

Tendinosis occurs when type-I collagen that composes the tendon degenerates through repetitive motion and ageing. As studies have shown that daily use of *Cissus quadrangularis* (*C.quad*) increases collagen production in the body, *C.quad* has great potential to be an active ingredient for an alternative cure for tendinosis. In addition, *Rhizoma homalomenae* (*R.homa*) and *Erycibe obtusifolia* (*E.obtusi*) are common herbs used in Traditional Chinese Medicine to promote tendon health and could be used in combination with *C.quad* to treat tendinosis.

There are 3 phases in our project: Phase 1- Preparation of the herbal extracts, Phase 2- Screening the herbal extracts against the animal fibroblast cells and lastly, Phase 3 – Determining the amount of collagen produced. In Phase 1, the different herbal extracts were prepared and were screened in Phase 2 before being analysed in Phase 3 to see if there was any increase in collagen production in the animal fibroblast cells. Our findings showed that all 3 herbs *C.quad*, *R.homa* and *E.obtusi* increased collagen production by 43%, 27% and 52.5% ,compared to control, respectively.

Findings from our project can provide information to find a new natural herbal treatment for tendinosis which will have fewer side effects. Results of this project will serve to indicate the suitability of *C.quad*, *R.homa* and *E.obtusi* for use as an alternative treatment for tendinosis.