Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

A comparative study on the effects of Menstrogol ® and Mefenamic acid on postpartum pain

Protocol summary

Summary

After pain is a complication occurring during postpartum, which requires an appropriate analgesic to relieve the pain. The current study was designed to study and compare the analgesic effects of menstrogol and mefenamic acid on post-partum pain. This study was a randomized single-blinded controlled clinical trial in which pregnant mothers, having normal vaginal delivery and suffering from post partum pain, were studied. Volunteer pregnant women were randomly entered into two study groups of menstrogol (containing 500 mg of dried extracts of celery, saffron and anise) and mefenamic acid (250 mg) oral capsules. Using the visual analogue scale (VAS), After pain was determined during the first 2 hours after delivery and patients received the study drugs if a pain score ≥ 4 was expressed by patients. These women were administered 4-3 doses of study drugs per day (every 6-8 hours). Severity and duration of pain were measured and recorded before and 1 hour after dosage administration.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201201228801N1**
Registration date: **2012-04-21, 1391/02/02**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-04-21, 1391/02/02

Registrant information

Name

Masoumeh Simbar

Name of organization / entity

Shahid Beheshti University for Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8820 2517

Email address

msimbar@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2011-04-07, 1390/01/18

Expected recruitment end date

2012-02-07, 1390/11/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A comparative study on the effects of Menstrogol ® and Mefenamic acid on postpartum pain

Public title

A comparative study on the effects of Menstrogol ® and Mefenamic acid on postpartum pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Participants were 17-35 years old women; primary or multiparous women who suffer from postpatum pain (scored more than 4 degree based on Visual scale and need to use narcotics); they had normal vaginal delivery; they had not any complication during childbirth, such as using vacuum or forceps, perineal laceration, prolonged labor, Neonate weight more than 3500g, birth of twins or more than one fetuses, using

analgesics in previous 2 weeks; they had alive childbirth; infant without malformation; not using any drug in the ward (synthetics or herbal); they were in their 38-40 weeks for geststional age; they had no sensitivity to herbal medicines. Exclusion criteria: Participants who need to surgery or stronger analgesics, or experience the side effects.

Age
From **17 years** old to **35 years** old

Gender
Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **108**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shahid Beheshti University of Medical Sciences

Street address
Tavanir ave., After MirdaMad., Vali asr ave.

City
Tehran

Postal code

Approval date
2010-12-20, 1389/09/29

Ethics committee reference number
4336/116

Health conditions studied

1

Description of health condition studied
postpartum pain

ICD-10 code
O26

ICD-10 code description
Maternal care for other conditions predominantly related to pregnancy

Primary outcomes

1

Description
severity of pain

Timepoint
1 hour after usage of drug

Method of measurement
visual analogue scale

Secondary outcomes

1

Description
duration of pain

Timepoint
1 hour after usage of drug

Method of measurement
upon hour and minute

2

Description
Side effects

Timepoint
1 hour after usage of drug

Method of measurement
Patients' side effects based on their statements

Intervention groups

1

Description
Group 2: One hour after childbirth, they were given a capsule of Mefenamic acid to relief their pain. The participants were given another dose of the drugs if their pain relapsed. This process was repeated to 4 times.

Category
Treatment - Drugs

2

Description
Group 1: One hour after childbirth, they were given a capsule of Menstrogl to relief their pain. The participants were given another dose of the drug if their pain relapsed. This process was repeated to 4 times.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Hazrat Zahra treatment and education center

Full name of responsible person

Street address

Ememzadeh ebrahim ave.
City
Ghom

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Goldaru Company
Full name of responsible person
Dr. Fariborz Moattar
Street address
Esfehan Goldaru Company
City
Isfehan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Goldaru Company
Proportion provided by this source
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

2

Sponsor
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Dr. Rahmati
Street address
Deputy of resarch.,Shahid Beheshti University of Medical Sciences, Velenjak
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahid Beheshti University of Medical Sciences
Proportion provided by this source
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 Beheshti University of Medical Sciences
Full name of responsible person
Dr. Masoumeh Simbar
Position
Associate Professor/ PhD of reproductive health
Other areas of specialty/work
Street address
Department of Reproductive Health and Midwifery, Faculty of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences (3th floor, Deputy of research), Vali-Asr Avenue, Cross of Vali-Asr and Neiaiesh Highway, Opposite to Rajaee Heart Hospital
City
Tehran
Postal code
1996835119
Phone
+98 21 8820 2517
Fax
+98 21 8820 2517
Email
msimbar@sbmu.ac.ir
Web page address
sbmu.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Dr Masoumeh Simbar
Position
phd of reproductive health
Other areas of specialty/work
Street address
Department of Reproductive Health and Midwifery, Faculty of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences (3th floor, Deputy of research), Vali-Asr Avenue, Cross of Vali-Asr and Neiaiesh Highway, Opposite to Rajaee Heart Hospital
City
Tehran
Postal code
1996835119
Phone
+98 21 8820 2516
Fax
+98 21 8820 2516
Email
msimbar@sbmu.ac.ir
Web page address
sbmu.ac.ir

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