Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Comparison between effect of Dill seeds, Ginger and Cumin on dysmenorrhea

Protocol summary

Summary

Dysmenorrhea is the most common gynecologic complaint among adolescent and adult females. Some dysmenorrheic females do not respond to treatment with NSAIDs or oral contraceptives and exhibit contraindications to such medications. Therefore, alternative medication, gained importance in the management of dysmenorrhea. Aim of the study is comparing the effects of ginger, dill seeds and cumin on primary dysmenorrhea and menstrual symptoms in females with primary dysmenorrhea. The study is a comparative clinical trial. It will be conducted on thirty primary dysmenorrheic subjects that have inclusion conditions for entering the study. They will be assigned randomly to three groups(10 member in each group) . First group members will consume 1 gram of Ginger powder daily, second group and third group will consume 3 gram of Dill seed powder and Cumin powder, respectively. The powders will be prepared in capsules and the subjects will consume them for first three days of their menstruation for three successive cycles. Then menstrual pain intensity at the end of the each day will be measured by Numerical Pain Scale (NPS).As well as other symptoms will be assessed by Menstrual Distress Questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022326724N1**
Registration date: **2016-07-01, 1395/04/11**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-07-01, 1395/04/11

Registrant information

Name
Shabnam Omidvar
Name of organization / entity
Babol University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 11 4422 2511
Email address
sh.omidvar@mubabol.ac.ir

Recruitment status

Recruitment complete

Funding source

University of Mysore, Manasagangothri-Babol University of Medical Sciences

Expected recruitment start date

2010-03-20, 1388/12/29

Expected recruitment end date

2011-03-20, 1389/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison between effect of Dill seeds, Ginger and Cumin on dysmenorrhea

Public title

effect of herbs on dysmenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: Being mature; Age between 12 to 28 years; Moderate or severe menstrual pain; unmarried. Exclusion criteria: Age below 12 or above 28 years; Being married; known allergy to cumin, ginger or dill; Those

with known secondary dysmenorrhea; History of surgery in abdomen or pelvic area; Those with health problems.

Age
From **12 years** old to **28 years** old

Gender
Female

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
IHEC-Univesity of Mysore

Street address
University of Mysore, Manasagangotri

City
Mysore

Postal code
570006

Approval date
2009-07-29, 1388/05/07

Ethics committee reference number
31 Ph.D/2009-10

Health conditions studied

1

Description of health condition studied
Dysmenorrhea

ICD-10 code
N94

ICD-10 code description
N94.4

Primary outcomes

1

Description
pain intensity

Timepoint
before and after intervention for three successive cycles

Method of measurement
Numerical pain scale

Secondary outcomes

1

Description
Muscle stiffness

Timepoint
Before and after intervention(daily)

Method of measurement
Based on Menstrual Distress Questionnaire

2

Description
Skin disorders

Timepoint
Before and after intervention(daily)

Method of measurement
Menstrual Distress Questionnaire

3

Description
Dizziness

Timepoint
Before and after intervention(daily)

Method of measurement
Menstrual Distress Questionnaire

4

Description
Headache

Timepoint
Before and after intervention(daily)

Method of measurement
Menstrual Distress Questionnaire

5

Description
Cold sweat

Timepoint
Before and after intervention(daily)

Method of measurement
Menstrual Distress Questionnaire

6

Description
Cramps

Timepoint
Before and after intervention(daily)

Method of measurement

Menstrual Distress Questionnaire

7

Description
Tender breasts
Timepoint
Before and after intervention(daily)
Method of measurement
Menstrual Distress Questionnaire

8

Description
Nausea and Vomiting
Timepoint
Before and after intervention(daily)
Method of measurement
Menstrual Distress Questionnaire

9

Description
Backache
Timepoint
Before and after intervention(daily)
Method of measurement
Menstrual Distress Questionnaire

10

Description
Swelling(breasts, Abdomen)
Timepoint
Before and after intervention(daily)
Method of measurement
Menstrual Distress Questionnaire

11

Description
Hot flashes
Timepoint
Before and after intervention(daily)
Method of measurement
Menstrual Distress Questionnaire

12

Description
Fatigue
Timepoint
Before and after intervention(daily)
Method of measurement
Menstrual Distress Questionnaire

13

Description
General aches
Timepoint
Before and after intervention(daily)
Method of measurement
Menstrual Distress Questionnaire

14

Description
Swelling legs
Timepoint
Before and after intervention(daily)
Method of measurement
Menstrual Distress Questionnaire

15

Description
Numbness
Timepoint
Before and after intervention(daily)
Method of measurement
Menstrual Distress Questionnaire

Intervention groups

1

Description
Dill seed powder 3 gram per day for first three days of menstruation
Category
Treatment - Drugs

2

Description
Cumin powder, 3 gram per day for first three days of menstruation
Category
Treatment - Drugs

3

Description
Ginger powder 1 gram per day for first three days of menstruation
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
University of Mysore
Full name of responsible person
Dr. Khyrunnisa Begum
Street address
DOS in Food science and Nutrition, University of Mysore
City
Mysore

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of Mysore, Manasagangothri
Full name of responsible person
Khyrunnisa Begum
Street address
DOS in Food Science and Nutrition
City
Mysore
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of Mysore, Manasagangothri
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
Babol University of Medical Sciences
Full name of responsible person
Shabnam Omidvar
Position
PhD in Reproductive Health
Other areas of specialty/work
Street address
Medical Department, Babol University of Medical Sciences
City
Babol
Postal code
47176-47745
Phone
+98 11 4422 2511
Fax
Email
shomidvar@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Babol University of Medical Sciences
Full name of responsible person
Shabnam Omidvar
Position
PhD in Reproductive Health
Other areas of specialty/work
Street address
Medical Department, Babol University of Medical Sciences , Ganjafrooz St
City
Babol
Postal code
47176-47745
Phone
+98 11 4422 2511
Fax
Email
shomidvar@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Babol University of Medical Sciences
Full name of responsible person
Shabnam Omidvar
Position
PhD in Reproductive Health
Other areas of specialty/work
Street address
Babol University of Medical Sciences
City
Babol
Postal code
47176-47745
Phone
+98 11 4422 2511
Fax
Email
shomidvar@yahoo.com
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