Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison Effect of Cinnamon Zeylanicum and Ibubrofen for Treatment of Primary Dysmenorrhea

Protocol summary

Summary

This was double-blinded clinical trial that was performed in dormators of students affiliated to Iiam University of Medical Science. The aim of study was to survay the effect of cinnamon and ibuprofen on primary dysmenorrhea in 114 female students during the year 2013.Inclusion criteria:Age range 18-130 years;presence of menstrual pains among recent 6 month;having regular menstrual cycles .Exclusion criteria: history of chronic diseases; history of abdomenal/ pelvic surgery; usage of oral contraceptive pills and herbal or drug allergy. Each of participants evaluated for4 menstrual cycles. That in first cycle we take no intervention and the participant recorded its pain and nausea severity with VAS scale and pain duration with Cox Menstrual Scale , and a watch.also amount of beeding was measured with number of used pads.samples were selected by convenience method then participants randomly assigned to one of groups the Cinnamomum, ibuprofen or placebo. with onset of menstrual pain,In the experimental group two oral capsules of powdered cinnamon bark extract (420 mg capsules) three times a day, in the placebo group two oral capsule containing starch three times a day and in the ibuprofen group two oral capsules 200 mg of Ibuprofen three times a day was used.Capsules shape and guidelines prescribed in the three groups were the same.in three groups, drugs were used during the first three days of each cycle for three consecutive monthsthe and questionnaire No:2 was filled.

General information

Acronym

Comparison Effect of Cinnamon Zeylanicum and Ibubrofen for Treatment of Primary Dysmenorrhea

IRCT registration information

IRCT registration number: **IRCT2013122114668N2**

Registration date: **2015-01-09, 1393/10/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-01-09, 1393/10/19

Registrant information

Name

Molouk Jaafarpour

Name of organization / entity

Ilam University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 84 3222 7123

Email address

jaafarpour-m@medilam.ac.ir

Recruitment status

Recruitment complete

Funding source

Ilam University of Medical Sciences

Expected recruitment start date

2012-12-12, 1391/09/22

Expected recruitment end date

2013-12-13, 1392/09/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison Effect of Cinnamon Zeylanicum and Ibubrofen for Treatment of Primary Dysmenorrhea

Public title

Comparison Effect of Cinnamon Zeylanicum and

Ibubrofen for Treatment of Primary Dysmenorrhea

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:Age range 18-130 years;presence of menstrual pains among recent 6 month;having regular menstrual cycles .Exclusion criteria: history of chronic diseases; history of of abdomenal/ pelvic surgery; usage of oral contraceptive pills;herbal or drug allergy

Age
From **18 years** old to **30 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **114**

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
Ilam University of Medical Sciences

Street address
Pajohesh Blvd, Banganjab, Ilam

City
Ilam

Postal code

Approval date
2012-12-12, 1391/09/22

Ethics committee reference number
EC/92/H/184

2

Ethics committee

Name of ethics committee
Ilam University of Medical Sciences

Street address
Pajohesh Blvd, Banganjab, Ilam

City
Ilam

Postal code

Approval date
2012-12-12, 1391/09/22

Ethics committee reference number
EC/92/H/184

Health conditions studied

1

Description of health condition studied
dysmenorrhea

ICD-10 code
N94.4

ICD-10 code description
primary dysmenorrhea

Primary outcomes

1

Description
Intensity of menstural pain

Timepoint
befor and 1,2,3,4,8,16,24,48 and 72 hour after intervention

Method of measurement
VAS

Secondary outcomes

1

Description
duration of menstural pain

Timepoint
onset of pain to stop

Method of measurement
Cox Menstrual Scale

2

Description
amount of bleeding

Timepoint
duration first three days of menstural cycles

Method of measurement
number of used pads

3

Description
nausea severity

Timepoint
during first three days menstural cycles

Method of measurement
VAS

Intervention groups

1

Description
In the experimental group, two oral capsules of powdered cinnamon bark extract (420 mg capsule), three times a day during in the first three days of menstural cycle for three consecutive months was used.
Category
Treatment - Drugs

2

Description
In the Ibuprofen group , two oral capsules 200 mg of Ibuprofen three times a day during the first three days of each cycle for three consecutive months was used .
Category
Treatment - Drugs

3

Description
In the placebo group ,two oral capsules containing 420 mg starch three times a day in the first three days of each cycle for three consecutive months was used .
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
The dormatorses of students affiliated to Ilam University of Medical Science
Full name of responsible person
Molouk Jaafarpour
Street address
Pajohesh Blvd, Banganjab, Ilam
City
Ilam

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ilam University of Medical Sciences
Full name of responsible person
Dr.Morovat Taherikalani
Street address
Pajohesh Blvd, Banganjab, Deputy of reserch and technology
City
Ilam
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ilam 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
Ilam University of Medical Sciences
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Molouk Jaafarpour
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Faculty, lecturer
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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