

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparing the effect of Rosemary and Ginger ointment on pain and physical function of older people with Knee Osteoarthritis

Protocol summary

Study aim

Comparing the effect of Rosemary and Ginger ointment on pain and physical function of older people with Knee Osteoarthritis

Design

A Randomized, Open-Label, Controlled Clinical Trial with 111 patients The studied groups are divided into three groups by random blocking method

Settings and conduct

Patients in both intervention groups will receive the desired ointment twice a day, from 8 to 10 in the morning and from 18 to 19 in the evening, for 14 days. Gently massage two fingers of ointment on the knee for a few minutes

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age over 60 years Having first and second-degree osteoarthritis in one or both knees The willingness of the patient to attend the study BMI less than or equal to 30 Not using oral and topical steroids within 14 days before the study No intra-articular steroid injection within 90 days before the study Not taking antioxidant supplements and anti-anxiety and depression drugs at least one month before Absence of balance disorders Obtaining a score of 7 and above in the abbreviated cognitive test (AMT) Exclusion criteria: Stopping the intervention by the patient Osteoarthritis secondary to rheumatological diseases such as rheumatoid arthritis, gout, infectious arthritis, metabolic arthritis, traumatic arthritis, Knee joint replacement surgery during the intervention Severe sensitivity and allergy to the drug Patient participation in other motor rehabilitation programs Suffering from acute inflammatory diseases and infectious diseases, and malignancies

Intervention groups

There are two intervention groups and one control group. One group receives ginger ointment, one rosemary ointment group, and the control group receives non-steroidal anti-inflammatory drugs.

Main outcome variables

The effect of the studied ointments on pain and physical function of the elderly with knee osteoarthritis

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210521051354N1**

Registration date: **2022-08-16, 1401/05/25**

Registration timing: **prospective**

Last update: **2022-08-16, 1401/05/25**

Update count: **0**

Registration date

2022-08-16, 1401/05/25

Registrant information

Name

Ehsan Asadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 66 3332 9670

Email address

beyranvand.a@lums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-13, 1401/07/21

Expected recruitment end date

2023-02-10, 1401/11/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparing the effect of Rosemary and Ginger ointment on pain and physical function of older people with Knee Osteoarthritis

Public title
Comparing the effect of Rosemary and Ginger ointment on pain and physical function of older people with Knee Osteoarthritis

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
People over 60 years
Exclusion criteria:

Age
From **60 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **111**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Lorestan University of Medical Sciences's ethics committee

Street address

Psychiatric Hospital Kamalvand-Kahriz-Mehr

City

Khorramabad

Province

Lorestan

Postal code

381251698

Approval date

2021-04-24, 1400/02/04
Ethics committee reference number
IR.LUMS.REC.1400.002

Health conditions studied

1

Description of health condition studied

Knee Osteoarthritis

ICD-10 code

M17

ICD-10 code description

Osteoarthritis of knee

Primary outcomes

1

Description

Pain rate score on The Visual Analogue Scale; the intensity of people whose pain scale score is above 3

Timepoint

Measurement of pain in the elderly with osteoarthritis of the knee before the intervention and fourteen days after the application of rosemary and ginger ointment

Method of measurement

Questionnaire of Visual Analog Scale for Pain

2

Description

WOMAC Physical function Score in People whose physical performance scale scores is between 0 and 96

Timepoint

Measurement of physical function in the elderly with osteoarthritis of the knee before the intervention and fourteen days after the application of rosemary and ginger ointment

Method of measurement

WOMAC Physical Performance Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group: This group receives rosemary ointment made by Gol Daru company, so they receive it twice a day at 8-10 AM and in the evening at 6-7 PM for 14 days. It is explained to the patient first clean the target area and then massage two knuckles of ointment on the knee for a few minutes. Before and after the intervention, questionnaires, including a visual Analogue scale of pain, Abbreviated Mental test (AMT), and arthritis severity scale (WOMAC), are completed.

Category

Treatment - Drugs

2

Description

Intervention group: The second intervention group: This group receives ginger ointment made by knowtechphar company, so they receive the ointment twice a day at 8-10 AM and 6-7 PM for 14 days. It is explained to the patient first clean the target area and then massage two knuckles of ointment on the knee for a few minutes.

Before and after the intervention, questionnaires including the visual Analogue scale of pain, Abbreviated Mental test (AMT), and arthritis severity scale (WOMAC) are completed.

Category

Treatment - Drugs

3

Description

Control group: This group receives non-steroidal anti-inflammatory drugs(NSAIDs). Before and 14 days after receiving the drugs, questionnaires including the visual Analogue scale of pain, Abbreviated Mental test (AMT), and arthritis severity scale (WOMAC) are completed.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Orthopedic clinic

Full name of responsible person

Abbas pezeshki

Street address

Iran's Khorramabad, Enghelab Street, Shohadaye Ashayer Hospital

City

Khorramabad

Province

Lorestan

Postal code

6814993165

Phone

+98 66 3332 0105

Email

i_asadi68@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Khoram-Abad University of Medical Sciences

Full name of responsible person

Ebrahim Fallahi

Street address

Iran's Khorramabad is home to the Lorestan University of Medical Sciences in Kamalvand.

City

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Lorestan

Postal code

6814993165

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Email

edu@lums.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

Lorestan 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

Khoram-Abad University of Medical Sciences

Full name of responsible person

Ehsan Asadi

Position

Nurse student pursuing a master's degree

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Iran's Mehr Psychiatric Hospital is located in Khorramabad, Kamalvand.

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Province

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Postal code

6814993165

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+98 66 3312 0150

Email

i_asadi68@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Khoram-Abad University of Medical Sciences

Full name of responsible person

Afsaneh Beiranvand

Position

adjunct professor

Latest degree

Ph.D.

Other areas of specialty/work

Neuroscience

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Person responsible for updating data**Contact****Name of organization / entity**

Khoram-Abad University of Medical Sciences

Full name of responsible person

Ehsan Asadi

Position

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available