

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

The effect of Zataria multiflora boiss capsule on postpartum pain

Protocol summary

Summary

The aim of this study is the effect of Zataria multiflora boiss capsule on postpartum pain. It is a clinical, trial, randomized, and double-blind research will be done on 105 mothers, with normal vaginal deliveries. Inclusion criteria: 18-35 years of age; after at last 2 hours of their childbirth; gestational age is between 37-42 weeks; with no medical conditions; not high-risk pregnancy; no problem at childbirth; having moderate to severe pain. Exclusion criteria: Mother needs surgery and postpartum anesthesia received after the delivery; mother is suffering from serious complications after delivery. Shirazi thyme capsule, ibuprofen, and acetaminophen are uniformly and with codes A and B and C will be put in envelopes by the pharmacist and, then, based on random numbers will be given to individuals. Mothers, from 2 hours to 24 hours after delivery, will be studied in postpartum care unit of Ahvaz Imam Khomeini hospital. Before the intervention, the amount of pain will be measured and recorded with pain ruler and, then, the mothers will be given the first capsule and an hour after intervention, the mother's pain will measured and recorded with pain ruler again. Next capsules will be given to mothers every 6 hours and on their request.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016071128876N1**
Registration date: **2017-01-03, 1395/10/14**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-01-03, 1395/10/14

Registrant information

Name

Ladan Parsa

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8865 5366

Email address

ladan.parsa@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2016-07-31, 1395/05/10

Expected recruitment end date

2017-01-19, 1395/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Zataria multiflora boiss capsule on postpartum pain

Public title

The effect of Zataria multiflora boiss capsule on postpartum pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Iranian Mothers; speak Persian; having any communication problem; with at least literacy of writing and reading; live with his husband at the moment; the delivery must be vaginal and natural; the baby must be alive, singleton, and without malformations; gestational age must be between 37-42 weeks; it must be 2 hours after the mother's delivery;

mother must complain about the labor and post-delivery pain; have moderate to severe post-delivery pain; be willing to take the painkiller; it must not be a high-risk pregnancy; delivery with no problems; the mother is able to take the drug orally; has the ability to breast-feed the baby; the baby must be able to suck the mother's breast; to relieve pain, mother must have taken no other medications at the time of hospitalization; she must be unaffected by medical conditions; she must not be taking long-term medications; she must have no history of cesarean section or abdominal surgery; not have the history of allergy to non-steroidal anti-inflammatory drugs and to acetaminophen; not have a history of sensitivity to herbal medicines and spices; she must not be addicted to drugs; the drugs or methods of analgesia must not be used during delivery. Exclusion criteria: Mother needs surgery and postpartum anesthesia received after the delivery; mother is suffering from serious complications after delivery; continuation of breastfeeding is not possible due to causes related to mother or baby; mother has any side effects associated with the studied drugs; mother, for any reason, is unwilling to continue the study.

Age

From **17 years** old to **35 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **105**

Randomization (investigator's opinion)

Randomized

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

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Random numbers using excel software

Secondary Ids

empty

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

shahid Beheshti University of Medical Sciences

Street address

Nursing and Midwifery college of Shahid Beheshti University of Medical Sciences, in front of Shahid Rajaei Heart Hospital, Niayesh intersection, Valiasr Avenue, Tehran

City

Tehran

Postal code

1985717443

Approval date

2016-04-17, 1395/01/29

Ethics committee reference number

IR.SBMU.RAM.REC.1395.82

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

postpartum afterpains

ICD-10 code

z39

ICD-10 code description

Postpartum care and examination

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

postpartum afterpains

Timepoint

Before intervention, An hour after taking the capsules, Time to feel relief from pain.

Method of measurement

Pain ruler

Secondary outcomes**1****Description**

Possible side effects of intervention

Timepoint

At the end of the intervention period

Method of measurement

At the end of the intervention period

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

Intervention group: Capsule Zataria multiflora every 6 hours for 24 hours

Category

Treatment - Drugs

2**Description**

Control group: capsule of ibuprofen every 6 hours for 24 hours

Category

Treatment - Drugs

3

Description

Control group: capsule of paracetamol every 6 hours for 24 hours

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital

Full name of responsible person

Ladan Parsa

Street address

Imam Khomeini Hospital, Azadegan St. Ahvaz, Khozestan, Iran.

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shahid Beheshti University of Medical Sciences

Full name of responsible person

Mahrokh Dolatian

Street address

Nursing and Midwifery college of Shahid Beheshti University of Medical Sciences, in front of Shahid Rajaei Heart Hospital, Niayesh intersection, Valiasr Avenue, Tehran

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice chancellor for research, Shahid Beheshti 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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Ladan Parsa

Position

Master's student of Midwifery

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries

Contact

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Shahid Beheshti University of Medical Sciences

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Gity Ozgoli

Position

PhD in Reproductive Health

Other areas of specialty/work**Street address**

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Name of organization / entity

Shahid Beheshti University of Medical Sciences

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Ladan Parsa

Position

master's student of midwifery

Other areas of specialty/work**Street address**

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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