

# The Activity of Rose Hip Seeds on the Recovery Phase After Strenuous Exercise

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## INTRODUCTION

Muscle soreness and stiffness are common side effects of strenuous exercise. This can reduce educational capacity, competition success, and quality of life, particularly when top daily overall performance is required, as in bicycle (Tour de France) or team sports (hockey and soccer), where events can last days. Muscle complaints are reduced with nonsteroidal anti-inflammatory medications (NSAIDs). However, "facet effects" in the gastrointestinal tract can develop. The goal of this research is to examine if powdered rose hip, subspecies LiTo, containing galactolipid GOPO and seeds, reduces muscle pain and stiffness after exercise.

Seventy-six horses (trotters) and forty-four greyhounds were given 0.1–0.3 g powder/kg frame weight every day for three days in a randomised, placebo-controlled study. Rose-hip treatment reduced muscle soreness and stiffness in horses and greyhounds when compared to a placebo the day following competition. Animals' speeds were accelerated to a degree by active treatment. In low-skilled human volunteers, active treatment resulted in a significant reduction in muscle stiffness and soreness, as well as an increase in the first-rate of life. The younger generation of intensely educated cross-fitters reported a significant reduction in aching and stiffness the day after strenuous exercise, as well as an improvement in quality of life.

According to studies, the popular rose hip food supplement relieves soreness and stiffness caused by exercise in both animals and people. The gift treatment may reduce NSAID abuse in athletes and average people who want to improve their physical performance. Since the time of Pliny the Elder (23–79 BC), rose hips, the purple fleshy fruit of the canine rose (*Rosa canina*), have been known to have medicinal properties. Rose hips are the false fruits

of *Rosa Canina*, despite the fact that they are usually referred to as "fruits" in medical literature. Rose hips are particularly high in vitamin C, carotenoids, polyphenols, and other flavonoids, all of which have potent antioxidant properties.

The seeds found inside rose hips were discovered to possess high levels of polyunsaturated fatty acids (PUFA), which are known to be beneficial to the skin. Furthermore, it has been discovered that the rose hip advice investigated in this study has a galactolipid – GOPO, which has potent anti-inflammatory and antioxidant properties that drive collagen formation and recovery. The identical standardised rose hip powder has also been shown to be effective in reducing arthritic infection and accompanying pain, as well as inflammatory indicators. The treatment may be beneficial to sell the durability of mobileular membranes<sup>13</sup> and sell healthy pores and skin due to the composition of said rose hip guidance.

For the study of the influence of rose hip on purple blood cell longevity, 18 healthy volunteers of both sexes, having an average age of forty-seven years and a range of 30–fifty-nine years, were protected inside the study as the check institution, after community advertisements. A control group of six volunteers who did not receive any rose hip, astaxanthin, vitamins, or food supplements was established. Before participating in the study, all volunteers had to be free of any known ailments and had been off of food or nutritional supplements for at least three months.

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## CONFLICT OF INTEREST

The author has declared that no competing interests exist.

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