

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

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

Protocol summary

Summary

The objective of this study was the effect of ginger on pain and some pro-inflammatory cytokines 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

Name

Zahra Naderi

Name of organization / entity

Yazd university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 938 869 2472

Email address

zhr_naderi@ssu.ac.ir

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 cytokines 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 year; 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 analogue 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 Sciences

Full name of responsible person

Dr. Hassan Mozaffari-Khosravi

Street address

Yazd university of medical sciences, Bahonar square

City

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 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 Sadooghi university of medical sciences

Full name of responsible person

Zahra Naderi

Position

Ms.c. student in nutrition

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

Bafgh road, Shahid Sadooghi university of medical sciences

City

Yazd

Postal code**Phone**

+98 35 1836 7668

Fax**Email**

zhr_naderi@yahoo.com ; zhr_naderi@ssu.ac.ir

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

Yazd university of medical sciences

Full name of responsible person

Dr. Hassan Mozaffari-Khosravi

Position

PhD in nutrition

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

Vice chancellor for research, Bahonar square

City

Yazd

Postal code**Phone**

+98 35 1724 0171

Fax**Email**

mozaffari.kh@gmail.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Yazd university of medical sciences

Full name of responsible person

Zahra Naderi

Position

MS.c. student in nutrition

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

Bafgh road, Yazd university of medical sciences

City

Yazd

Postal code**Phone**

+98 35 1836 7668

Fax**Email**

zhr_naderi@yahoo.com ; zhr_naderi@ssu.ac.ir

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