Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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
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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 Pardise 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 throgh pregnancy

Method of measurement
flllow up pation from threatened abortion signs like pain or spoting

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
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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 Pardise 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
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Full name of responsible person
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Position
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Other areas of specialty/work

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00

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