

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Study effects of honey -ginger (*Zingiber officinale*) jam on Erectile Dysfunction: a pilot study

Protocol summary

Study aim

study effects of honey -ginger (*Zingiber officinale*) product on Erectile Dysfunction

Design

in this study, 45 patients who suffer from primary organic impotence will come in this study; each will take two gram of honey -ginger product daily.

Settings and conduct

this study will done in family health clinic, the patients don't know the ingredient of capsules.

Participants/Inclusion and exclusion criteria

Inclusion: patients has an erectile dysfunction. exclusion: patients who use Warfarin, Heparin OR has a peptic ulcer.

Intervention groups

Prescribing two gram of honey -ginger product daily for two month.

Main outcome variables

The Outcomes will assist two months later with the international index of erectile function Questionnaire (IIEF)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20140902019011N3**

Registration date: **2018-06-29, 1397/04/08**

Registration timing: **prospective**

Last update: **2018-06-29, 1397/04/08**

Update count: **0**

Registration date

2018-06-29, 1397/04/08

Registrant information

Name

muhammad attarfar

Name of organization / entity

shaheed Beheshti University of medical Science

Country

Iran (Islamic Republic of)

Phone

+98 21 8877 3521

Email address

attarfar@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

School of Traditional Medicine, Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2018-07-23, 1397/05/01

Expected recruitment end date

2018-10-21, 1397/07/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study effects of honey -ginger (*Zingiber officinale*) jam on Erectile Dysfunction: a pilot study

Public title

Study effects of honey -ginger (*Zingiber officinale*) jam on Erectile Dysfunction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

men's Suffers from Impotence Negative Nocturnal penile tumescence Age > 40 years Complaint since 3 months at least

Exclusion criteria:

Major surgery in pelvic region Radiotherapy in pelvic region History of spinal nerve injury History of extreme heart failure History of penis fracture Peyronie disease Taking Warfarin, Heparin History of failed treatment with Sildenafil Active peptic ulcer Psychological disorder Sensitivity to ginger Hot and Dry Temperament (score above 21 for hotness, above 5 for dryness)

Age

From **40 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **43**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committe of Medical Researchs, Shahid Beheshti University of Medical Sciences

Street address

No.2 SBUMS, Next to Ayatollah Taleghani Hospital, Velenjak, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

198396-3113

Approval date

2015-03-15, 1393/12/24

Ethics committee reference number

SBMU.REC.1393.830

Health conditions studied

1

Description of health condition studied

Erectile Dysfunction

ICD-10 code

N48.4

ICD-10 code description

Impotence of organic origin

Primary outcomes

1

Description

IIEF score

Timepoint

before intervention, tow month after intervention

Method of measurement

International Index of Erectile Function (IIEF) Questionnaire

Secondary outcomes

1

Description

BMI

Timepoint

before intervention, tow month after intervention

Method of measurement

scales & meter

2

Description

Body Fat Percentage

Timepoint

before intervention, tow month after intervention

Method of measurement

Omron BF511

3

Description

Visceral Fat Level

Timepoint

before intervention, tow month after intervention

Method of measurement

Omron BF511

4

Description

Skeletal Muscle

Timepoint

before intervention, tow month after intervention

Method of measurement

Omron BF511

Intervention groups

1

Description

1 gram ginger (Zingiber officinale) & 1 gram honey 30 min. after lunch

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Family Health Clinic, Shahid University

Full name of responsible person

Seyed Kazem Foroutan

Street address

Shahed University Family Health Clinic, Next to Mostafa Khomeini Hospital, Palestine squire, Italia ave., Tehran, Iran.

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

School of Traditional Medicine, Shahid Beheshti University of Medical Sciences

Full name of responsible person

Dr. Mokaberinejad

Street address

#8, Shams Alley, Across from Shaid Abbaspour St, Vali Asr Ave.

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14155-6153

Phone

+98 21 8877 6027

Email

rmokaberi@gmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

School of Traditional Medicine, Shahid Beheshti University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Muhammad Attarfar

Position

PhD candidate

Latest degree

Medical doctor

Other areas of specialty/work

Traditional Medicine

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Mahmood khodadoost

Position

MD, PhD

Latest degree

Ph.D.

Other areas of specialty/work

Traditional Medicine

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Person responsible for updating data

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Full name of responsible person

Muhammad Attarfar

Position

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Latest degree

Medical doctor

Other areas of specialty/work

Traditional Medicine

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Email

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

demographic and International index of erectile function
can be shared.

When the data will become available and for how long

6 month after publish results

To whom data/document is available

available for people working in academic institutions

Under which criteria data/document could be used

the IPD can be shared under Common Creative terms;
also the requests should provide abstract and goals of
new study

From where data/document is obtainable

contact dr. Mohammad Attarfar. attarfar@sbmu.ac.ir

What processes are involved for a request to access data/document

the data will sent to any academic researcher who
accept CC terms, usually upon 10 days.

Comments