Rose Hip

url: https://medlineplus.gov/druginfo/natural/839.html  
  
  
Rose Hip  
What is it?  
Rose hip is the part of the rose flower just below the petals that contains the rose plant seeds. It has been used for osteoarthritis and contains vitamin C.  
  
While rose hip is often considered a good source of vitamin C, the processing and drying of the plant actually destroys most of it. Besides vitamin C, other natural chemicals found in rose hip may be helpful for a variety of health conditions.  
  
People use rose hip for osteoarthritis and pain after surgery. It is also used for many other conditions, but there is no good scientific evidence to support these other uses.  
  
  
How effective is it?  
Natural Medicines Comprehensive Database rates effectiveness based on scientific evidence according to the following scale: Effective, Likely Effective, Possibly Effective, Possibly Ineffective, Likely Ineffective, Ineffective, and Insufficient Evidence to Rate.The effectiveness ratings for ROSE HIP are as follows:Possibly effective for...  
Osteoarthritis. Taking rose hip by mouth, alone or with other natural medicines, can reduce pain and stiffness and improve function in people with osteoarthritis.   
Pain after surgery. Taking a single dose of rose hip extract by mouth right before a C-section helps to reduce pain and the need for pain medications after surgery.   
  
  
There is interest in using rose hip for a number of other purposes, but there isn't enough reliable information to say whether it might be helpful.  
  
  
Is it safe?  
When taken by mouth: Rose hip extract is likely safe when consumed in amounts found in foods. Rose hip from Rosa canina is also likely safe when used in larger amounts as medicine. Rose hip that comes from Rosa damascena is possibly safe when taken in larger amounts as medicine. There isn't enough reliable information to know if rose hip from other types of rose is safe in medicinal amounts. Rose hip can cause some side effects, such as diarrhea.  
When applied to the skin: There isn't enough reliable information to know if rose hip is safe or what the side effects might be.  
  
Special precautions & warnings:  
Pregnancy and breast-feeding: There isn't enough reliable information to know if rose hip is safe to use as medicine when pregnant or breast-feeding. Stay on the safe side and stick to food amounts.  
Kidney stones: In large doses, rose hip might increase the chance of getting kidney stones. This is due to the vitamin C in rose hip.   
  
  
  
Are there interactions with medications?  
ModerateBe cautious with this combination.AluminumAluminum is found in most antacids. Rose hips contain vitamin C. Vitamin C can increase how much aluminum the body absorbs. But it isn't clear if this interaction is a big concern. Take rose hip two hours before or four hours after antacids.EstrogensRose hip contains vitamin C. Vitamin C can increase how much estrogen the body absorbs. Taking rose hip along with estrogen can increase the effects and side effects of estrogens.LithiumTaking rose hip might decrease how well the body gets rid of lithium. This could increase how much lithium is in the body and result in serious side effects. Talk with your healthcare provider before using this product if you are taking lithium. Your lithium dose might need to be changed.Medications for cancer (Alkylating agents)Rose hip contains vitamin C, which is an antioxidant. There is some concern that antioxidants might decrease the effects of some medications used for cancer. If you are taking medications for cancer, check with your healthcare provider before taking rose hip.Medications for cancer (Antitumor antibiotics)Rose hip contains vitamin C, which is an antioxidant. There is some concern that antioxidants might decrease the effects of medications used for cancer. If you are taking medications for cancer, check with your healthcare provider before taking rose hip.Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs)Rose hip might slow blood clotting. Taking rose hip along with medications that also slow blood clotting might increase the risk of bruising and bleeding.Warfarin (Coumadin)Warfarin is used to slow blood clotting. Rose hip contains vitamin C. Large amounts of vitamin C might decrease the effects of warfarin. Decreasing the effects of warfarin might increase the risk of clotting. Be sure to have your blood checked regularly. The dose of your warfarin might need to be changed.MinorBe watchful with this combination.AspirinVitamin C might decrease how much aspirin is removed in the urine. Rose hip contains vitamin C. Taking rose hip could increase the chance of aspirin-related side effects. But research suggests that this is not an important concern, and that the vitamin C in rose hip does not interact in a meaningful way with aspirin.  
  
  
Are there interactions with herbs and supplements?  
AcerolaRose hip and acerola both contain high levels of vitamin C. Don't take both together. This might give you too much vitamin C. Adults should not take more than 2000 mg of vitamin C per day.Vitamin CRose hip contains vitamin C. Taking rose hip with vitamin C supplements might increase the chance of side effects from vitamin C. Adults should not take more than 2000 mg of vitamin C per day.  
  
  
Are there interactions with foods?  
There are no known interactions with foods.  
  
  
How is it typically used?  
Rose hip has most often been used by adults in doses of up to 5 grams by mouth daily for up to 12 weeks. Speak with a healthcare provider to find out what dose might be best for a specific condition.  
  
  
Other names  
Apothecary Rose, Cherokee Rose, Cherokee Rose Musqu e, Chinese Rosehip, Cynorhodon, Cynorhodons, Cynosbatos, Damask Rose, Dog Rose, Dog Rose Hips, glantier, Fructus Rosae Laevigatae, Fruit de l' glantier, Gulab, Heps, Hip, Hip Fruit, Hip Sweet, Hipberry, Hop Fruit, Jin Yin Zi, Jinyingzi, Persian Rose, Phool Gulab, Pink Rose, Poire d'oiseaux, Provence Rose, Rosa alba, Rosa canina, Rosa centifolia, Rosa cherokeensis, Rosa chinensis, Rosa damascena, Rosa de Castillo, Rosa gallica, Rosa laevigata, Rosa lutetiana, Rosa moschata, Rosa mosqueta, Rosa Mosqueta Cherokee, Rosa pomifera, Rosa provincialis, Rosa rubiginosa, Rosa rugosa, Rosa villosa, Rosae Pseudofructus Cum Semen, Rose de Provins, Rose des Apothicaires, Rose Haw, Rose Hep, Rose Hips, Rose Rouge de Lancaster, Rosehip, Rosehips, Rosier de Provence, Rosier des Cherokees, Satapatri, Satapatrika, Shatpari, White Rose, Wild Boar Fruit.  
  
  
Methodology  
  
 To learn more about how this article was written, please see the Natural Medicines Comprehensive Database methodology.   
   
  
  
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