Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Nov 2026

Study effects of honey –ginger (Zingiber officinale) jam on Erectile Dysfunction: a pilot study

Protocol summary

Study aim
Study effects of honey –ginger (Zingiber officinale) jam on Erectile Dysfunction
Design
In this study, 10patients who suffer from impotence will come in this study; each will take eight gram of honey –ginger jam (with proportion 1:2) daily.
Settings and conduct
This study will done in family health clinic,
Participants/Inclusion and exclusion criteria
Erectile dysfunction
Intervention groups
Prescribing eight gram of honey –ginger jam daily for one month.
Main outcome variables
The Outcomes will assist one months later with the international index of erectile function Questionnaire (IIEF)

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20140902019011N2**
Registration date: **2018-02-03, 1396/11/14**
Registration timing: **registered_while_recruiting**

Last update: **2018-02-03, 1396/11/14**
Update count: **0**
Registration date
2018-02-03, 1396/11/14

Registrant information
Name
muhammad attarfar
Name of organization / entity
shaheed Beheshti University of medical Science
Country
Iran (Islamic Republic of)
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+98 21 8877 3521
Email address
attarfar@sbmu.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-01-20, 1396/10/30
Expected recruitment end date
2018-03-20, 1396/12/29
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Study effects of honey –ginger (Zingiber officinale) jam on Erectile Dysfunction: a pilot study

Public title
Study effects of honey –ginger (Zingiber officinale) jam on Erectile Dysfunction
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Men’s Suffers from Impotence Age > 40 years
Exclusion criteria:
Major surgery in pelvic region Radiotherapy in pelvic region History of spinal nerve injury History of extreme heart failure History of penis fracture Peyronie disease Taking Warfarin, Heparin Active peptic ulcer Psychological disorder Sensitivity to ginger Hot and Dry Temperament (score above 21 for hotness, above 5 for dryness)

Age
From **40 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **10**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Medical Researchs, Shahid Beheshti University of Medical Sciences
Street address
No.2 SBUMS, Next to Ayatollah Taleghani Hospital, Velenjak, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
198396-3113
Approval date
2015-03-15, 1393/12/24
Ethics committee reference number
SBMU.REC.1393.830

Health conditions studied

1

Description of health condition studied
Erectile Dysfunction
ICD-10 code
N48.4
ICD-10 code description
Impotence of organic origin

Primary outcomes

1

Description
IIEF score
Timepoint
Before intervention, one month after intervention
Method of measurement
International Index of Erectile Function (IIEF) Questionnaire

Secondary outcomes

1

Description
Body Mass Index
Timepoint
Before intervention, one month after intervention
Method of measurement
Scales & meter

2

Description
Body Fat Percentage
Timepoint
Before intervention, one month after intervention
Method of measurement
Omron BF511

3

Description
Visceral Fat Percentage
Timepoint
Before intervention, one month after intervention
Method of measurement
Omron BF511

4

Description
Skeletal Muscle Percentage
Timepoint
Before intervention, one month after intervention
Method of measurement
Omron BF511

Intervention groups

1

Description
Intervention group: 2.5 gram ginger (Zingiber officinale) & 5.5 gram hony as jam 30 min. after lunch
Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Family Health Clinic, Shahid University

Full name of responsible person
Seyed Kazem Foroutan

Street address
Shahed Unversity Family Health Clinic, Next to Mostafa Khomeini Hospital, Palestine squire, Italia ave., Tehran, Iran.

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3319118651

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
School of Traditional Medicine, Shahid Beheshti University of Medical Sciences

Full name of responsible person
Dr. Mokaberinejad

Street address
#8, Shams Alley, Across from Shaid Abbaspour St, Vali Asr Ave.

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14155-6153

Phone
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Email
rmokaberi@gmail.com

Grant name

Grant code / Reference number

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

Title of funding source
School of Traditional Medicine, Shahid Beheshti University of Medical Sciences

Proportion provided by this source
100

Public or private sector
Public

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
School of traditinal medicine, Shahid Beheshti University of Medical Sciences

Full name of responsible person
Mohammad Attarfar

Position
PhD candidate

Latest degree
Medical doctor

Other areas of specialty/work
Traditional Medicine

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Shahid school of traditional medicine, Shahid Beheshti University of Medical Sciences

Full name of responsible person
Mahmood khodadoost

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Traditional Medicine

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Person responsible for updating data

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Full name of responsible person
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Position
Ph.D Candidate

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Medical doctor

Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
demographic and International index of erectile function can be shared.

When the data will become available and for how long
6 month after publish results

To whom data/document is available
available for people working in academic institutions

Under which criteria data/document could be used
the IPD can be shared under Common Creative terms; also the requests should provide abstract and goals of new study

From where data/document is obtainable
contact dr. Mohammad Attarfar. attarfar@sbmu.ac.ir

What processes are involved for a request to access data/document
the data will sent to any academic researcher who accept CC terms, usually upon 10 days.

Comments