Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison of the effect of ginger and passion flower On pain in patients with primary dysmenorrhea

Protocol summary

Summary

The aim of this study was to investigate the effect of ginger and passion flower on the pain of patients with primary dysmenorrhea. Design: Randomized, one blind clinical trial, one-stage trial .study population: Girls with primary dysmenorrhea referring to Khomein health centers after examination by The gynecologist . The main criteria for entering the study are those with moderate and severe dysmenorrhea, single girls aged between 18 and 30 years, with regular menstrual cycles. The main outcomes of the study included contraceptive pills, herbal and allergy susceptibility, this study included 120 females with primary dysmenorrhea, selected by simple sampling and randomly assigned into three groups of 40, The randomization was performed in three groups (intervention group 1 and 2, and control group). In the intervention group 1 ginger capsule (500 mg ginger root powder), Golgardo Company manufactured in Iran and under the brand name Zinetuma three times a day at the beginning of the menstrual cycle for three days and in intervention group 2, drop of passion flower Brandy (Pas pp) brand made by Iran Daruk Company (20 drops in the morning, 40 drops in the evening) and in the third group (control group) one of the common treatments for the primary dysmenorrhea, ie mefenamic acid (250mg) The ponstan brand of Razak Company is given 4 times every 6 hours for 2 months (monthly cycle). Intervention Time: Month (Monthly Cycle) Initial Outcome: Dysmenorrhea is the amount of pain at the beginning and end of the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201707083227N10**
Registration date: **2017-08-19, 1396/05/28**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2017-08-19, 1396/05/28

Registrant information

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Arak University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Vice-Chancellor Of Research And Research Of Arak University Of Medical Sciences

Expected recruitment start date

2017-07-18, 1396/04/27

Expected recruitment end date

2018-02-16, 1396/11/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of ginger and passion flower On pain in patients with primary dysmenorrhea

Public title

Effect of ginger and passion flower On pain in patients with primary dysmenorrhea

Purpose

Supportive

Inclusion/Exclusion criteria

The main criteria for entering the study are those with moderate and severe dysmenorrhea, single girls aged between 18 and 30 years, with regular menstrual cycles. The main outcomes of the study included the use of contraceptive pills, drug and herbal susceptibility

Age

From **18 years** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee Arak University Of Medical Sciences

Street address

University Of Khomein Medical Sciences

City

Khomein

Postal code

Approval date

2017-05-22, 1396/03/01

Ethics committee reference number

IR.ARAKMU.REC.1396.33

Health conditions studied

1

Description of health condition studied

Primary Dysmenorrhoea

ICD-10 code

N94.4

ICD-10 code description

Primary Dysmenorrhoea

Primary outcomes

1

Description

Intensity Of Pain

Timepoint

Monthly

Method of measurement

Descriptive Criteria For Pain And Pain Ruler

Secondary outcomes

1

Description

Side effects of passion flower

Timepoint

Monthly

Method of measurement

questionnaire

Intervention groups

1

Description

In intervention group 1 ginger capsule (500 milligrams of ginger root powder), Golgardo Company manufactured in Iran and under the brand name Zinetuma three times a day at the beginning of the menstrual cycle, for three days In 2 months (monthly cycle)

Category

Treatment - Drugs

2

Description

In the third group (control group), one of the commonly used treatments for the treatment of the primary dysmenorrhea, ie, mefenamic acid (250 mg), with the ponstan brand name of Razak Company, is given 4 times every 6 hours for 2 months (monthly cycle).

Category

Treatment - Drugs

3

Description

in intervention group 2, Drop of passion flower with a brand name (Pas pp) made by Iran Daruk Company Iran (20 drops in the morning, 40 drops in the evening) 2 times a day for 2 months (monthly cycle)

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Khomein Health Centers

Full name of responsible person

Azam kerami Faculty Member

Street address

University Of Khomein Medical Sciences

City

Khomein

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University Khomein Medical Sciences

Full name of responsible person

Research Deputy Of Khomein Medical School

Street address

Khomein, College Khomein Medical Sciences

City

khomein

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University Khomein 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

University Khomein Medical Sciences

Full name of responsible person

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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