

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Comparison the effects of ginger powder and fresh root of ginger and Vit B6 on nausea and vomiting in pregnancy

#### Protocol summary

##### Summary

The aim of this study was to compare the effect of powdered and fresh ginger root on nausea and vomiting during pregnancy. In this clinical trial study 100 pregnant women below 17 weeks gestational age, age 18-35 years, who had nausea and vomiting in 24 hours were randomly placed in two groups of 50. The first group took 250 mg ginger powder and second group took fresh ginger root as one teaspoonful ginger syrup, four time per day and for four days. Before and after interventions the rate of nausea and the number of vomiting in mothers were measured and the results analyzed.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201304049981N2**

Registration date: **2013-05-03, 1392/02/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-05-03, 1392/02/13

##### Registrant information

##### Name

Fereshteh Narenji

##### Name of organization / entity

Arak University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 86 1417 3502

##### Email address

narenji@arakmu.ac.ir

#### Recruitment status

##### Recruitment complete

##### Funding source

Arak University of Medical Sciences

##### Expected recruitment start date

2008-06-22, 1387/04/02

##### Expected recruitment end date

2008-10-23, 1387/08/02

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison the effects of ginger powder and fresh root of ginger and Vit B6 on nausea and vomiting in pregnancy

##### Public title

Comparison the effects of ginger powder and fresh root of ginger on nausea and vomiting in pregnancy

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

incusion ctiteria: Singleton pregnancy ; Age 18-35 ; Gestational age belowe 17 weeks ; Nausea and vomiting in 24 hours before ; No risk of sergical or medical problem ; Non-use of chemical or herbal medications for treatment of nausea and vomiting exclusion ctiteria : Unwillingness to continue participation in the study

##### Age

From **18 years** old to **35 years** old

##### Gender

Female

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **100**  
**Randomization (investigator's opinion)**  
Randomized  
**Randomization description**  
**Blinding (investigator's opinion)**  
Double blinded  
**Blinding description**  
**Placebo**  
Not used  
**Assignment**  
Parallel  
**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Arak University of Medical Sciences

##### Street address

Arak Sardasht Shahrak Paradise Arak University of  
Medicityal Sciences

##### City

Arak

##### Postal code

##### Approval date

2008-09-22, 1387/07/01

##### Ethics committee reference number

251

## Health conditions studied

### 1

#### Description of health condition studied

nausea and vomiting in pregnancy

#### ICD-10 code

R11

#### ICD-10 code description

nausea and vomiting

## Primary outcomes

### 1

#### Description

nausea

#### Timepoint

before treatment and one week after treatment

#### Method of measurement

Measurement ruler

### 2

#### Description

pregnancy outcome

#### Timepoint

after delivery

#### Method of measurement

gestational age at delivery

### 3

#### Description

vomiting

#### Timepoint

number of daily vomiting befor treatment and one week  
after treatment

#### Method of measurement

number of daily vomiting

## Secondary outcomes

### 1

#### Description

threatened abortion

#### Timepoint

in the treatment and through pregnancy

#### Method of measurement

fillow up pation from threatened abortion signs like pain  
or spotting

## Intervention groups

### 1

#### Description

250 mg ginger powder , four times per day for four days

#### Category

Treatment - Drugs

### 2

#### Description

ginger fresh root with hony in the rate of one to two , one  
teaspoonful four times per day for four days

#### Category

Treatment - Drugs

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Arak University Medical Science Arasto prenatal care  
center

##### Full name of responsible person

Fereshteh Narenji

##### Street address

Arak Fotbal prenatal care center Arasto

##### City

Arak

## Sponsors / Funding sources

## 1

### Sponsor

**Name of organization / entity**

Arak University of Medical Sciences

**Full name of responsible person**

Dr Davood Hekmatpoo

**Street address**

Arak Sardasht Sharak Paradise manager of reaserching  
of Arak University of Medical Sciences

**City**

Arak

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor  
organization/entity?**

Yes

**Title of funding source**

Arak 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**

Arak University of Medical Sciences

**Full name of responsible person**

Fereshteh Narenji

**Position**

Faculaty member

**Other areas of specialty/work****Street address**

Arak Sardasht Shahrak Paradise Midwifery Nursing  
collage of Arak University of Medical Sciences

**City**

Arak

**Postal code****Phone**

+98 86 1417 3502

**Fax****Email**

narenji@arakmu.ac.irfnarenedjie@yahoo.canarenji21  
46@yahoo.com

**Web page address**

### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Arak University of Medical Sciences

**Full name of responsible person**

Fereshteh Narenji

**Position**

MSC of Midwifery

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+98 86 1417 3502

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**Web page address**

### Person responsible for updating data

**Contact****Name of organization / entity**

Arak University of Medical Sciences

**Full name of responsible person**

Fereshteh Narenji

**Position**

Faculty member

**Other areas of specialty/work****Street address**

Arak Sardasht Shahrak Paradise Midwifery Nursing  
Collage

**City**

Arak

**Postal code****Phone**

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**Fax****Email****Web page address**

### 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*