

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 May 2026

Comparing the effect of hydroalcoholic extract of *Urtica Dioica* with mefenamic acid on Menorrhagia in referring women to gynecological centers related to Mazandaran Medical Science university on 2011.

Protocol summary

Summary

This study will be done in triple blind method with the target of determining the effect of *urtica dioica* on menorrhagia. Inclusion criteria are: Age 15 to 45 years; Body Mass Index 18.5 to 29.9; having regular menstrual periods; Being affected by menorrhagia; distinguished by using pictorial blood loss assessment chart and exclusion criteria are: allergy to *urtica dioica*; Having an special disease; pregnancy or deciding to be pregnant in three future month; berest feeding; dont follow the exact prscribed curing method and patient,s tendency to going out of study. the comunity of study includes all of the women affected by menorrhagia which refer to gynecological centers related to medical science university of Mazandaran in 2011. 90 patients will be allocated into two groups by chance, control group or intervention group and then mefenamic acid and *urtica dioica* will be prescribed to intervention group and mefenamic acid and placebo of *urtica dioica* will be prescribed to control group for two cycle. the number of days and amount of bleeding will be checked inside and between groups before intervention and after the first and second cycle of intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201111254529N3**
Registration date: **2012-05-17, 1391/02/28**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-05-17, 1391/02/28

Registrant information

Name

Nourossadat Kariman

Name of organization / entity

Shaheed Beheshti University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8888 3133

Email address

n_kariman@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshty University Of Medical Science;
International Part.

Expected recruitment start date

2012-01-05, 1390/10/15

Expected recruitment end date

2012-07-05, 1391/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of hydroalcoholic extract of *Urtica Dioica* with mefenamic acid on Menorrhagia in referring women to gynecological centers related to Mazandaran Medical Science university on 2011.

Public title

Comparing the effect of *Urtica Dioica* with mefenamic acid on heavy menstrual bleeding.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Age 15 to 45 years; Body Mass Index 18.5 to 29.9; Being affected by menorrhagia, distinguished by using pictorial blood loss assessment chart. Exclusion criteria: Having a special disease; pregnancy or deciding to be pregnant in three future months; breastfeeding; allergy to Urtica dioica; not following the exact prescribed curing method; patient's tendency to going out of study.

Age

From **15 years** old to **45 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary IDs

empty

Ethics committees

1

Ethics committee

Name of ethics committee

shahid beheshti university of medical science - international part

Street address

valiasr Street-shahid abbaspur Street (tavanir) - hemmat bridge- 19

City

Thran

Postal code

1434875451

Approval date

2011-12-13, 1390/09/22

Ethics committee reference number

3739/116

Health conditions studied

1

Description of health condition studied

Menorrhagia

ICD-10 code

N92.0

ICD-10 code description

خونریزی شدید قاعدگی با سیکلهای منظم

Primary outcomes

1

Description

Number of days of bleeding in menstruation.

Timepoint

Before, one month and then two months after intervention.

Method of measurement

By using pictorial blood loss assessment chart.

2

Description

Amount of menstrual bleeding.

Timepoint

Before, one month and two months after intervention

Method of measurement

By using pictorial blood loss assessment chart.

Secondary outcomes

1

Description

side effects of prescribed drugs

Timepoint

During and after first and second month of using drugs.

Method of measurement

By using the chart of daily using of drugs.

Intervention groups

1

Description

mefenamic acid cap 500 mg q8hr and Urtica dioica cap 1 mg q12hr, from the first day of menstruation, for 7 days will be prescribed to intervention group.

Category

Treatment - Drugs

2

Description

mefenamic acid cap 500 mg q8hr and placebo of Urtica dioica cap 1 mg q12hr, from the first day of menstruation, for 7 days will be prescribed to placebo group.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeiny Hospital Of Sari.

Full name of responsible person

Atefe Sortiji, MSc Midwifery Steudent.

Street address

Imam khomeiny Hospital, Amir Mazandarani street.

City

Sari

2

Recruitment center

Name of recruitment center

Razi Hospital Of Ghaemshahr

Full name of responsible person

Atefe sourtiji, MSc Midwifery Steudent

Street address

Razi Hospital, Yusef Reza Street, Ghaemshahr

City

Sari

3

Recruitment center

Name of recruitment center

Imam Ali Hospital Of Amol

Full name of responsible person

Atefe sourtiji, MSc Midwifery steudent.

Street address

Imam Ali Hospital, Fajr Square, Sheykh Fazlollah Nouri Boulevard , Amol

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

International part Of Shahid Beheshti University of Medical Science

Full name of responsible person

Dr Ali Haery

Street address

Number19, International part Of Shahid Beheshti University of Medical Science, Hemmat Bridge, Shahid Abbaspoor Street (Tavanir), Valiasr Street

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

International part Of Shahid Beheshti University of Medical Science

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

International Part Of Shahid Beheshti University of Medical Science

Full name of responsible person

Atefe Sourtiji

Position

MSc Midwifery Steudent of Shahid Beheshti University of Medical Science, International Part

Other areas of specialty/work**Street address**

Number 19, International Part Of Shahid Beheshti University of Medical Science, Hemmat Bridge, Shahid Abbaspour Street (Tavanir), Valiasr Street.

City

Tehran

Postal code

1434875451

Phone

+98 21886491756

Fax

+98 88649181

Email

ib@sbmu.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahid Beheshti Universityof Midwifery and Nursing

Full name of responsible person

Mrs. Nourossadat Kariman

Position

Msc of Midwifery

Other areas of specialty/work**Street address**

Shahid Beheshti University, Bisection Valiasr Street, Niaysh Street.

City

Tehran

Postal code**Phone**

+98 21 8820 2512

Fax**Email**

n_kariman@yahoo.com

Web page address

www.sbmu.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

International Part of Shahid Beheshti University of
Medical Science

Full name of responsible person

Atefe Sourtiji

Position

MSc Midwifery Steudent

Other areas of specialty/work

Street address

Number19 ,International Part of Shahid Beheshti
University of Medical Science, Hemmat bridge, Shahid
Abbaspour Street (Tavanir), valiasr street.

City

Tehran

Postal code

1434875451

Phone

+98 21886491756

Fax

+98 88649181

Email

ib@sbmu.ac.ir

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