

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

Street address

Unity School of Nursing and Midwifery I first victory
Eastern

City

Tehran

Postal code

1419733171

Phone

+98 21 6692 7171

Fax

+98 66904252

Email

Bahar_behboodi@yahoo.com

Web page address

WWW.FUMS.AC.IR

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

zahra behboodi moghadam

Position

PhD in of reproductive health

Other areas of specialty/work

Street address

Tehran, Tohid Square, St. N. North, School of Nursing
and Midwifery, Tehran University of Medical Sciences

City

Tehran

Postal code

1419733171

Phone

+98 21 6692 7171

Fax

+98 66904252

Email

Bahar_behboodi@yahoo.com

Web page address

www.fums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Soodabhe amirsalari

Position

MSc

Other areas of specialty/work

Street address

Tehran, Tohid Square, St. N. North, School of Nursing
and Midwifery, Tehran University of Medical Sciences

City

Tehran

Postal code

1419733171

Phone

+98 21 8892 7594

Fax

+98 66904252

Email

sudisalari@gmail.com

Web page address

www.tums.ac.ir

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