Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 lvandulifolia 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 lvandulifolia 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)

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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 ; irigullar menstruation; drug use and mild dismenorrhea (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

Full name of responsible person

Parisa Hejrati

Position

MSc

Other areas of specialty/work

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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