Reviewer's report

Title: Zingiber officinale R. rhizomes (ginger): effect on pain relief in primary dysmenorrhea

Version: 2 Date: 7 December 2011

Reviewer: Suzanna Zick

Reviewer's report:

This paper will need to be reviewed and reworded by a native English speaker. Despite the unusual sentence structures and tenses I was still able to understand the points the authors were making.

The authors need to use the CONSORT Statements most updated guidelines to rewrite their manuscript. This document is found published in: Schulz KF, Altman DG, Moher D; For the CONSORT Group. CONSORT 2010 statement: Updated guidelines for reporting parallel group randomised trials. Int J Surg. 2011;9(8):672-677. Epub OCT 13 2011. Find a hyperlink to the PDF of the article below.

http://www.sciencedirect.com/science?_ob=MiamiImageURL&_cid=273450&_user=99318&_pii=S1743919111005620&_origin=gateway&_coverDate=31-Dec-2011&view=c&wchp=dGLzVlV-zSkzk&md5=ac1131b6664c006d7b83917dfc0ff6d5/1-s2.0-S1743919111005620-main.pdf

Once the authors have rewritten the paper using CONSORT statement guidelines and have had a native English speaker help to rewrite the manuscript I would be glad to review once again.

Please find a few other general suggestions below.

BACKGROUND

P. 3 I would suggest that the sentence, “Therefore several studies were performed to determine the efficacy and safety of complementary and alternative medicine therapies for primary dysmenorrhea.” Be reworded to say something like…”Given the contraindications and side-effects of NSAIDs as well as their limited efficacy investigation of alternative treatments with low toxicity such as herbal products is warranted.”

Please change “zingiber” to ginger or ginger root.

Please delete the beginning of the last sentence in the introduction, “Since NSAIDs may be more effective if started 1 or 2 days before of menstrual period and continued for 1 or 2 days more [20],” This is true but is jarring and doesn’t flow with the previous thoughts.

METHODS

It is unclear if this a parallel or cross-over design? Please, clarify and if a parallel design how it was conducted with only two groups given the two dosing frequencies.

Participants
Please briefly define what you mean by regular period and primary dysmenorrhea. Also, please include the name or description of the verbal multidimensional scoring system (if you reference it below you could indicate that instead) and what you used as a cutoff for moderate or severe dysmenorrhea.

Please give much more detail on how the ginger root was made into the encapsulated supplement. Was it extracted or just dried, powdered and placed in the capsules, for instance.

RESULTS
You need to present your adverse event results. Also, was nothing done to assess blinding or adherence to treatment?

You need to present your results in a much clearer manner. I would suggest you report measures of pain severity and duration at baseline, cycle where ginger/placebo was given and mean change within group through time with standard deviation by treatment group. Then present between group p-values ANOVAs or ANCOVAs as appropriate.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Not suitable for publication unless extensively edited

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:
'I declare that I have no competing interests