

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

The effect of Horse tail (*Equisetum arvense*) on healing and the pain of episiotomy among primiparous women: A Randomized Controlled Trial

Protocol summary

Summary

The aim of this study is to determine the effect of Horse tail ointment on healing and the pain from episiotomy wounds in women. In this triple blind clinical trial, 108 healthy primiparous women aged between 18 – 35 with Mediolateral Episiotomy will be allocated into two, Horse tail or placebo ointment, groups using block randomization with allocation ratio 1:1 and block sizes of 4 and 6 were determined with a computerized program. The ointments will be produced by the pharmacist colleague in similar color and will put into similar tubes with no label. A person not involved in sampling and data collection will put the ointment tubes into sequentially numbered sealed opaque envelopes to conceal allocation sequence. After filling in baseline characteristics and measuring the episiotomy incision length, participants will sequentially get the envelopes and will be asked to rub the ointment with her knuckle on the wound every 12 ± 2 hours. The wound pain and healing will be assessed using visual analogue scale (VAS and REEDA scale) before discharge of hospital (before any intervention), 5 ± 1 and 10 ± 1 day after using the ointments. (in lithotomy position). received data analysed statistical methods

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201305277618N5**
Registration date: **2013-07-29, 1392/05/07**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-07-29, 1392/05/07

Registrant information

Name

Soheila Bani

Name of organization / entity

Tabriz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2013-07-11, 1392/04/20

Expected recruitment end date

2013-10-12, 1392/07/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Horse tail (*Equisetum arvense*) on healing and the pain of episiotomy among primiparous women: A Randomized Controlled Trial

Public title

The effect of Horse tail (*Equisetum arvense*) on healing and the pain of episiotomy among primiparous women: A Randomized Controlled Trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: healthy primiparous woman; having alive fetus; willingness to participate in the study;

mediolateral episiotomy Exclusion criteria: women less than 18 and more than 35 years old; history of impaired wound healing disease, like systemic disease, cardiac, renal, pulmonary, coagulation disorders, immune deficiency, connective tissue disorders, diabetes, haemophilia ; mental illness; Anaemia in pregnancy (haemoglobin less than 11/5); multiple fetus ; macrosomia; malformed fetus; having early postpartum hemorrhage ; extent or large episiotomy (repair length 4-3 cm) ; Instrumental delivery ; manipulation and vaginal exam history after delivery

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **108**

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

Research deputy, Tabriz University of Medical Sciences

Street address

Golgasht street

City

Tabriz

Postal code

Approval date

2013-06-10, 1392/03/20

Ethics committee reference number

9242

Health conditions studied

1

Description of health condition studied

Episiotomy

ICD-10 code

O90.1

ICD-10 code description

Disruption of perineal obstetric wound

Primary outcomes

1

Description

Episiotomy healing wound

Timepoint

Before intervention) before discharge of hospital(and 5±1and 10±1 day after intervention

Method of measurement

REEDA (Redness, Edema, Ecchymosis, Discharge, Approximation)

2

Description

Severity of episiotomy pain

Timepoint

Before intervention) before discharge of hospital(and 5±1and 10±1 day after intervention

Method of measurement

Visual Analogue Scale (VAS)

Secondary outcomes

1

Description

Acetaminophen tablets counting

Timepoint

Tenth day after delivery

Method of measurement

Counted tablets

2

Description

The frequency of adverse events in the recipient groups of the Horse tail and placebo ointment

Timepoint

Tenth day after delivery

Method of measurement

questionnaire

Intervention groups

1

Description

Intervention group: Receiving Horsetail ointment3%,rub the ointment with her knuckle on the wound every 12±2 hours for 10 day

Category

Treatment - Drugs

2

Description

Control group:Receiving placebo ointment rub the ointment with her knuckle on the wound every 12±2 hours

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Alzahra hospital

Full name of responsible person

Asghari khatooni Azam

Street address

Faculty of Nursing and Midwifery, South Shariati

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research deputy of Tabriz university of medical sciences

Full name of responsible person

Dr. KazemShakouri

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Golgashtst.

City

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research deputy of Tabriz university 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

Faculty of Nursing and Midwifery, Tabriz University of Medical Sciences

Full name of responsible person

AsgharikhatooniAzam

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MSc student in midwifery

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Web page address	<i>empty</i>
Sharing plan	Informed Consent Form
	<i>empty</i>
Deidentified Individual Participant Data Set (IPD)	Clinical Study Report
<i>empty</i>	<i>empty</i>
Study Protocol	Analytic Code
<i>empty</i>	<i>empty</i>
Statistical Analysis Plan	Data Dictionary
	<i>empty</i>