

Pilot Study on the Effectiveness of a Rose Hip Powder in Patients Suffering from Non Alcoholic Fatty Liver Disease

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Backgrounds: We carried out a 6-month preliminary research on the effectiveness of a rose hip powder and its mechanism on ALT and AST.

Methods: This trial comprised 8 male and 12 female patients (average of age 40.3 ± 12.3 years) suffering from non alcoholic fatty liver disease. Non alcoholic fatty liver disease cases that were diagnosed with fatty liver through abdominal ultrasonography were included in this study. Patients who had a history of drinking more than 20 g of alcohol per day or who had a past medical history were excluded from the analysis. After evaluation of the baseline values, patients were offered up to 5 g of a rose hip powder per day. No patients were excluded after randomization.

Results: In comparison with the control group, 6 months of daily consumption of the rose hip powder had a significant reduction effect on ALT (11.1 ± 10.98 $\mu\text{mol/L}$; $P=0.01$), AST (9.4 ± 10.47 $\mu\text{mol/L}$; $P=0.02$).

Conclusions: In this pilot RCT we demonstrated that daily consumption of 5 g of rose hip powder for 6 months can significantly reduce liver enzymes in people with non alcoholic fatty liver disease. A larger RCT is justified to assess efficacy.

Keywords: Fatty Liver, Nutrition, Pilot, Rose Hip

Biography:

Hadis Sabour, Currently working as Assistant Professor in Brain and Spinal Injury Research Center (BASIR), Neuroscience Institute, Tehran University of Medical Sciences (2016- to date), worked as Researcher, Diet Consultant, Brain and Spinal Injury Research Center (BASIR), Neuroscience Institute, Tehran University of Medical Sciences (2006- to 2015) and Researcher, Endocrine & Metabolism Research Center, Tehran University of Medical Sciences (2005-2007). Ph.D. (2011) in Nutritional Sciences from Tehran University of Medical Sciences, Tehran and MD in 2000 from Tabriz University of Medical Sciences, Tabriz, Iran.