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Can fitness in younger and elderly human volunteers be improved by Rose hip (*Rosa canina* L)?

Introduction: Pain and muscle stiffness is a problem in younger athletes and in middle aged and elderly users of fitness centers, especially the day after strenuous exercise. During the winter season cold episodes can also diminish quality of life and training capacity and aging can cause osteoarthritis, reducing quality of life and joint movement.

Aim: This investigation aimed to test if a herbal remedy, Hyben-Vital, based on a subspecies of *Rosa canina* L (Rosaceae) alleviate pain and muscle stiffness in a variety of human volunteers and also reduce the severity of the common cold during the winter season.

Methods: One placebo controlled, randomized trial (n=120) aimed to test if 2.5g Rose hip daily for 6 months (shells only) might alleviate symptoms and occurrence of cold episodes. Another study of similar design (n=120) tested the impact of 5g Rose hip seeds and shells on pain and stiffness of the hip and knee in patients suffering osteoarthritis. A final open study (n=18) tested the impact of seeds and shells on muscle pain and stiffness in a group of younger Cross-fitters.

Results: Rose hip reduced the number of cold about 20% and a significant reduction (p<0.045) was observed in the

severity of symptoms reported from cold. In addition, the volunteers reported less stiffness of their muscles (p<0.040). Middle aged and elderly also reported less stiffness in their muscles and a reduction of pain in their joints (p<0.035 and p<0.046, respectively). The Cross-fitter's reported a significant reduction in pain and stiffness of muscles and joints (p<0.040) the day after strenuous exercise and an improvement in the quality of life is because of Rose hip treatment.

Conclusion: The data suggest that the present version of Rose hip can alleviate symptoms from cold and it's also reduced pain and stiffness in joints and muscles.

Speaker Biography

Kaj Winther has specialized in Clinical Biochemistry. After working on the circadian variation of myocardial infarction at the Harvard Medical School, Boston, he started to show more and more interest in herbal remedies and their impact on different diseases including inflammation. He was the director of Clinical Biochemistry at University Hospitals in Copenhagen. Since 2015 he serves as an affiliated professor at the Department of Nutrition, Exercise and Sports, University of Copenhagen, Denmark.

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