

Pain was assessed on a scale from 0-4 and stiffness of the hip and knee was estimated by measuring the degree of flexion on a scale during passive flexion (made by the investigator) and active voluntary flexion. Pain during walking on the street or e.g. during shopping was estimated by the patients on a visual analogue scale (VAS) and energy, motivation for daily activities and sleep by simply asking yes or no on a questionnaire, each yes giving one point.

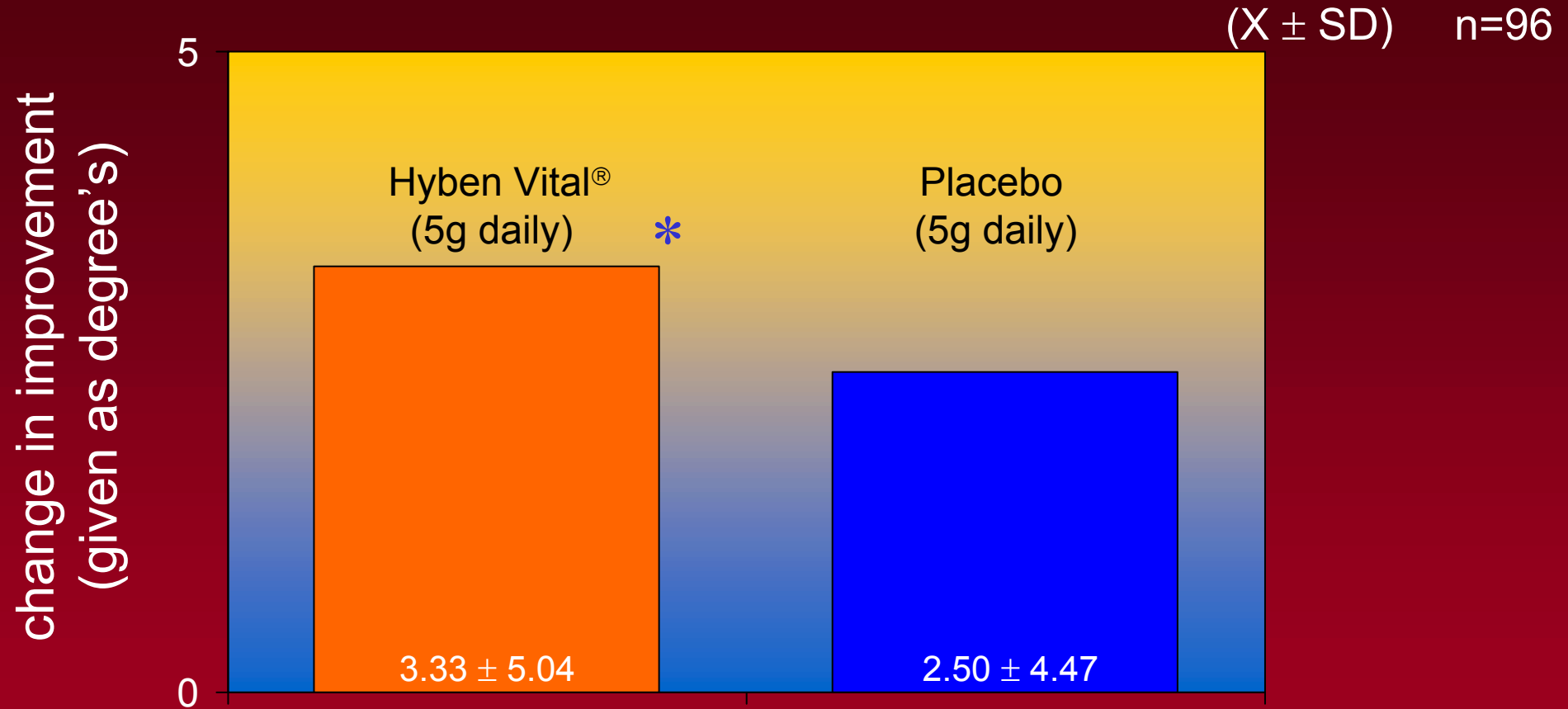
CONCLUSION

- ✍ The present data indicate that Hyben Vital[®], a standardised herbal remedy, reduces osteoarthrotic pain in the hip and knee joint's.
- ✍ Stiffness of the hip significantly declines.
- ✍ Patients report less pain during daily activities and improvement of energy, motivation for daily activity and sleep.

PATIENTS

-  **One hundred patients, all with X-ray verified diagnosis of osteoarthritis of the hip or the knee, all on waiting list for surgery were included.**
-  **Fifty of the patients were given Hyben Vital[®] 5 capsules twice daily and the other 50 were given identical placebo.**
-  **Both groups were treated for 4 month. In each group there were two drop out's.**

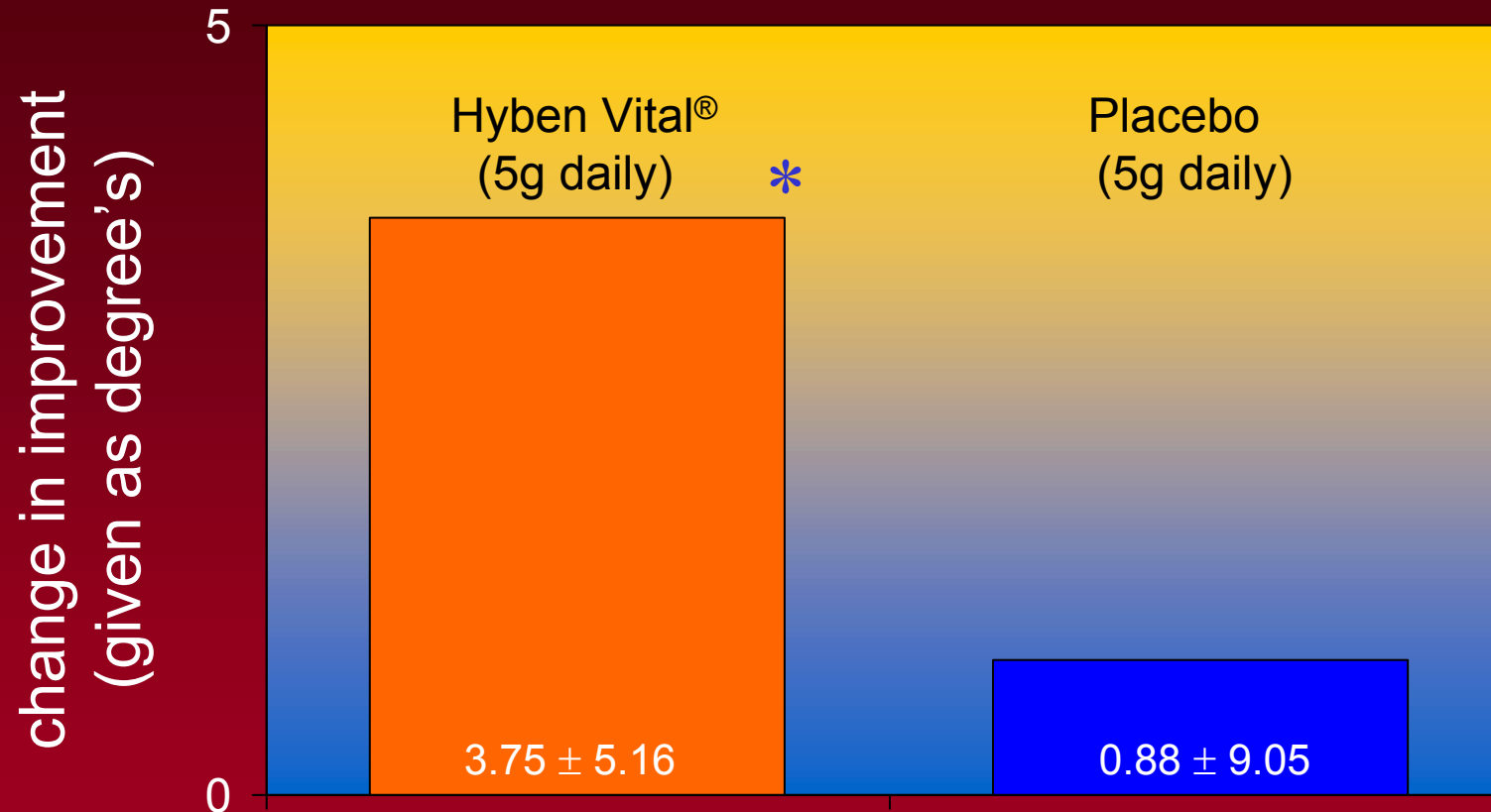
PASSIVE EXTERNAL ROTATION OF THE HIP DURING TREATMENT WITH HYBEN VITAL[®] AND PLACEBO



PASSIVE EXTERNAL ROTATION OF THE HIP SIGNIFICANTLY IMPROVED DURING HYBEN VITAL[®]. ACTIVE EXTERNAL ROTATION LIKEWISE IMPROVED DURING HYBEN VITAL[®] THERAPY (*P<0.023) NO CHANGE DURING PLACEBO. (Wilcoxon)

PASSIVE FLEXION OF THE HIP DURING TREATMENT WITH PLACEBO AND HYBEN VITAL[®]

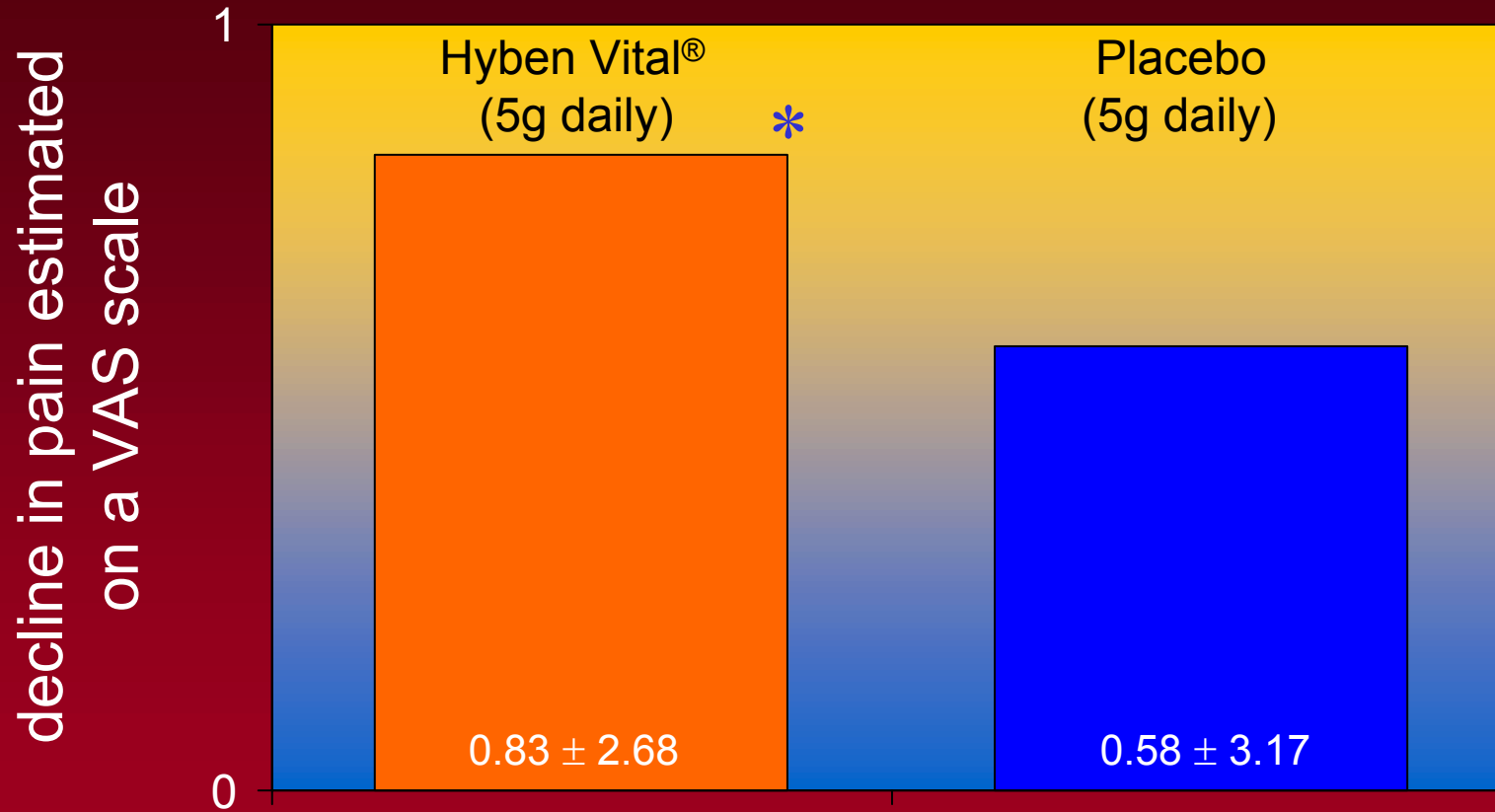
(X ± SD) n=96



PASSIVE FLEXION IMPROVED SIGNIFICANTLY DURING HYBEN VITAL[®].
ACTIVE FLEXION LIKEWISE IMPROVED DURING ACTIVE THERAPY (*P<0.024).
NO CHANGE WAS OBSERVED DURING PLACEBO (P<0.217). (Mann-Whitney)

REDUCTION OF PAIN DURING WALKING IN THE STREET ESTIMATED ON A VISUAL ANALOGUE SCALE

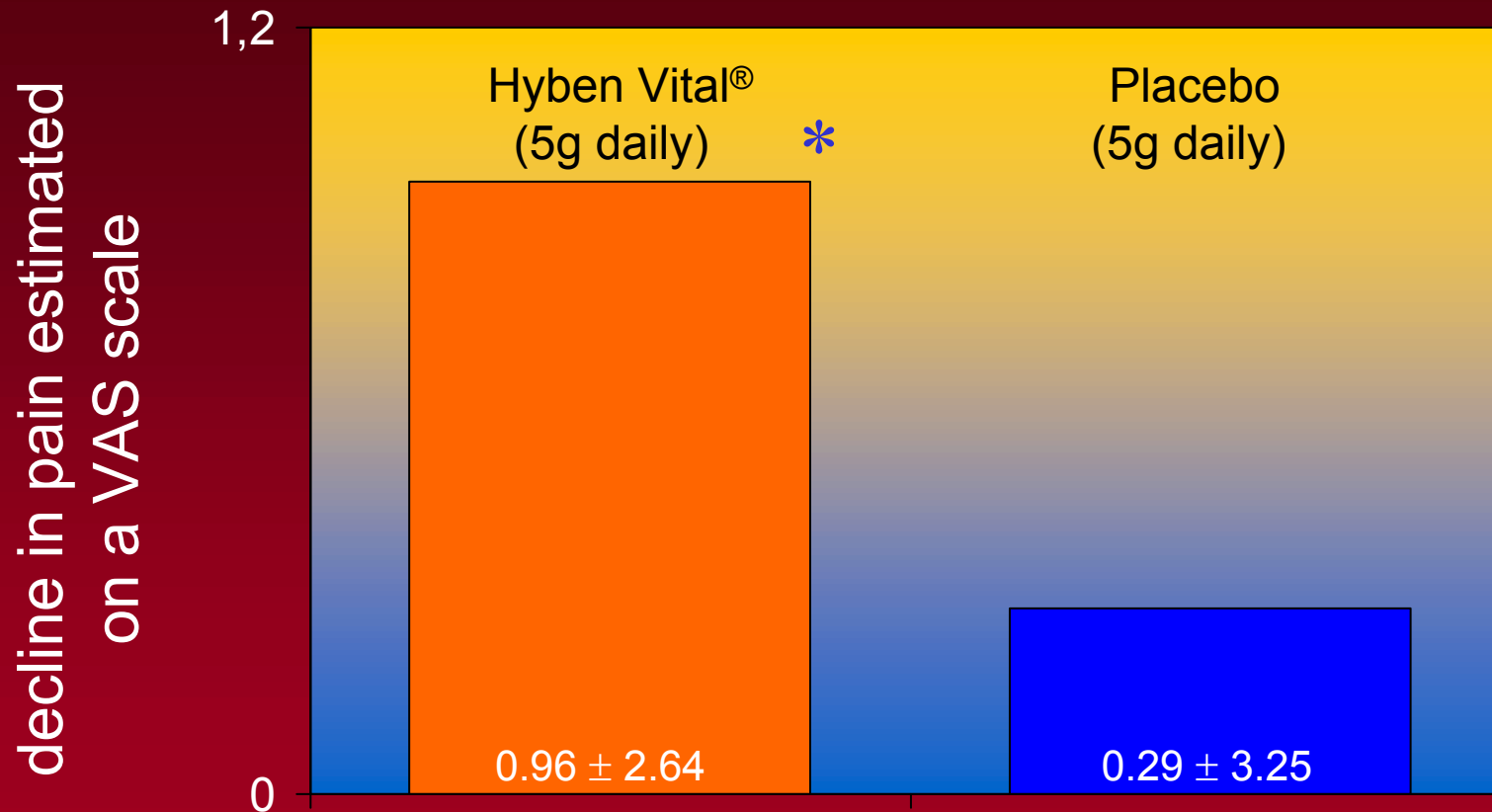
n=96



DURING HYBEN VITAL® TREATMENT PAIN SIGNIFICANTLY DECLINED (*P<0.038) SUCH DECLINE WAS NOT OBSERVED DURING PLACEBO (P<0.255). (Wilcoxon)

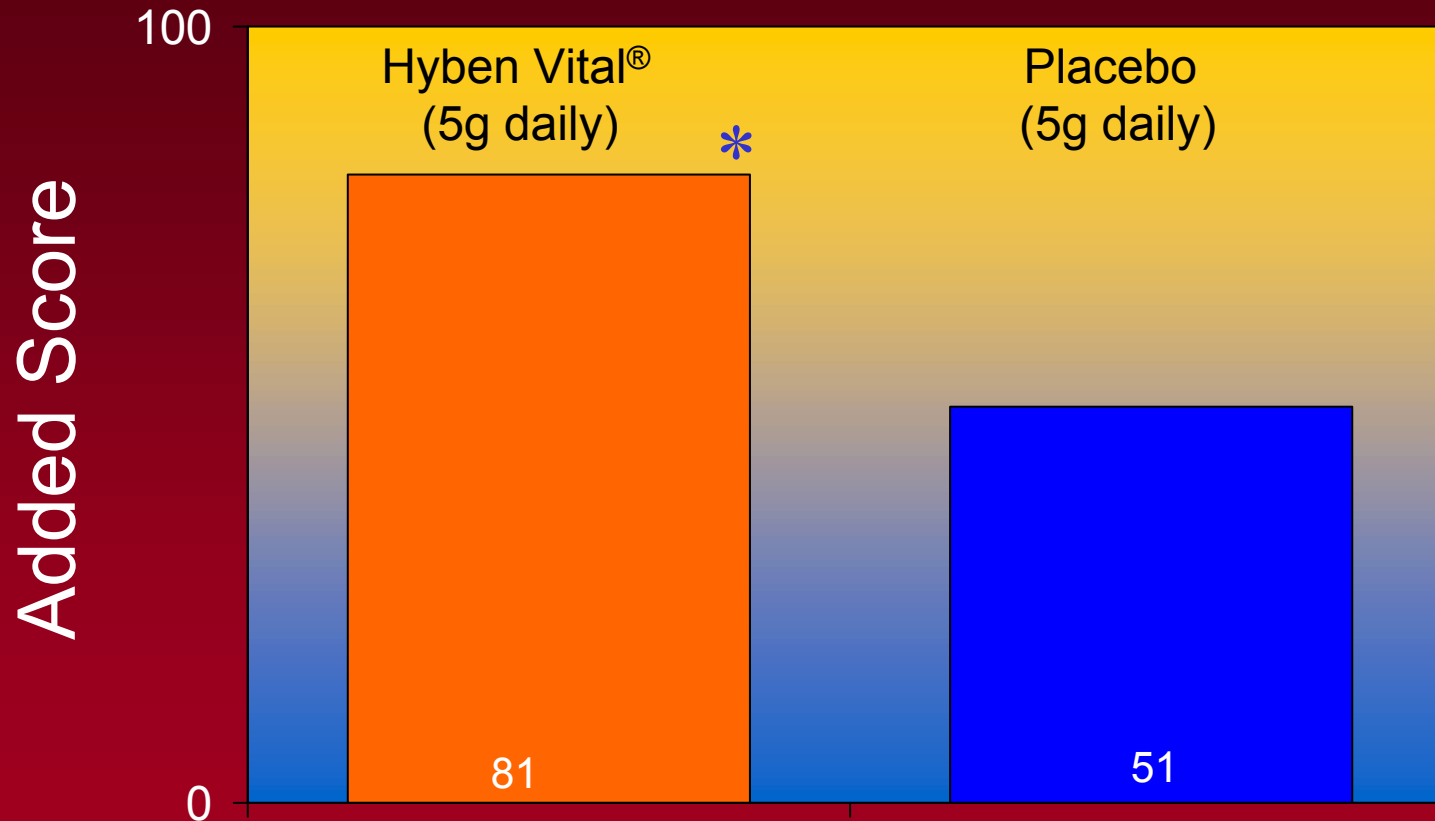
REDUCTION OF PAIN DURING DAILY ACTIVITIES SUCH AS SHOPPING ESTIMATED ON A VAS SCALE

n=96



DURING HYBEN VITAL® TREATMENT PAIN SIGNIFICANTLY DECLINED (*P<0.023) SUCH DECLINE WAS NOT OBSERVED DURING PLACEBO (P<0.518). (Wilcoxon)

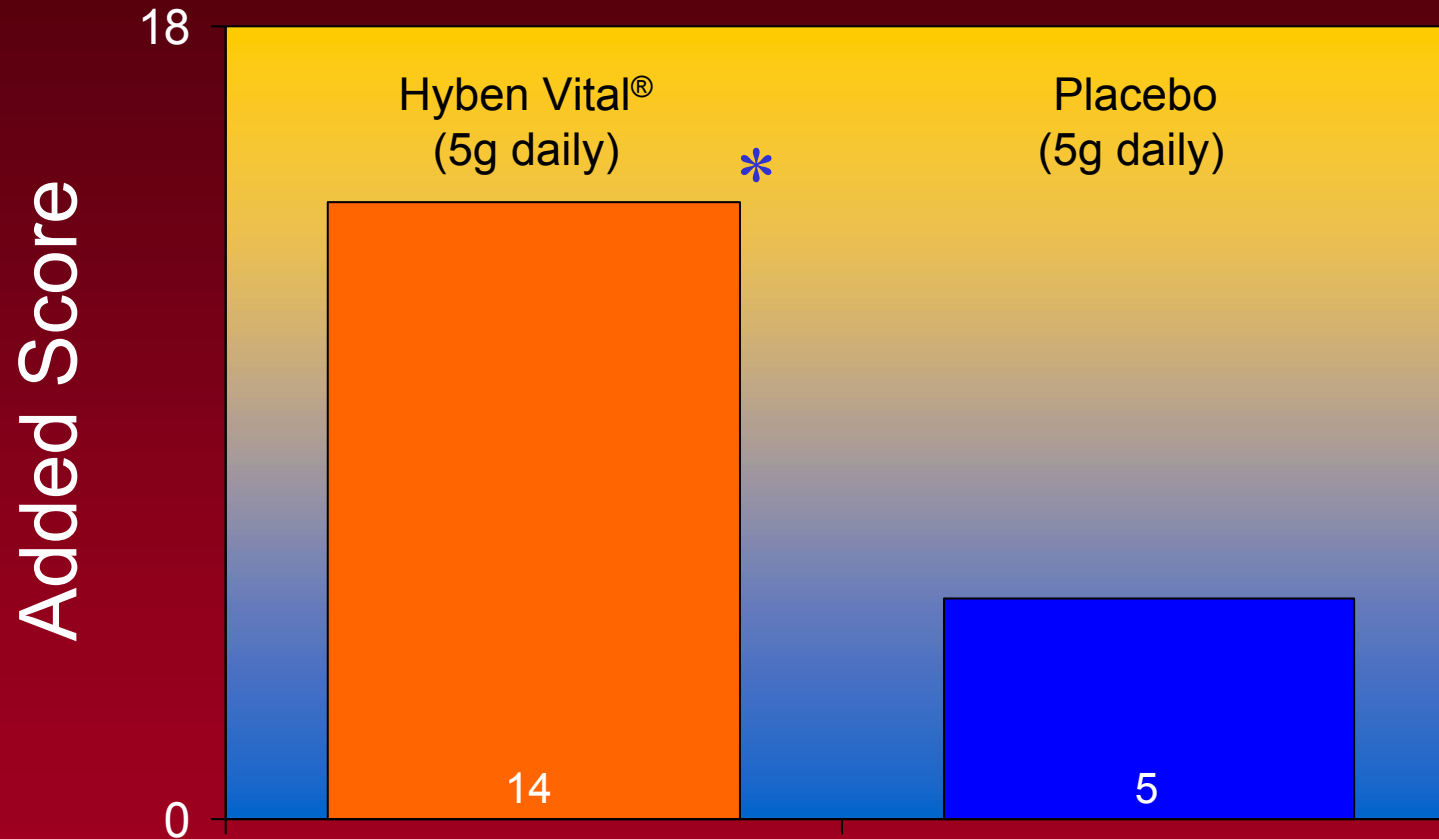
REDUCTION OF PAIN ESTIMATED ON A SCALE FROM 0 (no improvement) to 4 (total relief of pain) DURING TREATMENT WITH HYBEN VITAL[®] AND PLACEBO n=96



DURING TREATMENT WITH HYBEN VITAL[®] THE PAIN DECLINED AS SHOWN BY AN IMPROVEMENT IN SCORE (*P<0.035). (Mann-Whitney)

ENERGY SCORE DURING HYBEN VITAL[®] AND PLACEBO TREATMENT.

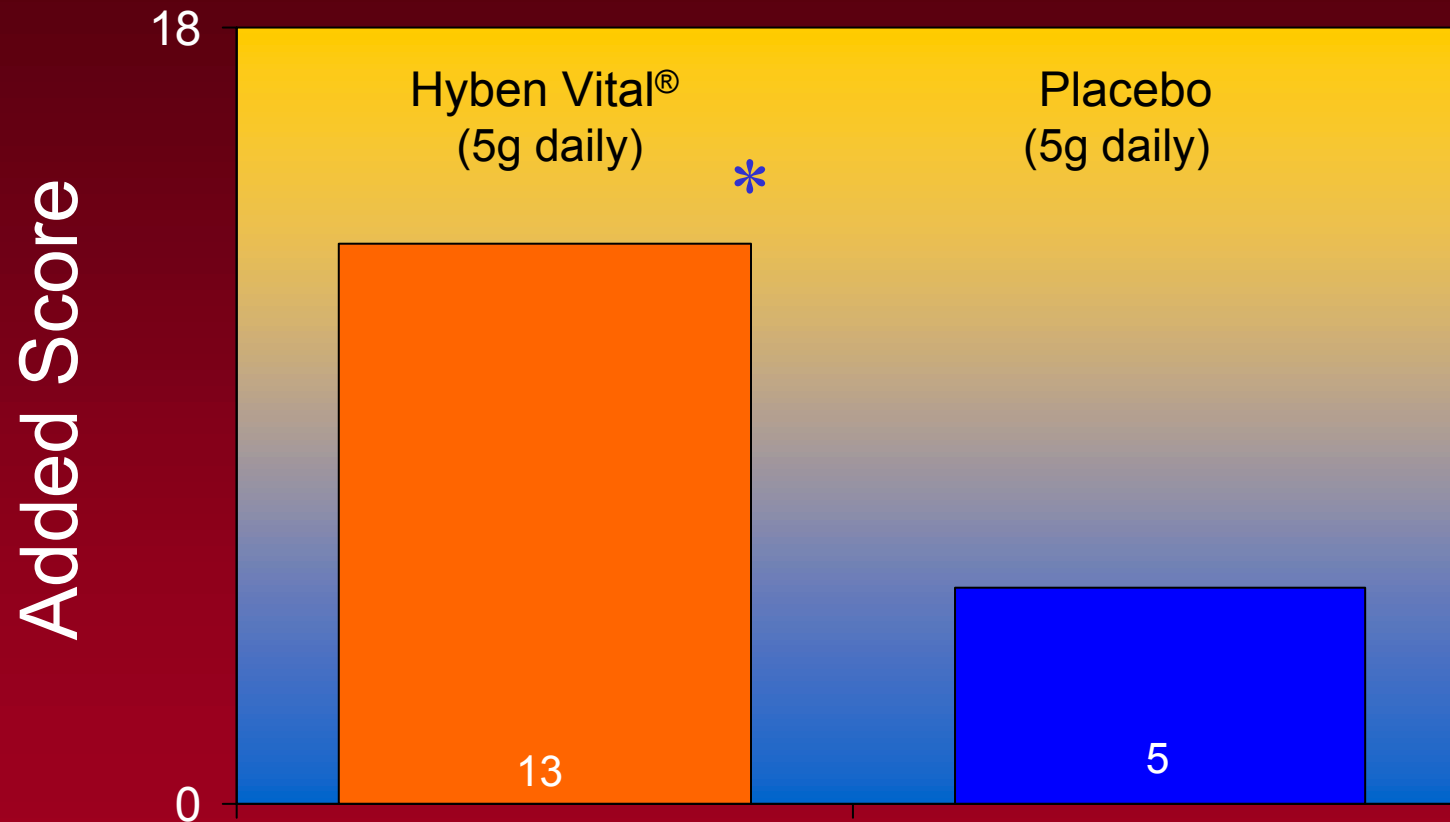
n=94



DURING HYBEN VITAL[®] TREATED THE ENERGY SCORE SIGNIFICANTLY IMPROVED AS COMPARED TO PLACEBO (*P<0.017). (Chi-Square)

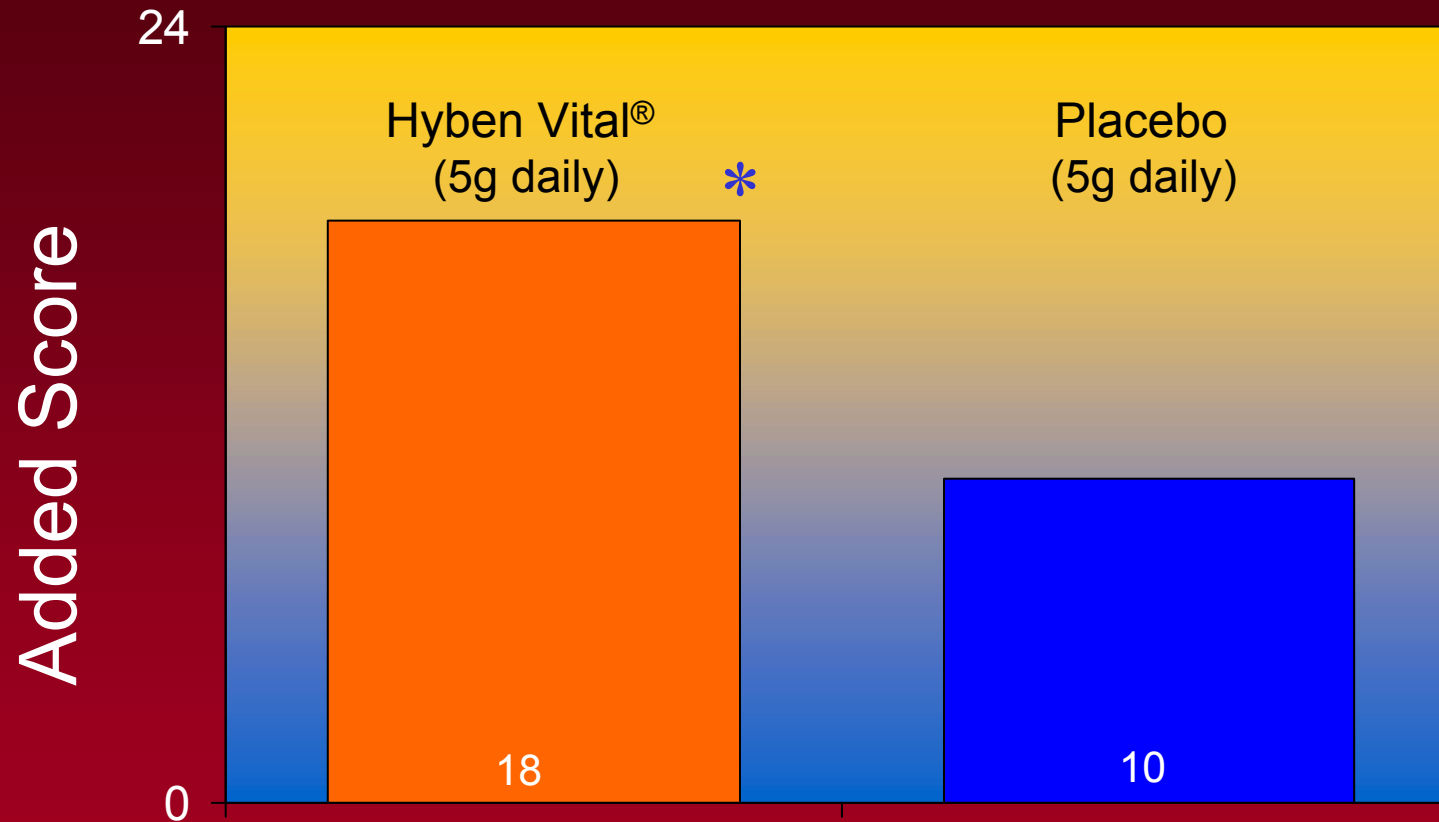
SLEEPING QUALITY SCORE DURING TREATMENT WITH HYBEN VITAL[®] AND PLACEBO

n=94



DURING HYBEN VITAL[®] TREATMENT SLEEPING QUALITY IMPROVED AS COMPARED TO PLACEBO (*P<0.035). (Chi-Square)

MOTIVATION FOR DAILY ACTIVITIES IN PATIENTS TREATED WITH HYBEN VITAL[®] AND PLACEBO (n=47)



DURING HYBEN VITAL[®] TREATMENT MOTIVATION FOR DAILY ACTIVITIES INCREASED AS COMPARED TO PLACEBO (*P<0.046). (Chi-Square)

Flow - chart

PLACEBO

ACTIVE THERAPY



