Clinical Trial Protocol
Iranian Registry of Clinical Trials

04 Nov 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
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Iran (Islamic Republic of)
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+98 21 8877 3521
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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 hony 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 Unversity Family Health Clinic, Next to Mostafa Khomeini Hospital, Palestine squire, Italia ave., Tehran, Iran.
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3319118651
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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.
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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
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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

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Shahid Beheshti University of Medical Sciences

Full name of responsible person

Muhammad Attarfar

Position

MD, Ph.D Candidate

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