Clinical Trial Protocol
Iranian Registry of Clinical Trials

01 Jul 2026

The effect of ginger supplementation on pain and some pro-inflammatory cytokins in knee osteoarthritis patients

Protocol summary

Summary

The objective of this study was the effect of ginger on pain and some pro-inflammatory cytokins in knee osteoarthritis patients. 100 patients with moderate pain were participated. Patients were randomly divided into two groups, ginger and placebo. Both of them took the capsules 500 mg (ginger as drug, starch as placebo). Duration of this intervention was 3 months. Pain was determined by using visual analog scale (VAS) and pro-inflammatory factors obtained at first and after 12 weeks.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112078321N1**
Registration date: **2012-05-24, 1391/03/04**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-05-24, 1391/03/04

Registrant information

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Recruitment status

Recruitment complete

Funding source

Yazd university of medical sciences

Expected recruitment start date

2011-07-06, 1390/04/15

Expected recruitment end date

2012-03-19, 1390/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of ginger supplementation on pain and some pro-inflammatory cytokins in knee osteoarthritis patients

Public title

The effect of ginger supplementation on pain and inflammatory factors

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: to complete the inform consent; the presence of medium knee pain between 40mm and 70 mm on a 100-mm visual analog scale (VAS) during the preceding 24 hours; the age between 50 and 70 years; absence of following conditions: inflammatory disease, metabolic disorder such as diabetes, dementia, rheumatoid arthritis, fibromyalgia, gout, cancer or other serious disease, signs or history of liver or kidney failure, asthma requiring treatment with steroids; treatment with oral corticosteroids within the prior 4 weeks; intraarticular knee depo-corticosteroids within the previous 3 months; prior treatment with immunosuppressive drugs such as penicillamine; arthroscopy of the target joint within the previous yea; significant injury to the target joint within the previous 6 months; fever >38 degree C at screening; allergy to ginger. Exclusion criteria: serious complications;

consumption of vitamin-mineral supplements or other nutritional supplements; consumption of analgesics.

Age
From **50 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

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
Yazd university of medical sciences

Street address
Bafgh road

City
Yazd

Postal code

Approval date
2011-08-07, 1390/05/16

Ethics committee reference number
57205

Health conditions studied

1

Description of health condition studied
osteoarthritis

ICD-10 code
M15.0

ICD-10 code description
Primary generalized (osteo)arthrosis

Primary outcomes

1

Description
pain

Timepoint
before the intervention and 12 weeks after the end of treatment

Method of measurement
visual analoge scale

Secondary outcomes

1

Description
some pro-inflammatory cytokins

Timepoint
before the intervention and after 12 weeks

Method of measurement
ELISA kit

Intervention groups

1

Description
Ginger group took the capsules 500 mg (ginger powder as drug) 2 times a day. Duration of this intervention was 3 months.

Category
Treatment - Drugs

2

Description
Placebo group took the capsules 500 mg (starch powder) 2 times a day. Duration of this intervention was 3 months.

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Khatam polyclinic of Yazd

Full name of responsible person
Dr. Ali Dehghan

Street address
Khatam polyclinic

City
Yazd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Yazd University of Medical Scieces

Full name of responsible person
Dr. Hassan Mozaffari-Khosravi

Street address
Yazd university of medical sciences, Bahonar square
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Yazd
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Yazd University of Medical Scieces
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
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Fax
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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