

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

24 Jun 2026

### The effect of ginger consumption on the Clinical Manifestation and Blood Pressure in adult with Active Rheumatoid Arthritis

#### Protocol summary

##### Summary

This study examined The effect of Ginger on Clinical signs and blood pressure in patients with active RA. In this 21 months placebo-controlled double-blind randomized clinical trial, 70 patients with Active RA will be enrolled in the study.They will be divided in 2 groups randomly. Patients in case group will receive 1600 miligrams of powdered Ginger daily for 3 months and control patients will receive 1600 miligrams flour daily for 3 months (one 800 milligrams capsule before lunch and one before dinner). before and After the 3 months intervention period, Clinical signs(Pain, Morning stiffness,number inflammation joints and global physician assessment) and blood pressure in two groups will be compared.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201206179472N3**

Registration date: **2012-09-29, 1391/07/08**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2012-09-29, 1391/07/08

##### Registrant information

##### Name

Naheed Aryaeian

##### Name of organization / entity

Iran University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8670 4750

##### Email address

aryaeian.n@iums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Tehran University of Medical Sciences

##### Expected recruitment start date

2012-10-01, 1391/07/10

##### Expected recruitment end date

2013-06-01, 1392/03/11

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of ginger consumption on the Clinical Manifestation and Blood Pressure in adult with Active Rheumatoid Arthritis

##### Public title

Effect of Ginger consumption on the Clinical Manifestation and Blood Pressure in adult with Rheumatoid Arthritis

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: person with RA diseases as ACR criteria; having RA from 2 years ago; age between 20-69 years; not being pregnant or lactated; not smoking and drink alcoho; havn't eaten multivitamin or antioxidants supplements from 3 month ago; don't eat lowering blood pressure; don't eat anti pregnancy drugs; exclusion criteria; Changes in diet or physical activity every day; taking less than 80% of supplements given to patients at baseline(the compliance lower than %80); consumption of contraceptives; multivitamins and antioxidant supplements; renal, hepatic,thyroid, parathyroid

diseases, cancer and heart diseases.

### Age

From **20 years** old to **70 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **70**

### Randomization (investigator's opinion)

Randomized

### Randomization description

### Blinding (investigator's opinion)

Double blinded

### Blinding description

### Placebo

Used

### Assignment

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Etics committee in Research of University

##### Street address

Tehran University of Medical Sciences, Research  
Deputy

##### City

Tehran

##### Postal code

#### Approval date

2012-08-14, 1391/05/24

#### Ethics committee reference number

91-01-27-17716-61438

### 2

#### Ethics committee

##### Name of ethics committee

Etics Committee in Research of Tehran University of  
Medical Siences

##### Street address

Research Deputy, Trehan University of Medical  
Sciences,

##### City

Tehran

##### Postal code

#### Approval date

2012-11-04, 1391/08/14

#### Ethics committee reference number

91-01-27-17716-61438

## Health conditions studied

### 1

#### Description of health condition studied

Adult with Active Rheumatoid Arthritis

#### ICD-10 code

M06.8

#### ICD-10 code description

Other specified Rheumatoid Arthritis

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

Before and after intervention

#### Method of measurement

Visual analogue scales

### 2

#### Description

Number of inflammated joints

#### Timepoint

Before and after intervention

#### Method of measurement

Examintion

### 3

#### Description

Morning stiffness

#### Timepoint

Before and after intervention

#### Method of measurement

Examintion

### 4

#### Description

Global physician assesment

#### Timepoint

Before and after intervention

#### Method of measurement

Examintion

### 5

#### Description

Sistolic Blood pressure

#### Timepoint

Before and after intervention

#### Method of measurement

Sphygmomanometer

### 6

#### Description

Distolic Blood pressurs

#### Timepoint

Before and after intervention  
**Method of measurement**  
Sphygmomanometer

## Secondary outcomes

1

### Description

BMI

### Timepoint

Before and after intervention

### Method of measurement

weight/height<sup>2</sup>

2

### Description

Waist Circumference

### Timepoint

Before and after study

### Method of measurement

Tape

## Intervention groups

1

### Description

taking Ginger supplement, 1600 miligram (2\* 800 milligrams capsules ginger powder per day. during 3 months (12 weeks)

### Category

Treatment - Other

2

### Description

taking Placebo, 1600 miligram (2\* 800 milligrams capsules) Starch powder per day during 3 months (12 weeks).

### Category

Placebo

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Rheumatology Research Centre

#### Full name of responsible person

Professore Dr Farhad Shahram

#### Street address

Hospital Shariaty, Aleahmad street

#### City

Tehran

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

Vice-chancellor for Research, Tehran University of Medical Sciences

#### Full name of responsible person

Mrs Ahadi

#### Street address

Tehran University of Medical Sciences, Keshavarz Bld - intersection of Qods street

#### City

Tehran

### Grant name

### Grant code / Reference number

### Is the source of funding the same sponsor organization/entity?

Yes

### Title of funding source

Vice-chancellor for Research, 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

Tums(Tehran University of Medical Sciences)

#### Full name of responsible person

Naheed Aryaeian

#### Position

Assistant Professor/PhD in Nutrition

#### Other areas of specialty/work

#### Street address

Nutrition and Biochemistry Department , School of Public Health, Tehran University of Medical Sciences, Poresina Street

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#### Web page address

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

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**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Tehran University of Medical Sciences

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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*