

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparing the effect of camomilla and mefenamic acid on dysmenorrhea

Protocol summary

Summary

Dysmenorrhea has high incidence which can influence the daily activities. The aim of this study was to compare the effect of mefenamic acid and matricaria camomilla capsules on primary dysmenorrhea. This triple-blind randomized clinical trial study was performed on 90 students with primary dysmenorrhea, staying in Kashan medical University dormitory. They were divided into two groups of 45 individuals who received 250 mg of camomilla and 250mg mefenamic acid per 8 hours. Treatment was started 48h before the beginning of menstruation and continued until the 24h of bleeding until 2 cycle. Severity of pain was monitored by visual analogous scale method.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012070410160N2**
Registration date: **2012-08-07, 1391/05/17**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-08-07, 1391/05/17

Registrant information

Name

Zahra Karimian

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

karimian-za@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences and Barije
Essence company

Expected recruitment start date

2011-06-02, 1390/03/12

Expected recruitment end date

2012-09-02, 1391/06/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of camomilla and mefenamic acid
on dysmenorrhea

Public title

Comparing the effect of camomilla and mefenamic acid
on dysmenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1 - having moderate or severe dysmenorrhea; 2 - not having a drug history; 3 - not having certain medical conditions; 4 - having regular cycles. Exclusion criteria: 1 - Being Married; 2 - Mild dysmenorrhea; 3 - History of a drug taking or diseases; 4 - History of taking OCP.

Age

From **18 years** old to **29 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 90
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Triple blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1
Ethics committee
Name of ethics committee
Ethics Committee of Kashan University of Medical Sciences
Street address
Faculty of Nursing and Midwifery, Kashan University of Medical Sciences, Ravand blvd
City
Kashan
Postal code
03615550021
Approval date
2008-09-13, 1387/06/23
Ethics committee reference number
8763

Health conditions studied

1
Description of health condition studied
Menstrual pain
ICD-10 code
N94.6
ICD-10 code description
Dysmenorrhoea, unspecified

Primary outcomes

1
Description
Dysmenorrhea
Timepoint
cycle 1 and 2 after treatment
Method of measurement
visual analog scale

Secondary outcomes

1
Description
Menstrual pain
Timepoint
Cycles 1 and 2
Method of measurement
MQ gill pain scale

Intervention groups

1
Description
Control group: received 250 mg of mefenamic acid. Treatment was started 48h before the beginning of menstruation and continued until the 24h of bleeding until 2 cycles.
Category
Treatment - Drugs

2
Description
Intervention group: received 250 mg of camomilla. Treatment was started 48h before the beginning of menstruation and continued until the 24h of bleeding until 2 cycles.
Category
Treatment - Drugs

Recruitment centers

1
Recruitment center
Name of recruitment center
Kashan dormitory
Full name of responsible person
Zahra Krimian
Street address
Faculty of Nursing and Midwifery, Kashan University of Medical Sciences
City
Kashan

Sponsors / Funding sources

1
Sponsor
Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Hamidi Gholamali
Street address
Faculty of Nursing and Midwifery, Kashan University of Medical Sciences
City
Kashan
Grant name
Grant code / Reference number

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

Yes

Title of funding source

Kashan University of Medical Sciences

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Barij Esanse company

Full name of responsible person

Dr Reza Bekhradi

Street address

Ardehal mashhad

City

Kashan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Barij Esanse company

Proportion provided by this source

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

Kashan University of Medical Sciences

Full name of responsible person

Karimian Zahra

Position

MsC of midwifery

Other areas of specialty/work

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Faculty of Nursing and Midwifery, Kashan University of Medical Sciences

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

Name of organization / entity

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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