Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of topical application with aromatic ginger oil on pain of osteoarthritis among female older adult

Protocol summary

Summary

Objective: The aim of this study was to determine the effect of topical application of essential oils of ginger on pain of knee OA in older women. Design: A quasi-experimental clinical trial with a control group. Study population; elderly women with knee osteoarthritis, referring to the Rheumatology Clinic Hospital Prophet (PBUH) University of Medical Sciences. Sample size: 96 people. Main inclusion criteria; being older than 65 years of chronic diseases and cancer، history of eczema and skin allergies، no history of knee joint replacement surgery and intra-articular injection. the main criteria Exclusion: non-use of oil more than two days a week; except acetaminophen use of medicines during the study. Intervention methods: experimental group after the pre-test (completion of baseline characteristics and individual, McGill pain questionnaire and a scale to measure VAS) for one month and a half cc of ginger essential oils topically twice daily, morning and night before bed will. The control group did not receive any intervention and receive routine treatment recommended by your doctor, and the second and fourth weeks after the intervention of the questionnaire completed by the elderly and analysis of the will be

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016011726059N1**
Registration date: **2016-03-06, 1394/12/16**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-03-06, 1394/12/16

Registrant information

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2016-01-15, 1394/10/25

Expected recruitment end date

2016-03-15, 1394/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of topical application with aromatic ginger oil on pain of osteoarthritis among female older adult

Public title

The effect of ginger oil on pain in patients with knee osteoarthritis

Purpose

Supportive

Inclusion/Exclusion criteria

Main inclusion criteria: age over 65 years, the lack of chronic diseases and cancer, history of eczema and skin allergies, no history of knee joint replacement surgery

and intra-articular injection Main criteria Exclusion: non-use of oil more than two days a week, except acetaminophen use of medicines during the study

Age
From **65 years** old to **100 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **96**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Iran University of Medical Sciences

Street address
Iran,Tehran, Highway martyr Hemmat West, the intersection of Sheikh Fadlallah and Chamran, Iran University of Medical Sciences, the fifth floor of the headquarters building

City
Tehran

Postal code

Approval date
2015-11-22, 1394/09/01

Ethics committee reference number
IR.IUMS.REC.1394.9211580205

Health conditions studied

1

Description of health condition studied
Knee Oseoarthritis

ICD-10 code
M15-M19

ICD-10 code description
Arthrosis

Primary outcomes

1

Description
Pain

Timepoint
befor of intervention, 2 and 4 week for intervention

Method of measurement
VAS, Mac Gills Pain Qustionner

Secondary outcomes

empty

Intervention groups

1

Description
Control groups: the control group with no intervention and treatment is not routinely recommended by doctors receive. McGill pain questionnaire and VAS before and in the second and fourth weeks will be completed by the control group.

Category
Treatment - Other

2

Description
The intervention group: after the sample selection from among eligible elderly referred to the Rheumatology Clinic Hospital Prophet (PBUH), the individual questionnaire, McGill pain questionnaire and Visual Analogue Scale will be completed by elderly people, then how do intervention patients are taught individually. Ginger essential oils in the intervention group than half a cc twice daily, morning and night before bed on knees with, will be applied for four weeks, then in the second week and the fourth visit to the clinic completed questionnaires will in the intervening during the phone call, the oil will remind them. If you have pain, you can use one gram of acetaminophen maximum.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Hospital Prophet (PBUH)

Full name of responsible person
Ameneh Pishghadam

Street address
Tehran, Two area, Satta Khan Street, worship, St. Mansouri, Hospital Prophet (PBUH)

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Iran University of Medical Sciences

Full name of responsible person
Doctor Syed Ali Javad Mousavi

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Iran,Tehran, Highway martyr Hemmat West, the intersection of Sheikh Fadlallah and Chamran, Iran University of Medical Sciences, the fifth floor of the headquarters building

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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
Iran 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
Nursing,Iran University of Medical Sciences

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Position
Master, student

Other areas of specialty/work

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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