

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 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**

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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