COMPARISON OF THE EFFECT OF GINGER AND ZINC SULFATE ON PRIMARY DYSMENORRHEA IN HIGH SCHOOL STUDENTS: A RANDOMIZED CONTROL TRIAL

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Background: To compare the effect of Ginger and Zinc sulfate on primary dysmenorrhea in high school students.

Method: One hundred fifty high school students participated in this study. They were divided into three groups. Participants in the Ginger group took 250 mg capsules of ginger for four days from one day before menstruation to three days after the start of their menstrual bleeding. The second group received 220 mg zinc sulfate, and participants in the control group took placebo capsules on the same protocol. The severity of dysmenorrhea was assessed every 24 hours by visual analogue scale (VAS). Data were analyzed using SPSS windows version 18.

Results: There was no difference in the baseline characteristics of the three groups. The results of this study showed that there were significant differences in the severity of pain between ginger and placebo (P<0.001). There was also significant severity of pain between zinc sulfate and placebo (P<0.001) but not for the first month.

During the second menstrual cycle, dysmenorrhea was reduced in two drug groups (Zinc and Ginger); however, the decline was more salient among participants of the zinc group P<0.005.

Conclusion: Ginger and zinc sulfate had positive effects on the improvement of primary dysmenorrhea, although ginger was more effective than other medicines.

Trial registration: IRCT2011009074707N1