

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Investigation the effect of ginger powder on NF-KB, Ox-LDL, lipid profile and clinical symptoms in Rheumatoid arthritis patients

Protocol summary

Summary

Objectives: This study conducted to evaluate the effect of ginger powder on NF-KB, Ox-LDL, lipid profile and clinical symptoms in Rheumatoid arthritis patients.

Design: A randomized, double-blind, placebo-controlled clinical trial was conducted on 72 rheumatoid arthritis referred to rheumatologic clinic of Urmia Emam KHomeini hospital

Setting and conduct: Patients were divided randomly into 2 groups, intervention group (receiving ginger tablet 1.5 gr/day) and placebo group (placebo tablet 1.5 gr/day) for 8 weeks.

Participants: inclusion criteria were rheumatoid arthritis patients with aged 25-75 years old. Exclusion criteria including: pregnancy and breastfeeding; mellitus diabetes; thyroid and kidney disorders; smoking; infectors myocardial; hyperthyroidism; NF-KB, Ox-LDL, ESR Lipid profile (HDL-C, LDL-C, TC, TG) and clinical symptoms before and after 8 weeks intervention were compared between two groups. The DAS-28 questionnaire to evaluate the clinical symptoms and 24-hour dietary recalls was filled for participants in before and after the intervention duration.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016083129508N2**

Registration date: **2016-10-08, 1395/07/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-10-08, 1395/07/17

Registrant information

Name

Rasoul Zarrin

Name of organization / entity

Urmia University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Urmia University of Medical Sciences

Expected recruitment start date

2015-02-25, 1393/12/06

Expected recruitment end date

2015-05-28, 1394/03/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation the effect of ginger powder on NF-KB, Ox-LDL, lipid profile and clinical symptoms in Rheumatoid arthritis patients

Public title

Investigation the effect of ginger powder on NF-KB, Ox-LDL, lipid profile and clinical symptoms in Rheumatoid arthritis patients

Purpose

Other

Inclusion/Exclusion criteria

Inclusion Criteria: rheumatoid arthritis patients; age group 25-75 years. Exclusion Criteria including: pregnancy and breastfeeding; mellitus diabetes; thyroid and kidney disorders; smoking; infectors myocardial; hyperthyroidism; NF-KB, Ox-LDL, Lipid profile and clinical

symptoms before and after intervention were compared between two groups.

Age

From **25 years** old to **75 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **72**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee, Urmia University of Medical Sciences

Street address

Urmia University of Medical Sciences, Resalat Ave, Jahad street, Urmia

City

Urmia

Postal code

Approval date

2015-02-24, 1393/12/05

Ethics committee reference number

IR.umsu.REC.1393.289

Health conditions studied

1

Description of health condition studied

rheumatoid arthritis

ICD-10 code

M05.0

ICD-10 code description

Rheumatoid arthritis with splenadenomegaly and leukopenia

Primary outcomes

1

Description

number of swollen joint

Timepoint

before intervention, 8 weeks after intervention

Method of measurement

The clinical diagnosis

2

Description

NF-KB

Timepoint

before intervention, 8 weeks after intervention

Method of measurement

Ng/ml

3

Description

OxLDL

Timepoint

before intervention, 8 weeks after intervention

Method of measurement

Ng/L

4

Description

HDL-C

Timepoint

before intervention, 8 weeks after intervention

Method of measurement

mg/dl

5

Description

LDL-C

Timepoint

before intervention, 8 weeks after intervention

Method of measurement

mg/dl

6

Description

TC

Timepoint

before intervention, 8 weeks after intervention

Method of measurement

mg/dl

7

Description

TG

Timepoint

before intervention, 8 weeks after intervention

Method of measurement

mg/dl

Urmia

8

Description

ESR

Timepoint

before intervention, 8 weeks after intervention

Method of measurement

MI/hr

9

Description

RF

Timepoint

before intervention, 8 weeks after intervention

Method of measurement

-/+

Secondary outcomes

1

Description

Pain

Timepoint

before intervention, 3 months after intervention

Method of measurement

according visual analog scale

Intervention groups

1

Description

intervention group: receiving ginger tablet 1.5 gr/day for 8 weeks

Category

Other

2

Description

placebo group: placebo tablet 1.5 gr/day) for 8 weeks

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Rheumatology clinic of Urmia Emam Khomeini Hospital

Full name of responsible person

Dr. Rasoul Zarrin

Street address

Department of nutrition, Medicine Faculty, Nazlou Pardis , 11th km of Nazlou Road, Urmia, Iran

City

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Urmia University of Medical Sciences

Full name of responsible person

Dr. Iraj Mohebbi

Street address

Urmia University of Medical Sciences, Jahad Street, Resalat Ave, Urmia

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Urmia

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, Urmia 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

Urmia University of Medical Sciences

Full name of responsible person

Dr. Rasoul Zarrin

Position

Assistant Professor of Nutrition

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

Person responsible for updating data

Contact

Name of organization / entity

Urmia University of Medical Sciences

Full name of responsible person

Hojjat Naseri