

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Assessment of effect of wild mint product on oligo/Amenorrhea by Viewpoints of traditional Iranian medicine

Protocol summary

Summary

This is a double-blind, placebo-controlled, multicentral randomized clinical trial to assess the effects of herbal products of wild mint on the women with oligo/Amenorrhea according to the Iranian traditional medicine view point. In this study, 120 patients are accepted based on inclusion criteria. Age range in our sample is between 18 to 35 years. Patients' hormones (TSH, FSH, PRL) would not be higher than normal. They would not be pregnant and breastfeeding. When we select our samples, we randomly divide them to two groups. We use the coded drugs with same shape without name. The dose of drug is 15ml, which is administered in three times in a day for two weeks. If the patients do not menstruate after 2 weeks of taking the drug, we will wait for two more weeks again. After four weeks of therapy if the patients still do not menstruate, we will use the drugs for two more weeks. If the patients menstruate at each stage of using the drug, we start it one week after the end of menstruation. But if the patients were not menstruate after four weeks (two-week using of drug and waiting two weeks), we repeat the previous steps. The drug and placebo is repeated three cycles. At the baseline of the study, ovaries and uterus ultra sonography, blood cell count (CBC), hormonal tests including 17OH, TSH, LH, FSH, PRL, total Testosterone and free Testosterone are done. At the end of the study, all patients are visited again and important data are collected through interviews and questionnaires. Also hormone levels (LH, FSH, Total Testosterone, free Testosterone) and CBC are repeated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201110027690N1**

Registration date: **2011-12-09, 1390/09/18**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2011-12-09, 1390/09/18

Registrant information

Name

Roshanak Mokaberinejad

Name of organization / entity

Shahed university

Country

Iran (Islamic Republic of)

Phone

+98 21 2296 3533

Email address

mokaberi@shahed.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahed University

Expected recruitment start date

2011-10-23, 1390/08/01

Expected recruitment end date

2012-10-22, 1391/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment of effect of wild mint product on oligo/Amenorrhea by Viewpoints of traditional Iranian medicine

Public title

Effect of wild mint on oligomenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Patient satisfaction; Outpatients aged between 18-35 years; More than two months of oligomenorrhea; Negative pregnancy test; Not breastfeeding; Patient's hormones (TSH, FSH, PRL) not higher than normal; No Hormonal treatment (chemical or plant) is allowed at the same time; No malignancies; No chronic kidney disease and liver disease; Stress is not one of the reason for delayed menstruation. Exclusion criteria: Patients that use hormone therapy; Patients who experienced side effects; Patients who need surgery and other interventions; Patients with a personal decision to exit from the study.

Age

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

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **120**

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

Qom-Tehran Highway

City

Tehran

Postal code

1415635111

Approval date

2011-05-31, 1390/03/10

Ethics committee reference number

4/112251

Health conditions studied

1

Description of health condition studied

Oligomenorrhea

ICD-10 code

N91.4

ICD-10 code description

Secondary oligomenorrhoea

Primary outcomes

1

Description

Start of bleeding

Timepoint

Before intervention and 1, 2 & 3 months later

Method of measurement

Question

2

Description

FSH

Timepoint

Beginning & end of study

Method of measurement

ELISA

3

Description

LH

Timepoint

Beginning & end of study

Method of measurement

ELISA

4

Description

testosterone

Timepoint

Beginning & end of study

Method of measurement

ELISA

5

Description

free testosterone

Timepoint

Beginning & end of study

Method of measurement

ELISA

Secondary outcomes

1

Description

Side effects

Timepoint

During the study

Method of measurement

Question

Intervention groups

1

Description

Syrup of wild mint, 3 times each day, each time 15 cc, 3 cycles of menstruation

Category

Treatment - Drugs

2

Description

Syrup of glucose, 3 times each day, each time 15cc, 3 cycles of menstruation

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Mostafa Khomeini Hospital

Full name of responsible person

Dr. Roshanak Mokaberinejad

Street address

Italia avenue

City

Tehran

2

Recruitment center

Name of recruitment center

Dormitory of Shahed University

Full name of responsible person

Dr. Roshanak Mokaberinejad

Street address

Zamani alley, Nejatollahi st.

City

Tehran

3

Recruitment center

Name of recruitment center

Added at June 4, 2012: Emam Khomeini Hospital

Full name of responsible person

Roshanak Mokaberinejad

Street address

Touhid Squire

City

Tehran

4

Recruitment center

Name of recruitment center

Added at 2012-08-28: Private clinic of Mrs. Soodabe Bioos

Full name of responsible person

Added at 2012-08-28: Dr.Roshanak Mokaberinejad

Street address

Added at 2012-08-28: Charmardan Street

City

Added at 2012-08-28: Qom

5

Recruitment center

Name of recruitment center

Added at 2012-08-28: Hazrat zeinab Hospital

Full name of responsible person

Added at 2012-08-28: Dr Roshanak Mokaberinejad

Street address

Added at 2012-08-28: Forsat Ave, Taleghani St

City

Added at 2012-08-28: Tehran

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Recruitment center

Name of recruitment center

Added at 2012-08-28: Salamat clinic

Full name of responsible person

Added at 2012-08-28: Dr. Roshanak Mokaberinejad

Street address

Added at 2012-08-28: Third.Dashtestan, Sharieati Ave

City

Added at 2012-08-28: Tehran

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Recruitment center

Name of recruitment center

Added at 2012-08-28: Khark clinic

Full name of responsible person

Added at 2012-08-28: Dr Roshanak Mokaberinejad

Street address

Added at 2012-08-28: Khark Ave, Enghelab St

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahed University

Full name of responsible person

Dr. Mohsen Naseri

Street address

Qom-Tehran highway

City

Tehran

Grant name

Grant code / Reference number**Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

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

Roshanak Mokaberinejad

Position

PhD student in traditional medicine

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

Abdoalazade avenue, Keshavarz blvd.

City

Tehran

Postal code**Phone**

+98 21 2288 2521

Fax**Email**

mokaberi@shshed.ac.ir , Rmokaberi@gmail.com

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

Shahed University

Full name of responsible person

Dr. Nafise Zafarghandi

Position

Gynecologist & faculty member

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

Abdolazade avenue, keshavarz blvd.

City

Tehran

Postal code**Phone**

+98 912 130 3807

Fax**Email**

nafise_zafar@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*