

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Comparison Effect of Cinnamon Zeylanicum and Ibuprofen for Treatment of Primary Dysmenorrhea

Protocol summary

Summary

This was double-blinded clinical trial that was performed in dormators of students affiliated to Iam University of Medical Science. The aim of study was to survey the effect of cinnamon and ibuprofen on primary dysmenorrhea in 114 female students during the year 2013. Inclusion criteria: Age range 18-130 years; presence of menstrual pains among recent 6 month; having regular menstrual cycles. Exclusion criteria: history of chronic diseases; history of abdominal/ pelvic surgery; usage of oral contraceptive pills and herbal or drug allergy. Each of participants evaluated for 4 menstrual cycles. That in first cycle we take no intervention and the participant recorded its pain and nausea severity with VAS scale and pain duration with Cox Menstrual Scale, and a watch. Also amount of bleeding was measured with number of used pads. Samples were selected by convenience method then participants randomly assigned to one of groups the Cinnamomum, ibuprofen or placebo. With onset of menstrual pain, in the experimental group two oral capsules of powdered cinnamon bark extract (420 mg capsules) three times a day, in the placebo group two oral capsule containing starch three times a day and in the ibuprofen group two oral capsules 200 mg of Ibuprofen three times a day was used. Capsules shape and guidelines prescribed in the three groups were the same. In three groups, drugs were used during the first three days of each cycle for three consecutive months. The and questionnaire No:2 was filled.

General information

Acronym

Comparison Effect of Cinnamon Zeylanicum and Ibuprofen for Treatment of Primary Dysmenorrhea

IRCT registration information

IRCT registration number: **IRCT2013122114668N2**

Registration date: **2015-01-09, 1393/10/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-01-09, 1393/10/19

Registrant information

Name

Molouk Jaafarpour

Name of organization / entity

Ilam University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 84 3222 7123

Email address

jaafarpour-m@medilam.ac.ir

Recruitment status

Recruitment complete

Funding source

Ilam University of Medical Sciences

Expected recruitment start date

2012-12-12, 1391/09/22

Expected recruitment end date

2013-12-13, 1392/09/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison Effect of Cinnamon Zeylanicum and Ibuprofen for Treatment of Primary Dysmenorrhea

Public title

Comparison Effect of Cinnamon Zeylanicum and

Ibuprofen for Treatment of Primary Dysmenorrhea

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: Age range 18-130 years; presence of menstrual pains among recent 6 month; having regular menstrual cycles .Exclusion criteria: history of chronic diseases; history of of abdominal/ pelvic surgery; usage of oral contraceptive pills; herbal or drug allergy

Age
From **18 years** old to **30 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **114**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ilam University of Medical Sciences

Street address
Pajohesh Blvd, Banganjab, Ilam

City
Ilam

Postal code

Approval date
2012-12-12, 1391/09/22

Ethics committee reference number
EC/92/H/184

2

Ethics committee

Name of ethics committee
Ilam University of Medical Sciences

Street address
Pajohesh Blvd, Banganjab, Ilam

City
Ilam

Postal code

Approval date
2012-12-12, 1391/09/22

Ethics committee reference number
EC/92/H/184

Health conditions studied

1

Description of health condition studied
dysmenorrhea

ICD-10 code
N94.4

ICD-10 code description
primary dysmenorrhea

Primary outcomes

1

Description
Intensity of menstrual pain

Timepoint
befor and 1,2,3,4,8,16,24,48 and 72 hour after intervention

Method of measurement
VAS

Secondary outcomes

1

Description
duration of menstrual pain

Timepoint
onset of pain to stop

Method of measurement
Cox Menstrual Scale

2

Description
amount of bleeding

Timepoint
duration first three days of menstrual cycles

Method of measurement
number of used pads

3

Description
nausea severity

Timepoint
during first three days menstrual cycles

Method of measurement
VAS

Intervention groups

1

Description

In the experimental group, two oral capsules of powdered cinnamon bark extract (420 mg capsule), three times a day during in the first three days of menstrual cycle for three consecutive months was used.

Category

Treatment - Drugs

2

Description

In the Ibuprofen group , two oral capsules 200 mg of Ibuprofen three times a day during the first three days of each cycle for three consecutive months was used .

Category

Treatment - Drugs

3

Description

In the placebo group ,two oral capsules containing 420 mg starch three times a day in the first three days of each cycle for three consecutive months was used .

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

The dormatorses of students affiliated to Ilam University of Medical Science

Full name of responsible person

Molouk Jaafarpour

Street address

Pajohesh Blvd, Banganjab, Ilam

City

Ilam

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ilam University of Medical Sciences

Full name of responsible person

Dr.Morovat Taherikalani

Street address

Pajohesh Blvd, Banganjab, Deputy of reserch and technology

City

Ilam

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ilam 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

Ilam University of Medical Sciences

Full name of responsible person

Molouk Jaafarpour

Position

Faculty, lecturer

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person
Molouk Jaafarpour
Position
Faculty membe, lecturer
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