

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 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 sciences

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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**Street address**

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Tehran nursing and midwifery faculty

Full name of responsible person

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Position

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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