

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Analyze the effect of the sesamum indicum on The termination of an incomplete abortion

Protocol summary

Summary

The purpose of this study is to evaluate the effectiveness of sesame as an adjunct (auxiliary) drug in disposal of pregnancy remains. It is a randomized clinical trial without placebo control. The method is that 90 pregnant women 18-50 years old with gestational age below 20 weeks, with the symptoms of incomplete abortion admitted to Women's Hospital Moheb Yas affiliated to Tehran University of Medical Sciences. After definitive diagnosis of uncomplicated incomplete abortion, by obstetricians, and after providing the necessary clarifications and considering the inclusion criteria, and filling out the questionnaire consciously, we divided the participants randomly into two groups: 45 patients only received misoprostol and 45 patients received misoprostol with sesame. In addition to misoprostol we give sesame and its preparation and consumption instructions to second group of patient (according to protocol). All patients completed follow-up clinical symptoms questionnaire at home and at the end of the second week they come for sonography. The primary outcome in this study was to determine the amount of pregnancy debris at the end of the second week, and secondary outcome examined the incidence and severity of clinical symptoms related to incomplete abortion (abdominal or pelvic pain and cramp and bleeding) and should take painkillers and antibiotics and blood transfusions.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016122729062N1**

Registration date: **2016-12-27, 1395/10/07**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-12-27, 1395/10/07

Registrant information

Name

Zahra Aghababaei

Name of organization / entity

Isfahan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 31 3792 8108

Email address

zahra.ghababaei@resident.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2016-09-22, 1395/07/01

Expected recruitment end date

2017-09-23, 1396/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Analyze the effect of the sesamum indicum on The termination of an incomplete abortion

Public title

Analyze the effect of the sesamum indicum on disposal of the pregnancy remains.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteri: 1 - Pregnant women 18_50 years pld admitted to Moheb Yas women hospital of Tehran, less than 20 weeks gestational age and with clinical or ultrasound evidence of incomplete abortion. 2 - Lack of infectious abortion's signs (a) 38 degrees fever or more (b) INDEX (c) 3 degrees fever per hour or more in the first 24 hours. 3 - Lack of any signs of Induced abortion and manipulation by the patient. 4 - Lack of repeated abortion (RPL) due to anatomical disease of mother (Septate Uterus, Unicorns uterus, short Cervix) and diagnosed chromosomal disorders of parents leading to fetal death or blighted ovum and fetal abnormalities including Malformation and Dymorphic Show, Monosomy X. 5 -The risk of any base disease (Diabetes - blood pressure - kidney failure - heart and liver illness). 6 - Lack of signs of hemorrhagic shock Grade 1(Bleeding more than 750 cc). 7 - Lack of ectopic pregnancy. 8 - Lack of open cervical in examination. Exclusion criteria: 1 - The emergence of allergies to sesame or its components. 2 - Severe abdominal pain that require emergency intervention. 3 - Fever over 38 degrees. 4 - Sepsis that require antibiotic treatment or abortion. 5 - Severe bleeding (bleeding more than 750 CC). 6 - Unwillingness to continue cooperation.

Age

From **18 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

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

Ethics committee of Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezar Jarib

City

Isfahan

Postal code

Approval date

2016-08-07, 1395/05/17

Ethics committee reference number

IR.MUI.REC.1395.3.616

Health conditions studied

1

Description of health condition studied

The remains of a pregnancy

ICD-10 code

O03.4

ICD-10 code description

Spontaneous abortion : incomplete, without complication

Primary outcomes

1

Description

The full disposal of the products of pregnancy

Timepoint

Two weeks after intervention

Method of measurement

Sonography

Secondary outcomes

1

Description

Amount of bleeding

Timepoint

During the intervention

Method of measurement

PBAC questionnaire

2

Description

The time of bleeding stop

Timepoint

Daily medication and the end of the second week

Method of measurement

PBAC questionnaire

3

Description

Amount and intensity of pain

Timepoint

Daily medication and the end of the second week

Method of measurement

VAS questionnaire

4

Description

Amount of painkiller

Timepoint

Daily medication and the end of the second week
Method of measurement
Researcher questionnaire

5

Description
The incidence of misoprostol's effects
Timepoint
Daily medication and the end of the second week
Method of measurement
Researcher questionnaire

Intervention groups

1

Description
We delivered 10 packs 60 grams of sesame to the intervention group and also we trained them How to prepare and use it. For 5 days, twice a day, in the same time misoprostol tablets prescribed by obstetrician.
Category
Treatment - Drugs

2

Description
They prescribed misoprostol tablets routinely to the control group by obstetricians.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Moheb Yas Women's General Hospital
Full name of responsible person
Zahra Aghababaei
Street address
Moheb Yas Women's General Hospital, North Nejatollahi ave.
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Isfahan University of Medical Sciences
Full name of responsible person
Mohammad Mazaheri
Street address
Traditional Medicine Department, Isfahan University of Medical Sciences
City
Isfahan

Isfahan
Grant name
Grant code / Reference number
395616
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research, Isfahan 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
Isfahan University of Medical Sciences
Full name of responsible person
Zahra Aghababaei
Position
PhD student of Traditional Medicine
Other areas of specialty/work
Street address
Ahmadiye clinic, Tabriz alley, north Sarparast street, Taleghani street
City
Tehran
Postal code
Phone
+98 21 8897 6527
Fax
Email
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Fatemeh Nejat Bakhsh
Position
PhD Assistance professor of Traditional Medicine
Other areas of specialty/work
Street address
Amadiye clinic, Tabriz alley, North Sarparast, Taleghani street
City
Tehran
Postal code
Phone

+98 21 8897 6527

Fax

Email

nejatbakhsh@tums.ac.ir

Web page address

Phone

+98 21 8897 6527

Fax

Email

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Zahra Aghababaei

Position

PhD student of Traditional Medicine

Other areas of specialty/work

Street address

Ahmadiye clinic, Tabriz alley, north Sarparast street,
Taleghani street

City

Tehran

Postal code

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