

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effects of Zingiber officinal R. root on primary dysmenorrhea

Protocol summary

Summary

This is a randomize, double- blind, placebo-control, parallel-group study conducting on students with moderate and severe primary dysmenorrhea residing in dormitories of Shahed University. Subjects are selecting through a questionnaire which including demographic and menstrual cycle characteristics and grading of dysmenorrhea. Grading of dysmenorrhea are determine by verbal multidimensional scoring system and subjects who are grading moderate and severe dysmenorrhea are randomly allocating into two groups that receiving the Zingiber capsule and the placebo capsule. Severity of pain is determining by a visual analogue scale.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201105266206N3**
Registration date: **2011-07-10, 1390/04/19**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-07-10, 1390/04/19

Registrant information

Name

Parvin Rahnama

Name of organization / entity

Shahed University

Country

Iran (Islamic Republic of)

Phone

+98 21 6641 8587

Email address

prahnama@shahed.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahed University

Expected recruitment start date

2008-06-21, 1387/04/01

Expected recruitment end date

2009-02-18, 1387/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of Zingiber officinal R. root on primary dysmenorrhea

Public title

effect of ginger on pain relief in primary dysmenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria

Students with (aged 18 and over), primary and moderate to severe dysmenorrhea (score 2 or 3), regular period, and single are including in this study. Exclusion criteria are a pre-existing diagnose disease, history of gestation or taking oral contraceptives, body mass index (BMI)<19 or>26, and mild dysmenorrhea

Age

From **18 years** old to **32 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)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shahed University

Street address

Opposite to Holy Shrine of Imam Khomeini, Tehran-Qom Freeway

City

Tehran

Postal code

Approval date

2006-08-15, 1385/05/24

Ethics committee reference number

150/828

Health conditions studied

1

Description of health condition studied

primary dysmenorrhea

ICD-10 code

N94.4

ICD-10 code description

Primary dysmenorrhoea

Primary outcomes

1

Description

pain

Timepoint

After treatment

Method of measurement

The visual analog scale (VAS)

Secondary outcomes

empty

Intervention groups

1

Description

The ginger is receiving 500 mg capsules of ginger powders three times in two different treatment protocols. Both the treatment protocols are conducting on the same patients with one month interval between the protocols. Treatment protocol 1: In this protocol ginger is giving two days before and continuing through the three days from starting menstrual period. In the second protocol ginger is giving for the first three days of the menstrual period. Treatment protocol 2: In this protocol ginger is giving for the first three days of the menstrual period.

Category

Treatment - Drugs

2

Description

The placebo is receiving 500 mg capsules of placebo powders three times in two different treatment protocols. Both the treatment protocols are conducting on the same patients with one month interval between the protocols. Treatment protocol 1: In this protocol placebo is giving two days before and continuing through the three days from starting menstrual period. In the second protocol placebo is giving for the first three days of the menstrual period. Treatment protocol 2: In this protocol placebo is giving for the first three days of the menstrual period.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

dormitory of Shahed University

Full name of responsible person

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Herbal Research Center, Shahed University

Full name of responsible person

Ghلامali Naderi

Street address

Opposite to Holy Shrine of Imam Khomeini, Tehran-Qom Freeway

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Herbal Research Center, Shahed University

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**

shahed University

Full name of responsible person

Parvin Rahnama

Position

Ph.D

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

Rahimzadeh st., Valie Asre st., Faculty of Nursing and Midwifery, Shahed University

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Shahed University

Full name of responsible person

Parvin Rahnama

Position**Other areas of specialty/work****Street address****City****Postal code****Phone****Fax****Email****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