

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

06 Jul 2026

### The effect of garlic tablet on the endometriosis related pain in women

#### Protocol summary

##### Summary

This study is a randomized triple-blind clinical trial of controlled groups in which the effect of garlic tablets compared with placebo on the pain of women with endometriosis has studied. The Research is carried out in Avicenna institute. The Research community is all 20-45 years old women with endometriosis who come for treatment in the institute in a 6 month period. The cases are chosen according to the criteria of inclusion and agreement of participant. Then they are divided randomly in intervention or control groups. Women who are in intervention group are swallowed 400 mg garlic tablets produced in Dinah pharmaceutical company, and the control group will receive placebo pills that contain the starch. Both tablets will be daily given to patients for 12 weeks; their pain is measured by VAS. The Pain of each patient will be measured before entering the study and then 2 times a week by VAS. Inclusion criteria: Endometriosis diagnosing by the doctor, Age 20-45 years, Painful endometriosis, using Standard treatments of Avicenna, no garlic allergy. Exclusion criteria: emerging of any known physical or mental illness during the study, improperly consumption of garlic pills by patients.

#### General information

##### Acronym

Effects of garlic tablets compared to placebo on pain in women with endometriosis

##### IRCT registration information

IRCT registration number: **IRCT201501059463N35**  
Registration date: **2015-06-15, 1394/03/25**  
Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2015-06-15, 1394/03/25

#### Registrant information

##### Name

Zahra Behboodi Moghadam

##### Name of organization / entity

Tehran University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 6692 7171

##### Email address

behboodi@tums.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Tehran University of Medical Sciences .School of Nursing and Midwifery

#### Expected recruitment start date

2015-06-22, 1394/04/01

#### Expected recruitment end date

2015-12-21, 1394/09/30

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

The effect of garlic tablet on the endometriosis related pain in women

#### Public title

The effect of garlic tablet on the endometriosis related pain in women

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

Inclusion criteria: Endometriosis diagnosing by the doctor, Age 20-45 years, Painful endometriosis, with out any other physical disorders and mental health problems known, using Standard treatments of Avicenna, using of

NSAID group Analgesic ,No garlic allergy, No referring to infertility treatment. Exclusion criteria: emerging of any known physical or mental illness during the study, improperly consumption of garlic pills by patients, The unwillingness of to continue the study.

**Age**

From **20 years** old to **45 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **120**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Triple blinded

**Blinding description****Placebo**

Used

**Assignment**

Single

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Tehran University of Medical Sciences

**Street address**

Keshavarz Boulevard, at the corner of the streets of Jerusalem, the headquarters building

**City**

Tehran

**Postal code**

1419733171

**Approval date**

2015-01-10, 1393/10/20

**Ethics committee reference number**

911373006

**Health conditions studied****1****Description of health condition studied**

Reduce pain in women with endometriosis

**ICD-10 code**

O94,O99

**ICD-10 code description**

Other Obstetric Conditions, Not elsewhere classified

**Primary outcomes****1****Description**

pain

**Timepoint**

Three months during the intervention.

**Method of measurement**

vas

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Intervention group will take one garlic tablet (400 mg) manufactured by Dinah company per day for 12 weeks.

**Category**

Treatment - Drugs

**2****Description**

Control group will take one Starch tablet manufactured by Dinah company per day for 12 weeks.

**Category**

Treatment - Drugs

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Infertility Center of Avicenna

**Full name of responsible person**

Dr zahra Behboodi Moghadam

**Street address**

Shariati Street, crossing glaciers, No. 97

**City**

Tehran

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Masoud Yonesian

**Street address**

Keshavarz Boulevard Tehran University of Medical Sciences

**City**

Tehran

**Grant name**

-  
**Grant code / Reference number**

-  
**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Tehran University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

empty

**Domestic or foreign origin**

empty

**Category of foreign source of funding**

empty

**Country of origin**

**Type of organization providing the funding**

empty

## Person responsible for general inquiries

**Contact**

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Dr zahra Behboodi Moghadam

**Position**

PhD in of reproductive health

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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Soodabhe amirsalari

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**Other areas of specialty/work**

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

empty

**Study Protocol**

empty

**Statistical Analysis Plan**

empty

**Informed Consent Form**

empty

**Clinical Study Report**

empty

**Analytic Code**

empty

**Data Dictionary**

empty