Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of Horse tail (Equisetum arvense) on healing and the pain of episiotomy among primiparous women: A Randomized Controlled Trial

Protocol summary

Summary

The aim of this study is to determine the effect of Horse tail ointment on healing and the pain from episiotomy wounds in women. In this triple blind clinical trial, 108 healthy primiparous women aged between 18 – 35 with Mediolateral Episiotomy will be allocated into two, Horse tail or placebo ointment, groups using block randomization with allocation ratio 1:1 and block sizes of 4 and 6 were determined with a computerized program. The ointments will be produced by the pharmacist colleague in similar color and will put into similar tubes with no label. A person not involved in sampling and data collection will put the ointment tubes into sequentially numbered sealed opaque envelopes to conceal allocation sequence. After filling in baseline characteristics and measuring the episiotomy incision length, participants will sequentially get the envelops and will be asked to rub the ointment with her knucle on the wound every 12±2 hours. The wound pain and healing will be assessed using visual analogue scale (VAS and REEDA scale) before discharge of hospital (before any intervention),5±1and 10±1 day after using the ointments. (in lithotomy position). received data analysed statistical methods

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201305277618N5**
Registration date: **2013-07-29, 1392/05/07**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-07-29, 1392/05/07

Registrant information

Name
Soheila Bani
Name of organization / entity
Tabriz University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 41 1479 6770
Email address
banis@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2013-07-11, 1392/04/20

Expected recruitment end date

2013-10-12, 1392/07/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Horse tail (Equisetum arvense) on healing and the pain of episiotomy among primiparous women: A Randomized Controlled Trial

Public title

The effect of Horse tail (Equisetum arvense) on healing and the pain of episiotomy among primiparous women: A Randomized Controlled Trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: healthy primiparous woman; having alive fetus; willingness to participate in the study;

mediolatral episiotomy Exclusion criteria: women less than 18 and more than 35 years old; history of impaired wound healing disease, like systemic disease, cardiac, renal, pulmonary, coagulation disorders, immune deficiency, connective tissue disorders, diabetes,haemophilia ; mental illness; Anaemia in pregnancy (haemoglobin less than 11/5); multiple fetus ; macrosomia; malformed fetus; having early postpartum hemorrhage ; extent or large episiotomy (repair length 4-3 cm) ; Instrumental delivery ;manipulation and vaginal exam history after delivery

Age
From **18 years** old to **35 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **108**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Triple blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research deputy, Tabriz University of Medical Sciences

Street address
Golgasht street

City
Tabriz

Postal code

Approval date
2013-06-10, 1392/03/20

Ethics committee reference number
9242

Health conditions studied

1

Description of health condition studied
Episiotomy

ICD-10 code
O90.1

ICD-10 code description
Disruption of perineal obstetric wound

Primary outcomes

1

Description
Episiotomy healing wound

Timepoint
Before intervention) before discharge of hospital(and 5±1and 10±1 day after intervention

Method of measurement
REEDA (Redness, Edema, Ecchymosis, Discharge, Approximation)

2

Description
Severity of episiotomy pain

Timepoint
Before intervention) before discharge of hospital(and 5±1and 10±1 day after intervention

Method of measurement
Visual Analogue Scale (VAS)

Secondary outcomes

1

Description
Acetaminophen tablets counting

Timepoint
Tenth day after delivery

Method of measurement
Counted tablets

2

Description
The frequency of adverse events in the recipient groups of the Horse tail and placebo ointment

Timepoint
Tenth day after delivery

Method of measurement
questionnaire

Intervention groups

1

Description
Intervention group: Receiving Horsetail ointment3%,rub the ointment with her knucle on the wound every 12±2 hours for 10 day

Category
Treatment - Drugs

2

Description
Control group:Receiving placebo ointment rub the ointment with her knucle on the wound every 12±2 hours
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Alzahra hospital
Full name of responsible person
Asghari khatooni Azam
Street address
Faculty of Nursing and Midwifery, South Shariati
City
Tabriz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research deputy of Tabriz university of medical sciences
Full name of responsible person
Dr. KazemShakouri
Street address
Golgashtst.
City
Tabriz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research deputy of Tabriz 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
Faculty of Nursing and Midwifery, Tabriz University of Medical Sciences
Full name of responsible person
AsgharikhatooniAzam
Position
MSc student in midwifery
Other areas of specialty/work
Street address
Faculty of Nursing and Midwifery, South Shariati
City
Tabriz
Postal code
Phone
+98 41 1479 6770
Fax
Email
a.asghari.kh@gmail.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Faculty of Nursing and Midwifery, Tabriz University of Medical Sciences
Full name of responsible person
BaniSoheila
Position
Master of science in midwifery
Other areas of specialty/work
Street address
Faculty of Nursing and Midwifery, South Shariati
City
Tabriz
Postal code
Phone
+98 41 1479 6770
Fax
Email
banis@tbzmed.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Faculty of Nursing and Midwifery, Tabriz University of Medical Sciences
Full name of responsible person
AsgharikhatooniAzam
Position
MSc student in midwifery
Other areas of specialty/work
Street address
Faculty of Nursing and Midwifery, South Shariati
City
Tabriz
Postal code
Phone
+98 41 1479 6770
Fax
Email
a.asghari.kh@gmail.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