

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of fenugreek seed capsule on after delivery pain

Protocol summary

Summary

This study is a randomized controlled clinical trial and were performed in multiparous women were admitted in Obstetrics and Gynecology ward of zaeim hospital of pakdasht, due to normal vaginal delivery in 2011. Sample size was 82 patients randomized in two groups fenugreek as case and starch as placebo. 2 groups were matched in terms of gravid , para,abortion,age and episiotomy. When patients complained of after pain, 2 capsules of drug or placebo were administered. The patients were visited for 24 hours. The pain, before the intervention and half an hour after intervention or atleast 4 hours after taking pain relief such as Mefenamic acid or brofen were measured by Mc Gill pain rating scale. Half an hour after each intervention, if the amount of pain was 2 or higher or on patient demand, a capsule of Mefenamic acid or brofen was adminstereted.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201206106807N4**

Registration date: **2012-07-25, 1391/05/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-07-25, 1391/05/04

Registrant information

Name

Sedigheh Amir Ali Akbari

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2272 9240

Email address

akbarisedd@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshty University of Medical of Sciences

Expected recruitment start date

2011-08-23, 1390/06/01

Expected recruitment end date

2011-12-22, 1390/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of fenugreek seed capsule on after delivery pain

Public title

Effect of fenugreek on after delivery pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1-people who have normal vaginal delivery; 2- people who have after delivery pain; 3- people who are multipar; 4-people who haven't NVD with vacumm , forceps or press on fondus; 5- Those people who aren't addict; 6-people who haven't L3 Or L4 rupture of perineum during NVD; 7-people who aren't unread; 8- people who haven't history of allergy to fenogreek or other plants; 9-those haven't history of c/s or other abdominal surgery. Exclusion criteria: 1- Hospitalization time less than 18 hours after delivery and 2- if drugs couldn't sedate the mother and other interventions was necessary.

Age

No age limit

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 82

Randomization (investigator's opinion)

N/A

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

shahid beheshty of medical sciences

Street address

tabnac street next to taleghany hospital

City

Tehran

Postal code

Approval date

2011-07-24, 1390/05/02

Ethics committee reference number

90-1-86-7865-1

Health conditions studied

1

Description of health condition studied

After pain

ICD-10 code

Z39

ICD-10 code description

Postpartum care and examination

Primary outcomes

1

Description

After pain

Timepoint

Before intervention & 3 or 4 times after interventiom

Method of measurement

McGill pain questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Fenugreek seed.tab 900mg oral-per
6 hours for 24hours

Category

Treatment - Drugs

2

Description

Control group: placebo:2 starch capsule 500 mg oral per
6 hour until 24 hours

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Zaeim Hospital

Full name of responsible person

sedigheh amir ali akbari

Street address

nursing and midwifery faculty .Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

shahid beheshty of medical sciences

Full name of responsible person

Dr masomeh simbar

Street address

nursing and midwifery faculty Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

shahid beheshty of medical sciences

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**

shahid beheshty of medical sciences

Full name of responsible person

sedigheh amir ali akbari

Position

faculty member

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

nursing and midwifery of shahid beheshty

City

Tehran

Postal code**Phone**

+98 21 2272 9240

Fax**Email**

asa_akbari@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

shahid beheshty of medical sciences

Full name of responsible person

sedigheh amir ali akbari

Position

faculty member

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

Tehran

City

Tehran

Postal code**Phone**

+98 21 2272 9240

Fax**Email**

asa_akbari@yahoo.com

Web page address**Person responsible for updating data****Contact****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