Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of the effect of ginger and placebo on the severity of dysmenorrhea in medical girl students

Protocol summary

Summary

The aim of this study was to investigate the effect of ginger on the severity of pain among women with primary dysmenorrhea. Design: randomized and double blind clinical trial. Study population: the girl students of Qazvin University of Medical Sciences who are informed consentfully enter the study. Main inclusion criteria: Students at the age of 18 and 30 years who have moderate and severe dysmenorrhea. Exclusion criteria: underlying disease; using contraceptive pills and any analgesic medications. Method: this research was performed on 100 girls with primary dysmenorrhea, who were selected by simple sampling method and randomly assigned to one of two intervention and control groups. Medications were encoded in separate envelopes and delivered to the participants. The participants and the individuals supplied the medication, didn't not know the type of drug in the envelope. In the intervention group, ginger herbal oral tablet, manufactured by the Dinaineh Pharmaceutical Company, Iran was administered at the dose of 500 mg twice a day for 5 days. In the control group, 2 placebo tablets were given similar to the ginger pill that was manufactured by the same pharmaceutical company. As participants in the study had moderate and severe dysmenorrhea, mefenamic acid 250 mg capsule was prescribed to both groups twice a day for 5 days for ethical consideration. Intervention time: 2 monthly cycles. Initial outcome: severity of pain at the beginning and at the end of the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201612118611N4**
Registration date: **2017-09-11, 1396/06/20**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2017-09-11, 1396/06/20

Registrant information

Name
Hamideh Pakniat
Name of organization / entity
Qazvin University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 282242452
Email address
hpakniat@qums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and technology, Qazvin University of Medical Sciences

Expected recruitment start date

2016-06-21, 1395/04/01

Expected recruitment end date

2017-01-20, 1395/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of ginger and placebo on the severity of dysmenorrhea in medical girl students

Public title

The effect of ginger on the pain of menstruation in medical girl students

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 18- 30 year old single girls with a regular menstruation cycles of 21- 35 days; duration of 3-7 days, with moderate or severe dysmenorrhea were entered the study. Exclusion criteria: underlying disease; using contraceptive pills and any analgesic medications; drug and herbal susceptibility.

Age

No age limit

Gender

Female

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

Medications are encoded in separate envelopes and delivered to the participants. The participants and the individuals who supply the medication do not know the type of drug in the envelope.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Qazvin University of Medical Sciences

Street address

Bahonar Blvd, Qazvin, Iran

City

Qazvin

Postal code

Approval date

2016-11-26, 1395/09/06

Ethics committee reference number

IR.QUMS.REC.1395.205

Health conditions studied

1

Description of health condition studied

Primary dysmenorrhea

ICD-10 code

N94.4

ICD-10 code description

Primary dysmenorrhoea

Primary outcomes

1

Description

Severity of pain

Timepoint

Monthly

Method of measurement

Visual analog scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: in the intervention group, ginger tablets will be given 500 mg twice a day and 250 mg mefenamic acid capsule twice a day, from 2 days before menstruation to 3th day of menstruation.

Category

Placebo

2

Description

Control group: In the control group, placebo will be given 500 mg twice a day and 250 mg mefenamic acid capsule twice a day, from 2 days before menstruation to 3th day of menstruation.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

The girls of Qazvin University of Medical Sciences

Full name of responsible person

Dr Hamideh Pakniat

Street address

Bahonar Blvd, Qazvin, Iran

City

Qazvin

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-Chancellor for Research of Qazvin University of Medical Sciences

Full name of responsible person

Dr. Naser Taghi poor farivar

Street address

Bahonar Blvd, Qazvin, Iran

City

Qazvin

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice-Chancellor for Research of Qazvin 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

Kowsar Hospital

Full name of responsible person

Dr Hamideh Pakniat

Position

Asistant Professor, Department of Obstetrics and Gynecology Qazvin University of Medical Sciences

Other areas of specialty/work

Street address

Kowsar Hospital, Taleghani St, Qazvin, Iran

City

Qazvin

Postal code

Phone

+98 32236374

Fax

Email

pakniat110@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kowsar Hospital

Full name of responsible person

Dr Hamideh Pakniat

Position

Asistant Professor, Department of Obstetrics and Gynecology

Other areas of specialty/work

Street address

Kowsar Hospital, Taleghani St, Qazvin, Iran

City

Qazvin

Postal code

Phone

+98 28 3223 6374

Fax

Email

pakniat110@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Kowsar Hospital

Full name of responsible person

Dr Hamideh Pakniat

Position

Asistant Professor, Department of Obstetrics and Gynecology Qazvin University of Medical Sciences

Other areas of specialty/work

Street address

Kowsar Hospital, Taleghani St, Qazvin, Iran

City

Qazvin

Postal code

3415613176

Phone

00

Fax

Email

pakniat110@yahoo.com

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