

# ROSE HIPS

*(Rosa canina)*

## *Clinical Summary*

### **Actions**

- Anti-inflammatory
- Antioxidant
- Astringent
- Mild Diuretic
- Nutrient

### **Indications**

- Gastritis, diarrhoea
- Mild infections especially of the respiratory system and the common cold
- Adjuvant for the pain and joint stiffness associated with osteoarthritis and rheumatoid arthritis
- As a dietary supplement

### **Traditional Use**

The use of rose hips in prescriptions dates back to Hippocrates (c. 460 to c. 370 BC) but precisely what for is unclear. As a medicinal plant it came into full bloom in World War II. When Britain was unable to import fresh citrus fruits the government organised the gathering of rose hips, which were known to be a rich source of vitamin C. Processed into syrup the rose hips helped to prevent scurvy and still, today, the plant is valued as a rich source of vitamin C. Rose hips have been used traditionally to treat a range of conditions including diarrhoea, bladder infections and diabetes. In Europe and America, rose hips are processed widely into jam and juice, used as a vitamin C supplement, in cosmetics and as a folklore drug in the form of tisane.

### **Energetics**

Cooling.

### **Constituents**

Rose hips contain fruit acids (ascorbic acid, malic acid and citric acid), are also high in folate and contain vitamins A, B3, D and E along with flavonoids (such as tiliroside and glycosides of quercetin and kaempferol), hydroxycinnamic acids and ellagitannins (with gallotannins being the main components), carotenoids (lycopene), betasitosterol, fructose, phenolic acids, proanthocyanidins, fatty acids, pectines, magnesium, zinc, copper and numerous other phytochemicals including recently characterised galactolipids.

### **Use in Pregnancy**

No data available. Safe if used in amounts normally found in food and nutritional supplements. Rosehip tea has been traditionally recommended during pregnancy and there are no reports of ill effects.

### **Contraindications and Cautions**

None known.

### **Drug Interactions**

Caution with anticoagulant/antiplatelet drugs and lithium.

### **Administration and Dosage**

Liquid extract 1:1 in 60% alcohol  
20 to 210mL weekly