

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

Clinical trial of comparison between frankincense (*Boswellia serrata*) capsule and ginger (*Zingiber officinale*) capsule on reducing heavy menstrual bleeding among women at the age of 18-45 years

Protocol summary

Summary

This study aimed to compare the effectiveness of ginger and frankincense on menstrual bleeding volume. This study is a randomized, double blind, multi-center clinical trial with placebo control. Inclusion criteria: Outpatient women at the age of 18-45 years with regular 22 to 35-day menstrual cycles suffering from heavy or prolonged menstrual bleeding; normal endometrial thickness in ultrasound; normal gynecologic examination; normal Pap smear; absence of moderate or severe anemia; not using hormonal drugs or any medication affecting menstrual bleeding (oral contraceptive pills and aspirin, warfarin). Exclusion criteria: severe bleeding which requires emergency measures; extreme skin sensitivity to frankincense or ginger. Intervention group 1: Frankincense capsule and ibuprofen tablet will be prescribed for the patients, three times a day, from first to the last day of menstrual period. This order will be followed in two consecutive cycles. Intervention group 2: Ginger capsule and ibuprofen tablet will be prescribed for the patients, three times a day, from first to the last day of menstrual period. This order will be followed in two consecutive cycles. Control group: Placebo capsule and ibuprofen tablet will be prescribed for the patients, three times a day, from first to the last day of menstrual period. This order will be followed in two consecutive cycles. Primary outcomes: the duration and severity of bleeding of menstrual periods.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016062228579N1**
Registration date: **2017-02-03, 1395/11/15**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-02-03, 1395/11/15

Registrant information

Name

Razieh Eshaghian

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Isfahan University of Medical Sciences

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2017-03-19, 1395/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial of comparison between frankincense (*Boswellia serrata*) capsule and ginger (*Zingiber officinale*) capsule on reducing heavy menstrual bleeding among women at the age of 18-45 years

Public title

Ginger capsule and frankincense effect on uterine hemorrhage

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Outpatient women at the age of 18-45years; Regular 22- 35 day menstrual cycles; presence of menorrhagia based on Higham bleeding assessment chart (bleeding more than 80 ml per cycle, or more than 7 days); absence of moderate or severe anemia (hemoglobin greater than 10.5 milligrams per deciliter); The absence of uterine fibroma or being smaller than 5 cm; The absence of ovarian cysts; Not using hormonal drugs or any medication affecting menstrual bleeding (oral contraceptive pills and aspirin, warfarin); normal endometrial thickness in abdominal or trans vaginal ultrasound; The patient is not pregnant or during lactation. Exclusion criteria: pregnancy; breast feeding; taking hormonal drugs or mefenamic acid during their menstruation period; being allergic to ginger or frankincense; severe bleeding during menstruation period requiring emergency measures.

Age

From **18 years** old to **45 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features

This study is a randomized, double-blind clinical trial (randomized block design permutations with blocks on volume 3)

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezar jarib

street, Azadi square

City

Isfahan

Postal code**Approval date**

2016-08-17, 1395/05/27

Ethics committee reference number

IR.MUI.REC.1395.30414

Health conditions studied**1****Description of health condition studied**

Heavy menstrual bleeding

ICD-10 code

N92.0

ICD-10 code description

Excessive and frequent menstruation with regular cycle

Primary outcomes**1****Description**

Menstrual blood volume

Timepoint

The end of each menstrual cycle

Method of measurement

Pictorial Blood Loss Assessment (PBAC)

2**Description**

Time period (days) of menstrual bleeding

Timepoint

The end of each menstrual cycle

Method of measurement

Pictorial Blood Loss Assessment (PBAC)

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group 1: Frankincense capsule and ibuprofen tablet will be prescribed for the patients, three times a day, from first to the last day of menstrual period. This order will be followed in two consecutive cycles.

Category

Treatment - Drugs

2**Description**

Intervention group 2: Ginger capsule and ibuprofen tablet will be prescribed for the patients, three times a

day, from first to the last day of menstrual period. This order will be followed in two consecutive cycles.

Category

Treatment - Drugs

3**Description**

Control group: Placebo capsule and ibuprofen tablet will be prescribed for the patients, three times a day, from first to the last day of menstrual period. This order will be followed in two consecutive cycles.

Category

Placebo

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

Al Zahra Hospital's gynecology clinic

Full name of responsible person

Razieh Eshaghian

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Soffeh Boulevard

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2**Recruitment center****Name of recruitment center**

Shahid Beheshti Hospital's gynecology clinic

Full name of responsible person

Razieh Eshaghian

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Felezzi bridge, Shahid Motahari street

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

Vice chancellor for research, Isfahan University of Medical Sciences

Full name of responsible person

Mohammad Mazaheri

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Traditional Medicine Department, Isfahan University of Medical Sciences, Hezarjarib street

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Isfahan

Grant name**Grant code / Reference number**

395414

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for research, Isfahan 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**

Isfahan University of Medical Sciences

Full name of responsible person

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Position

PHD student of Traditional Medicine

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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