Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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)

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+98 21 2272 9240

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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 0r 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
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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