

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effect of *Stachys lavandulifolia* on relief of primary dysmenorrheal

Protocol summary

Summary

Introduction: primary dysmenorrhea is a common symptom in women of menstrual age and it occurs between 60-93 percent of female. This symptom usually begins at the start of menstruation, continues for a few days, and is characterized by pain that radiates from the lower abdomen to the inner thighs, is usually limited to the first 48 or 72 hours of menstruation. CAM treatments for dysmenorrhea that have been studied include transcutaneous electrical nerve stimulation (TENS), acupuncture, acupressure, spinal manipulation, behavioral interventions, and herbal and dietary therapies. This study is to evaluate the therapeutic effects of *Stachys lavandulifolia* on relief of primary dysmenorrhea. Method: participants were female students of Touyserkan Azad University in western Iran. The students were randomly assigned into control (45) and experimental (45) groups. Initially, the study population was requested to consume the *Stachys lavandulifolia* flowers at a dose of 10 gr of brewed powder three time a day and for a total of 5 days (2 days before pain to 3 days after pain), based on a common traditional administration. Later, the members of both groups were followed up for three cycles.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201312318360N3**

Registration date: **2014-01-04, 1392/10/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-01-04, 1392/10/14

Registrant information

Name

Ensiyeh Jenabi

Name of organization / entity

Islamic Azad university

Country

Iran (Islamic Republic of)

Phone

+98 81 1822 1439

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Recruitment status

Recruitment complete

Funding source

Touyserkan Azad University

Expected recruitment start date

2012-08-22, 1391/06/01

Expected recruitment end date

2012-11-21, 1391/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of *Stachys lavandulifolia* on relief of primary dysmenorrheal

Public title

Effect of *Stachys lavandulifolia* on relief of primary dysmenorrheal

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: primary dysmenorrhea; being single and agree to participate in study. Exclusion criteria: history of other diseases ; irregular menstruation; drug use and mild dysmenorrhea (1-3).

Age

From **19 years** old to **25 years** old

Gender

Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **100**

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
Islamic Azad university,Touyserkan Branch

Street address
touyserkan-azad university

City
Touyserkan

Postal code

Approval date
2012-07-31, 1391/05/10

Ethics committee reference number
14568/91

Health conditions studied

1

Description of health condition studied
Primary dismenorrhea

ICD-10 code
N94.4

ICD-10 code description
Primary dysmenorrhoea

Primary outcomes

1

Description
dismenorrhea

Timepoint
2 day before of mens and 3 day of mens first

Method of measurement
Visual Analog scale

Secondary outcomes

empty

Intervention groups

1

Description
Invention group: taking Stachys lavandulifolia (10 gram flowers in 1 glass of boil water)in 2 days before of mens and 3 days mens first

Category
Treatment - Drugs

2

Description
Control group: taking placebo 2 days before mens and 3 days of mens first.

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Azad university of Touyserkan

Full name of responsible person

Street address

City
Touyserkan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Touyserkan Azad university

Full name of responsible person
Parisa Hejrati

Street address
Touyserkan Azad university

City
Touyserkan

Grant name

Grant code / Reference number

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

Title of funding source
Touyserkan Azad university

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
Azad University of Touyserkan
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Parisa Hejrati
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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