Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effect of ginger consumption on the Clinical Manifestation and Blood Pressure in adult with Active Rheumatoid Arthritis

Protocol summary

Summary

This study examined The effect of Ginger on Clinical signs and blood pressure in patients with active RA. In this 21 months placebo-controlled double-blind randomized clinical trial, 70 patients with Active RA will be enrolled in the study.They will be devided in 2 groups randomly. Patients in case group will receive 1600 miligrams of powdered Ginger daily for 3 months and control patients will receive 1600 miligrams flour daily for 3 months (one 800 milligrams capsule before lunch and one before dinner). before and After the 3 months intervention period, Clinical signs(Pain, Morning stiffness,number inflammation joints and global physician assessment) and blood pressure in two groups will be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201206179472N3**
Registration date: **2012-09-29, 1391/07/08**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2012-09-29, 1391/07/08

Registrant information

Name
Naheed Aryaeian
Name of organization / entity
Iran University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 21 8670 4750
Email address
aryaeian.n@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2012-10-01, 1391/07/10

Expected recruitment end date

2013-06-01, 1392/03/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of ginger consumption on the Clinical Manifestation and Blood Pressure in adult with Active Rheumatoid Arthritis

Public title

Effect of Ginger consumption on the Clinical Manifestation and Blood Pressure in adult with Rheumatoid Arthritis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: person with RA diaseases as ACR criteria; having RA from 2 years ago; age between 20-69 years; not being pregnant or lactated; not smoking and drink alcoho; havn't eaten multivitamin or antioxidants supplements from 3 month ago; don't eat lowering blood pressure; don't eat anti pregnancy drugs; exclusion criteria; Changes in diet or physical activity every day; taking less than 80% of supplements given to patients at baseline(the compaliance lower than %80); consumption of contraceptives; multivitamins and antioxidant supplements; renal, hepatic,thyroid, parathyroid

diseases, cancer and heart diseases.

Age
From **20 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

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
Etics commitee in Research of University

Street address
Tehran University of Medical Sciences, Research Deputy

City
Tehran

Postal code

Approval date
2012-08-14, 1391/05/24

Ethics committee reference number
91-01-27-17716-61438

2

Ethics committee

Name of ethics committee
Etics Commitee in Research of Tehran University of Medical Siences

Street address
Research Deputy, Trehran University of Medical Sciences,

City
Tehran

Postal code

Approval date
2012-11-04, 1391/08/14

Ethics committee reference number
91-01-27-17716-61438

Health conditions studied

1

Description of health condition studied
Adult with Active Rheumatoid Arthritis

ICD-10 code
M06.8

ICD-10 code description
Other specified Rheumatoid Arthritis

Primary outcomes

1

Description
Pain

Timepoint
Before and after intervention

Method of measurement
Visual analogue scales

2

Description
Number of inflammated joints

Timepoint
Before and after intervention

Method of measurement
Examintion

3

Description
Morning stiffness

Timepoint
Before and after intervention

Method of measurement
Examintion

4

Description
Global physician assesment

Timepoint
Before and after intervention

Method of measurement
Examintion

5

Description
Sistolic Blood pressure

Timepoint
Before and after intervention

Method of measurement
Sphygmomanometer

6

Description
Distolic Blood pressurs

Timepoint

Before and after intervention

Method of measurement

Sphygmomanometer

Secondary outcomes

1

Description

BMI

Timepoint

Before and after intervention

Method of measurement

weight/height^2

2

Description

Waist Circumference

Timepoint

Before and after study

Method of measurement

Tape

Intervention groups

1

Description

taking Ginger supplement, 1600 miligram (2* 800 milligrams capsules ginger powder per day. during 3 months (12 weeks)

Category

Treatment - Other

2

Description

taking Placebo, 1600 miligram (2* 800 milligrams capsules) Starch powder per day during 3 months (12 weeks).

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Rheumatology Research Centre

Full name of responsible person

Professore Dr Farhad Shahram

Street address

Hospital Shariaty, Aleahmad street

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor for Research, Tehran University of Medical Sciences

Full name of responsible person

Mrs Ahadi

Street address

Tehran University of Medical Sciences, Keshavarz Bld - intersection of Qods street

City

Tehran

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, Tehran 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

Tums(Tehran University of Medical Sciences)

Full name of responsible person

Naheed Aryaeian

Position

Assistant Professor/PhD in Nutrition

Other areas of specialty/work

Street address

Nutrition and Biochemistry Department , School of Public Health, Tehran University of Medical Sciences, Poresina Street

City

Tehran

Postal code

Phone

+98 21 8877 7674

Fax

+98 88779487

Email

n-aryaeian@sina.tums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
TUMS
Full name of responsible person
Naheed Aryaeian
Position
Assistant Professor/ PhD in Nutrition
Other areas of specialty/work
Street address
Nutrition and Biochemistry Department, School of public Health, Tehran University of Medical Sciences, Poresina Street
City
Tehran
Postal code
00982188779487
Phone
+98 21 8877 9487
Fax
Email
n-aryaeian@sina.tums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Naheed Aryaeian
Position
Assistant Professor
Other areas of specialty/work
Street address
Nutrition and Biochemistry Department, shcool of public Health,Poresina Street
City
Tehran
Postal code
Phone
+98 21 8877 7674
Fax
+98 21 8877 9487
Email
n-aryaeian@tums.ac.ir
Web page address
n-aryaeian@tums.ac.ir

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