Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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 hourse. 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)
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+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
Menstural pain

ICD-10 code
N94.6

ICD-10 code description
Dysmenorrhoea, unspecified

Primary outcomes

1

Description
Dysmenorrhea

Timepoint
cycle 1 and 2 after treetment

Method of measurement
visal analogus scale

Secondary outcomes

1

Description
Menstural 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
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Karimian Zahra
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MsC of midwifery
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Person responsible for updating data

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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