Clinical Trial Protocol
Iranian Registry of Clinical Trials

24 Jun 2026

Effect of Ginger and Chamomile on nausea and vomiting in pregnancy

Protocol summary

Summary

In this study, we aimed to measure the impact of Ginger and Chamomile on the nausea and vomiting in pregnant women of our area. This triple-blind randomized placebo-controlled trial, included 105 pregnant women in 6-16 weeks of gestational age with a mild to moderate nausea and vomiting, who are referred to the prenatal care clinic in Dezyani hospital, Gorgan, Iran, 2009-2010. Rhodes index questionnaire had been given to all participants to be completed before bedtime for two weeks. In the first week no intervention was done, and prescribing the capsules was started in the next week. They were divided into 3 groups: In group 1, Ginger capsules twice a day for one week, in group 2; chamomile capsule twice daily and in placebo group glucose capsule was prescribed as well. Their scores were calculated and all data were entered into the spss16 software.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138905064462N1**
Registration date: **2010-10-11, 1389/07/19**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-10-11, 1389/07/19

Registrant information

Name

Saba Besharat

Name of organization / entity

Tehran university of medical scineces

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Master of science thesis

Expected recruitment start date

2009-10-22, 1388/07/30

Expected recruitment end date

2010-06-20, 1389/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Ginger and Chamomile on nausea and vomiting in pregnancy

Public title

Effect of Ginger and Chamomile on nausea and vomiting in pregnancy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1- Gestational age 6-16 weeks from LMP OR ultrasound. 2- Mild to moderate nausea and vomiting induced by pregnancy according to Rhodes index. 3- Single pregnancy with an alive and healthy fetus. 4- Without any GI diseases or other organs diseases. 5- Ability to read and write. 6- Age 18-35 years. 7- Not to have any allergy to herbal drugs. Exclusion criteria: 1- Severe nausea and vomiting that needs to be hospitalized. 2- Not to have any tendency to continue use of herbal medicines. 3- Other signs like diarrhea that show nausea and vomiting are pathological. 4- Each disease which makes or increases nausea and vomiting. 5- Allergy to Ginger or Chamomile.

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)

Triple blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

We translated Rhodes index to Persian, then content validity have done with experts and we used test-re-test method for reliability.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran unuversity of medical sciences

Street address

Ghods ave. Keshavarz blvd.

City

Tehran

Postal code

Approval date

2010-07-08, 1389/04/17

Ethics committee reference number

505/130/89/ص

Health conditions studied

1

Description of health condition studied

nausea and vomiting induced by pregnancy

ICD-10 code

O21.9

ICD-10 code description

Vomiting of pregnancy, unspecified

Primary outcomes

1

Description

frequency of vomiting

Timepoint

every 24hours

Method of measurement

Rhodes index

2

Description

frequency of nausea

Timepoint

every 24hours

Method of measurement

rhodes index

3

Description

distress from retching

Timepoint

every 24hours

Method of measurement

rhodes index

4

Description

frequency of retching

Timepoint

every 24hours

Method of measurement

Rhodes index

5

Description

vomiting distress

Timepoint

every 24hours

Method of measurement

Rhodes index

6

Description

amount of vomiting

Timepoint

every 24hours

Method of measurement

Rhodes index

7

Description

distress from nausea

Timepoint

every 24hours

Method of measurement

Rhodes index

8

Description

duration of nausea

Timepoint
every 24hours
Method of measurement
rhodes index

Secondary outcomes

1

Description
decrease of vomiting
Timepoint
at the end of study
Method of measurement
Rhodes index

2

Description
decrease of nausea
Timepoint
at the end of study
Method of measurement
rhodez index

Intervention groups

1

Description
Group 1: Ginger capsules 500mg for 7days, twice a day
Category
Treatment - Drugs

2

Description
Group2: Chamomile capsules 500mg for 7days, twice a day
Category
Treatment - Drugs

3

Description
Group 3: Placebo contain 500mg corn flour for 7days, twice a day
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Deziani hospital
Full name of responsible person
Street address
City
Gorgan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran nursing and midwifery faculty
Full name of responsible person
Maryam Modares
Street address
Tohid square
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tehran nursing and midwifery faculty
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
Tehran nursing and midwifery faculty
Full name of responsible person
Saba Besharat
Position
Msc of midwifery student
Other areas of specialty/work
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Web page address

Person responsible for scientific inquiries

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Tehran nursing and midwifery faculty
Full name of responsible person

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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