

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Comparision the effect of Manhae and Hormone Replacment Therapy (HRT) on Hot flushes in postMenopausal Women

Protocol summary

Summary

The aim of this study was to compare the effect of Manhae and hormone replacement therapy (HRT) on hot flashes in postmenopausal women. In this single blind randomized controlled trial, 60 eligible postmenopausal women(30 women in each group) recruited randomly and have been studied. The Manhae group was treated with Manhae (850 mg daily) and HRT group was treated with (0/312 mg conjugated estrogen plus 2/5 mg medroxyprogesterone daily). Two groups followed-up for 12 weeks. primary outcomes: number and severity of hot flashes.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012092410926N1**
Registration date: **2012-11-09, 1391/08/19**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-11-09, 1391/08/19

Registrant information

Name

Maryam Honarjoo

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 2322 2101

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honarjoo@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2012-03-10, 1390/12/20

Expected recruitment end date

2012-08-10, 1391/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparision the effect of Manhae and Hormone Replacment Therapy (HRT) on Hot flushes in postMenopausal Women

Public title

Effect of manhae on hot flushes in postmenopausal women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: experiencing least 4 hot flushes per day and time of amenorrhea between 1 and 5 year; being literate; BMI 19/8-29 and age 45-55 years old. Exclusion criteria: any known diseases;disease: breast, cervix, uterine, ovarian; use of supplementary nutritions; smoking and abnormal menopause due to radiotherapy and ovariectomy.

Age

From **45 years** old to **55 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

ahvaz jundishapur university of medical sciences

Street address

golestan-ahvaz jundishapur university of medical sciences

City

ahvaz

Postal code

6341773637

Approval date

2012-03-04, 1390/12/14

Ethics committee reference number

eth-576

Health conditions studied

1

Description of health condition studied

Hot flushes

ICD-10 code

R23.2

ICD-10 code description

Flushing

Primary outcomes

1

Description

number of Hot flushes

Timepoint

Before intervention, 1, 2, 3, 4, 6, 8, 10 and 12 weeks after

Method of measurement

number of Hot flushes f per day

2

Description

severity of Hot flushes

Timepoint

Before intervention, 1, 2, 3, 4, 6, 8, 10 and 12 weeks after

Method of measurement

Menopause rating scale

Secondary outcomes

empty

Intervention groups

1

Description

intervention1:manhae/cap 850mg/oral/daily1/12week

Category

Treatment - Drugs

2

Description

intervention2:0/312 mg conjugated estrogen pldailyus 2/5 mg medroxyprogesterone

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

ahvaz health -medical center no(1)

Full name of responsible person

maryam honarjoo

Street address

ahvaz jundishapur university of medical sciences

City

ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

ahvaz jundishapur university of medical sciences

Full name of responsible person

Dr. Mostafa Fegghi

Street address

ahvaz jundishapur university of medical sciences

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

ahvaz jundishapur 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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Position

post graduate student

Other areas of specialty/work

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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