Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparative Effectiveness Of Mefenamic acid Capsules, Ginger and Stretching Exercise On Primary Dysmenorrhea

Protocol summary

Summary

Dysmenorrhea is the most common gynecological problem and is associated with outcomes such as getting absent from work and school and high health cost. The aim of this study was to compare the effect of Mefenamic acid and Ginger capsules and exercise on primary dysmenorrhea. female students of Mazandaran University of Medical Sciences with primary dysmenorrhea would be selected by random allocation to three intervention groups. Inclusion criteria include: moderate to severe primary dysmenorrhea for at least one day per cycle and exclusion criteria are secondary dysmenorrhea , OCP, IUD, irregular cycle and regular exercise. The initial pain in each group is measured by Visual Analogue Scale. The first group would be received 250mg Mefenamic acid every eight hours and Ginger group 250mg capsule every 6 hours and exercise group a 5 minute exercise exercise, 6 stretching exercise 3 times weekly, for 15 minutes. Pain is measured in groups for 2 cycles.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201203118822N2**
Registration date: **2013-12-04, 1392/09/13**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-12-04, 1392/09/13

Registrant information

Name

Narges Motahari

Name of organization / entity

Mazandaran University of medical Sciences

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Recruitment status

Recruitment complete

Funding source

Mazandaran University Of Medical Sciences

Expected recruitment start date

2013-10-22, 1392/07/30

Expected recruitment end date

2013-12-21, 1392/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative Effectiveness Of Mefenamic acid Capsules, Ginger and Stretching Exercise On Primary Dysmenorrhea

Public title

Comparison Of Mefenamic acid Capsules and Ginger and Exercise On Pain During Mensturation

Purpose

Health service research

Inclusion/Exclusion criteria

individuals who have primary dysmenorrhea, the pain that affects their daily activities participated in study.Inclusion criteria:The pain is moderate to severe; pain during the menstrual cycle and in more than 50% for at least one day exist. Exclusion criteria: having a menstrual cycle irregular (usually outside the range of 21 to 35 days); use of IUD or receiving OCP; history of

exercise regularly (3 times a week for 30 to 45 minutes) and having dysmenorrhea secondary.

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

Gender
Female

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **61**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Mazandaran University Of Medical Sciences

Street address
Mazandaran University Of Medical Sciences, Three Ways Juybar, Imam Sqare

City
Sari

Postal code
4816715793

Approval date
2013-09-11, 1392/06/20

Ethics committee reference number
1392/6/20

Health conditions studied

1

Description of health condition studied
primary Dysmenorrhea

ICD-10 code
N94.4

ICD-10 code description
primary Dysmenorrhea

Primary outcomes

1

Description
Reduce the severity of dysmenorrhea

Timepoint
Before intervention then twice every month

Method of measurement
VAS scale

Secondary outcomes

1

Description
Drug side effects

Timepoint
Before starting intervention and then at intervals of twice a month

Method of measurement
VAS scale

2

Description
Reduce the amount of bleeding

Timepoint
Before starting intervention and then at intervals of twice a month

Method of measurement
VAS scale

3

Description
Duration of pain

Timepoint
Before starting intervention and then at intervals of twice a month

Method of measurement
VAS scale

Intervention groups

1

Description
Exercise group: 5 Minutes of movement exercise for the whole body in a standing position in order to warm up the body and then 6 stretch exercise in the abdomen and pelvis is performed for 10 minutes. These exercises 3 times weekly for 15 minutes for 2 cycles (8 weeks) are performed . Exercises are not in menstruating. these exercises will be taught by two trained instructors and supervised by the investigator to be done.

Category
Treatment - Drugs

2

Description
In Ginger group: 250 mg capsules (Goldarue Company) is taken every 6 hours until pain relief for 2 cycles

Category

Treatment - Drugs

3

Description
In Mefenamic group: 250 mg capsules (Razak Company) is taken every 8 hours until pain relief for 2 cycles
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Mazandaran University Of Medical Sciences
Full name of responsible person
Narges Sadat Motahari
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mazandaran University Of Medical Sciences
Full name of responsible person
Dr Enayati
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Mazandaran 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
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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