

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of inhalation of aromatherapy (Lavender Essential Oil) on post operative discectomy pain

Protocol summary

Summary

This study is a clinical trial of an quasi experimental study. After getting permission from the authorities and informed consent of the participants in the study, patients undergoing discectomy through a available sampling of the number (60) were selected and random allocation block in the two groups will. Inclusion criteria were: age over 18 years, having the ability to understand language of Persian or Turkish, Lacking a history of allergy to plants, lack of pregnancy, lack of hypertension, The lack of clotting disorders and Having sense of smell and vision healthy. Since the use drug is in the form of inhaler and the pain of intensity will be evaluated using the VAS tool, sense of smell and vision before entering the people in the study by using test sense of smell, and visual acuity will be examined. In this study, the experimental group, the essential oil of lavender will be prepared of the company of Kashan Barych Esance, with the right concentration (recommended texts) through inhalation of used and then, at a certain level of pain intensity will be measured by using the VAS. Similarly placebo in the control group by the same method by the experimental group used and then pain intensity will be evaluated by means of tool VAS. In addition, in order to assess the impact of lavender essential oil compared with placebo, pain intensity in both groups before and after the intervention will be evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015070421403N1**

Registration date: **2015-07-04, 1394/04/13**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-07-04, 1394/04/13

Registrant information

Name

Gholamreza Arjmand

Name of organization / entity

Zanjan University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

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gholamrezaarjmand1981@yahoo.com

Recruitment status

Recruitment complete

Funding source

Financial resources of the project will be provided by Zanjan University of Medical Sciences

Expected recruitment start date

2015-04-30, 1394/02/10

Expected recruitment end date

2015-10-07, 1394/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of inhalation of aromatherapy (Lavender Essential Oil) on post operative discectomy pain

Public title

The effect of inhalation of aromatherapy (Lavender Essential Oil) on post operative discectomy pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: having a willingness to participate in the study; Having a discectomy surgery of lumbar disc; with full awareness and cooperation; Having a good sense of smell; Having a healthy state of mind and vision to see and understand the tool VAS (visual analog scale); age 18 and older; Having the ability to understand language, Persian or Turkish; lacking a history of allergy to plants; The lack of pregnancy, high blood pressure and coagulation Exclusion criteria: Patients with complications such as bleeding; patients undergoing oxygen therapy; The patient's unwillingness to participate in the study after the first intervention because patients may experience unpleasant feeling of these fragrances for various reasons.

Age

From **18 years** old to **139 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Zanjan University of Medical Sciences and Health Services

Street address

Zanjan, Azadi Square, The beginning of the Islamic Republic Boulevard, Central Chiefs Zanjan University of Medical Sciences

City

Zanjan

Postal code

45156-13191

Approval date

2015-02-24, 1393/12/05

Ethics committee reference number

ZUMS.REC.1393.233

Health conditions studied

1

Description of health condition studied

Pain after lumbar disc surgery

ICD-10 code

Y45.0

ICD-10 code description

Opioids and related analgesics

2

Description of health condition studied

Pain after lumbar disc surgery

ICD-10 code

M51.2

ICD-10 code description

Other specified intervertebral disc displacement

Primary outcomes

1

Description

Pain severity After Surgery

Timepoint

4, 8 , 12 hours after the onset of pain after surgery

Method of measurement

Visual Analog Scale and record the questionnaire

Secondary outcomes

1

Description

The postoperative opioid consumption

Timepoint

During the intervention

Method of measurement

Through patient records

Intervention groups

1

Description

Intervention in interventional groups: a total of 3 times intervention in the first day after surgery (4, 8 and 12 hours after the onset of pain after surgery) done for patients. Description work In this way three drops of aromatherapy blend containing Lavender essence 10% (provided by The Barij Essence Pharmaceutical Compnay) were poured on cotton pellet, and the patient was asked to inhale it for 5 minutes from a distance of 10 cm; and pain score was measured using the VAS again, (Intervention with drug use)

Category

Treatment - Drugs

Description

Intervention in the control group: a total of 3 times intervention in the first day after surgery (4, 8 and 12 hours after the onset of pain after surgery) done for patients. Description work In this way three drops three drops of sweet almond oil (placebo) (provided by The Barij Essence Pharmaceutical Company) were poured on cotton pellet, and the patient was asked to inhale it for 5 minutes from a distance of 10 cm; and pain score was measured using the VAS again (with placebo use).

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shohada Hospital Tabriz

Full name of responsible person

DR.Iraj Lutfinia (specialist neurosurgery, Professor) -
DR. Mohammad shimia (specialist neurosurger,

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Tabriz - Golshahr - Shohada Hospital

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Zanjan University of Medical Sciences

Full name of responsible person

Dr. Soghrat Faghihzadeh

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Republic Boulevard, Central Chiefs Zanjan University
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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Zanjan 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**

Zanjan University of Medical Sciences

Full name of responsible person

Gholamreza Arjmand

Position

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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