Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The impact of ginger and curcumin on severty of premenstural syndrome symptoms

Protocol summary

Summary

The aim of this study is to assess the severity of the symptoms of the premenstrual syndrome and compare the therapeutic effects of ginger and curcumin on the symptoms of premenstrual syndrome. This study is clinical trial ,double-blind, randomized, and parallel group in comparison with placebo .It will study on 105 students of the dormitory of Tehran University of Medical Sciences . Inclusion criteria included having regular menstrual cycles 21-35 days, Physical and mental health , non sensitive to turmeric and ginger . Exclusion criteria included Unwillingness to continue participation in the study , Identification of any disease such as endocrine disease , If they have complications or allergic response to a drug or do not take the drugs. At first step, they will fill a questionnaire about their symptoms for two menstrual cycles . After identifying students with premenstrual syndrome, the students of this study will divide randomly to three groups include of ginger (500 mg) group, curcumin group (200 mg) and placebo control group. Each student will take two capsules daily during three cycles from seven days before menstruation to three days after it and records the severity of the symptoms of her menstruation in the questionnaire of the symptoms. The result of this Study for the students is determination variation of the severity of mental, physical and behavior symptoms of premenstrual syndrome.

General information

Acronym

PMS

IRCT registration information

IRCT registration number: **IRCT201301012751N7**
Registration date: **2013-06-10, 1392/03/20**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2013-06-10, 1392/03/20

Registrant information

Name
Masoomeh Kheirkhah
Name of organization / entity
Iran university of medical sciences
Country
Iran (Islamic Republic of)
Phone
+98 21 8247 1000
Email address
kheirkhah@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2013-05-09, 1392/02/19

Expected recruitment end date

2013-11-22, 1392/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of ginger and curcumin on severty of premenstural syndrome symptoms

Public title

The impact of ginger and curcumin on severty of premenstural syndrome symptoms

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Regular menstrual cycles 21-35 days, 18-35 years of age , unmarried, Physical and mental health , non-hormonal drugs, anticoagulant, antidepressants, supplements and herbal medicine, Not sensitive to turmeric and ginger , not taking any medication for the treatment of premenstrual syndrome, No alcohol or drugs, Non-traumatic stress in the last 3 months, no surgery in the last 3 months. Exclusion criteria: Unwillingness to continue participation in the study , If complications or allergic to a drug or other drug use, If stop taking the medication or taking medication irregularly , Identification of any disease such as endocrine disease, married during the study , Menstrual cycle irregularity during the study , Stressful events occurred during the study

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

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

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

2. Nursing and Midwifery Faculty, Tehran University of Medical Sciences

Street address

Tehran, Nosrat street, Tohid squar

City

Tehran

Postal code

1417933331

Approval date

2013-04-27, 1392/02/07

Ethics committee reference number

92/130/97/د

Health conditions studied

1

Description of health condition studied

premenstrual syndrome

ICD-10 code

N94.3

ICD-10 code description

Premenstrual tension syndrome

Primary outcomes

1

Description

Reduction in physical symptoms (headache, breast swelling and tenderness, back pain, abdominal pain, muscle pain, weight gain, swelling of extremities, nausea, diarrhea or constipation)

Timepoint

One month, two months, three months after intervention

Method of measurement

Questionnaire

2

Description

Reduction in mood symptoms (irritability and restlessness, anxiety and impatience, anger, depression and sadness, crying for no reason, feeling alone)

Timepoint

One month, two months, three months after intervention

Method of measurement

Questionnaire

3

Description

Reduction in behavioral symptoms (fatigue, lack of energy, insomnia, difficulty concentrating, increased appetite)

Timepoint

One month, two months, three months after intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Side effects of drugs

Timepoint

Three months after the intervention

Method of measurement

Questionnaire

Intervention groups

1

Description
ginger Capsules, 250 mg, 2 times a day, orally for 3 months
Category
Treatment - Drugs

2

Description
Placebo capsules, 100 mg, 2 times a day, orally for 3 months
Category
Treatment - Drugs

3

Description
curcumin Capsules, 100 mg, 2 times a day, orally for 3 months
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Dormitory of Tehran University of Medical Sciences
Full name of responsible person
samira khayat
Street address
Nursing and Midwifery Faculty of Tehran University of Medical Sciences
City
tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Nursing and Midwifery Faculty of Tehran University of Medical Sciences
Full name of responsible person
masoomeh kheirkhah
Street address
Nursing and Midwifery Faculty of Tehran University of Medical Sciences
City
tehran
Grant name
دانشکده پرستاری و مامایی دانشگاه علوم پزشکی تهران
Grant code / Reference number
Nursing and Midwifery Faculty of Tehran University of Medical Sciences
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Nursing and Midwifery Faculty of Tehran 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
Nursing and Midwifery Faculty of Tehran University of Medical Sciences
Full name of responsible person
Masoomeh Kheirkhah
Position
University Lecturer, Master of Midwifery
Other areas of specialty/work
Street address
Nursing and Midwifery Faculty of Tehran University of Medical Sciences
City
tehran
Postal code
1419733171
Phone
+98 21 6105 4312
Fax
+98 912 413 7578
Email
m-kheirkhah@tums.ac.ir
Web page address
http://fnm.tums.ac.ir/

Person responsible for scientific inquiries

Contact
Name of organization / entity
Nursing and Midwifery Faculty of Tehran University of Medical Sciences
Full name of responsible person
Masoomeh Kheirkhah
Position
University Lecturer, Master of Midwifery
Other areas of specialty/work
Street address
Nursing and Midwifery Faculty of Tehran University of Medical Sciences
City
tehran
Postal code
1419733171
Phone
+98 21 6105 4312

Fax
+98 912 413 7578
Email
m-kheirkhah@tums.ac.ir
Web page address
http://fnm.tums.ac.ir/

Person responsible for updating data

Contact
Name of organization / entity
Nursing and Midwifery Faculty of Tehran University of Medical Sciences
Full name of responsible person
Masoomeh Kheirkhah
Position
University Lecturer, Master of Midwifery
Other areas of specialty/work
Street address
Nursing and Midwifery Faculty of Tehran University of Medical Sciences
City
tehran
Postal code
1419733171
Phone
+98 21 6105 4312
Fax
Email
m-kheirkhah@tums.ac.ir
Web page address
http://fnm.tums.ac.ir/

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