

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jun 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-University 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