

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

31 May 2026

### Study effects of honey -ginger (*Zingiber officinale*) jam on Erectile Dysfunction: a pilot study

#### Protocol summary

##### Study aim

study effects of honey -ginger (*Zingiber officinale*) product on Erectile Dysfunction

##### Design

in this study, 45 patients who suffer from primary organic impotence will come in this study; each will take two gram of honey -ginger product daily.

##### Settings and conduct

this study will done in family health clinic, the patients don't know the ingredient of capsules.

##### Participants/Inclusion and exclusion criteria

Inclusion: patients has an erectile dysfunction. exclusion: patients who use Warfarin, Heparin OR has a peptic ulcer.

##### Intervention groups

Prescribing two gram of honey -ginger product daily for two month.

##### Main outcome variables

The Outcomes will assist two months later with the international index of erectile function Questionnaire (IIEF)

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20140902019011N3**

Registration date: **2018-06-29, 1397/04/08**

Registration timing: **prospective**

Last update: **2018-06-29, 1397/04/08**

Update count: **0**

##### Registration date

2018-06-29, 1397/04/08

##### Registrant information

##### Name

muhammad attarfar

##### Name of organization / entity

shaheed Beheshti University of medical Science

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8877 3521

##### Email address

attarfar@sbmu.ac.ir

##### Recruitment status

##### Recruitment complete

##### Funding source

School of Traditional Medicine, Shahid Beheshti University of Medical Sciences

##### Expected recruitment start date

2018-07-23, 1397/05/01

##### Expected recruitment end date

2018-10-21, 1397/07/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Study effects of honey -ginger (*Zingiber officinale*) jam on Erectile Dysfunction: a pilot study

##### Public title

Study effects of honey -ginger (*Zingiber officinale*) jam on Erectile Dysfunction

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

##### Inclusion criteria:

men's Suffers from Impotence Negative Nocturnal penile tumescence Age > 40 years Complaint since 3 months at least

##### Exclusion criteria:

Major surgery in pelvic region Radiotherapy in pelvic region History of spinal nerve injury History of extreme heart failure History of penis fracture Peyronie disease Taking Warfarin, Heparin History of failed treatment with Sildenafil Active peptic ulcer Psychological disorder Sensitivity to ginger Hot and Dry Temperament (score above 21 for hotness, above 5 for dryness)

#### Age

From **40 years** old

#### Gender

Male

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **43**

#### Randomization (investigator's opinion)

N/A

#### Randomization description

#### Blinding (investigator's opinion)

Not blinded

#### Blinding description

#### Placebo

Not used

#### Assignment

Single

#### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committe of Medical Researchs, Shahid Beheshti University of Medical Sciences

##### Street address

No.2 SBUMS, Next to Ayatollah Taleghani Hospital, Velenjak, Tehran, Iran

##### City

Tehran

##### Province

Tehran

##### Postal code

198396-3113

#### Approval date

2015-03-15, 1393/12/24

#### Ethics committee reference number

SBMU.REC.1393.830

## Health conditions studied

### 1

#### Description of health condition studied

Erectile Dysfunction

#### ICD-10 code

N48.4

#### ICD-10 code description

Impotence of organic origin

## Primary outcomes

### 1

#### Description

IIEF score

#### Timepoint

before intervention, tow month after intervention

#### Method of measurement

International Index of Erectile Function (IIEF) Questionnaire

## Secondary outcomes

### 1

#### Description

BMI

#### Timepoint

before intervention, tow month after intervention

#### Method of measurement

scales & meter

### 2

#### Description

Body Fat Percentage

#### Timepoint

before intervention, tow month after intervention

#### Method of measurement

Omron BF511

### 3

#### Description

Visceral Fat Level

#### Timepoint

before intervention, tow month after intervention

#### Method of measurement

Omron BF511

### 4

#### Description

Skeletal Muscle

#### Timepoint

before intervention, tow month after intervention

#### Method of measurement

Omron BF511

## Intervention groups

### 1

#### Description

1 gram ginger (Zingiber officinale) & 1 gram honey 30 min. after lunch

**Category**  
Lifestyle

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**

Family Health Clinic, Shahid University

**Full name of responsible person**

Seyed Kazem Foroutan

**Street address**

Shahed University Family Health Clinic, Next to Mostafa Khomeini Hospital, Palestine squire, Italia ave., Tehran, Iran.

**City**

Tehran

**Province**

Tehran

**Postal code**

3319118651

**Phone**

+98 21 8898 5918

**Email**

SKF356@yahoo.com

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

School of Traditional Medicine, Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Dr. Mokaberinejad

**Street address**

#8, Shams Alley, Across from Shaid Abbaspour St, Vali Asr Ave.

**City**

Tehran

**Province**

Tehran

**Postal code**

14155-6153

**Phone**

+98 21 8877 6027

**Email**

rmokaberi@gmail.com

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

School of Traditional Medicine, Shahid Beheshti University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

**Country of origin**

**Type of organization providing the funding**

Academic

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Muhammad Attarfar

**Position**

PhD candidate

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Traditional Medicine

**Street address**

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attarfar@sbmu.ac.ir

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Mahmood khodadoost

**Position**

MD, PhD

**Latest degree**

Ph.D.

**Other areas of specialty/work**

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Muhammad Attarfar

**Position**

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**Latest degree**

Medical doctor

**Other areas of specialty/work**

Traditional Medicine

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**Web page address**

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

**Study Protocol**

Yes - There is a plan to make this available

**Statistical Analysis Plan**

Yes - There is a plan to make this available

**Informed Consent Form**

Yes - There is a plan to make this available

**Clinical Study Report**

Yes - There is a plan to make this available

**Analytic Code**

Yes - There is a plan to make this available

**Data Dictionary**

Yes - There is a plan to make this available

**Title and more details about the data/document**

demographic and International index of erectile function  
can be shared.

**When the data will become available and for how long**

6 month after publish results

**To whom data/document is available**

available for people working in academic institutions

**Under which criteria data/document could be used**

the IPD can be shared under Common Creative terms;  
also the requests should provide abstract and goals of  
new study

**From where data/document is obtainable**

contact dr. Mohammad Attarfar. attarfar@sbmu.ac.ir

**What processes are involved for a request to access data/document**

the data will sent to any academic researcher who  
accept CC terms, usually upon 10 days.

**Comments**