Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The cholesterol-lowering effect of Descurainia sophia

Protocol summary

Summary

Aims: The aim of this study is to compare the effect of Descurainia Sophia use alongside levostatin on LDL cholesterol reduction for the first time. Design: In this double - blind clinical trial, the effect of Descurainia Sophia with levostatin compared with the effect of levostatin on LDL cholesterol reduction will be studied in cardiovascular patients. Setting and conduct: 80 cardiovascular patients referring to the heart clinic of Shohada Ashayer hospital of Khorramabad city with high serum cholesterol level, whose disease will be approved by cardiologist. Then the patients will be divided into two groups of intervention and control. All the patients will sign the informed consent form and their serum cholesterol will be measured before and 5 months after intervention. Participants including major eligibility: The participants are cardiovascular patients with high cholesterol, who will randomly be divided into two groups by stratified sampling method. Inclusion criteria: high cholesterol level; aged between 40-70 years. Exclusion criteria: Patients using anti- lipids or steroids and stain; patients with diabetes and nephritic syndrome. Intervention: The patients will be divided into two groups randomly. Intervention group will receive 20mg of levostatin with dinner and 8 grams of Descurainia Sophia per day before lunch. The control group will receive 20mg of levostatin with dinner and placebo every day before lunch. The interventional time is 5 months for both groups. Main outcome measures: change in LDL cholesterol

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013012612277N1**
Registration date: **2014-01-27, 1392/11/07**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-01-27, 1392/11/07

Registrant information

Name
Mahnaz Mardani
Name of organization / entity
Lorestan University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 66 1620 0147
Email address
mardani.m@lums.ac.ir

Recruitment status

Recruitment complete

Funding source

Lorestan University of Medical Sciences, Vice chancellor for research

Expected recruitment start date

2013-01-20, 1391/11/01

Expected recruitment end date

2013-02-19, 1391/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The cholesterol-lowering effect of Descurainia sophia

Public title

Comparing the effect of levostatin + Descurainia sophia and levostatin in lowering LDL cholesterol in patients with cardiovascular disease, A Clinical trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: cardiovascular patients; aged between 40 to 70 years; LDL cholesterol more than 160 miligram/dl Exclusion criteria: taking anti - lipids, steroids or statins; suffering from diabetes, hypothyroids and nephritic syndrome

Age
From **40 years** old to **70 years** old

Gender
Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
Patients will randomly be divided into two groups, by stratified sampling method. The study will be double blind. Patients and bioinformatics coworker do not know about type of intervention.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Lorestan University of Medical Sciences

Street address
3rd kilometer of Khorramabad- Boroujerd Road, Pardiss Complex of Education

City
Khorramabad

Postal code
6814993165

Approval date
2012-12-22, 1391/10/02

Ethics committee reference number
79123/200

Health conditions studied

1

Description of health condition studied
Cardiovascular diseases

ICD-10 code
170

ICD-10 code description
Atherosclerosis

2

Description of health condition studied
cardiovascular diseases

ICD-10 code
E78.0

ICD-10 code description
Pure hypercholesterolaemia

Primary outcomes

1

Description
Change in LDL cholesterol

Timepoint
Before intervention and 5 months after intervention

Method of measurement
With Liberman- Buchard method

Secondary outcomes

empty

Intervention groups

1

Description
intervention group: Intervention group will take levostatin+ Descurainia sophia, that patients will take 20mg levostatin with diner+8 grams of Descurainia Sophia in 8 capsule per day with lunch for 5 months.

Category
Treatment - Drugs

2

Description
Control group:Control group will take levostatin+ placebo, that patients will take 20mg levostatin with diner+ 8 empty capsule as placebo per day with lunch for 5 months

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Razi Herbal Medicine Research Center

Full name of responsible person
Dr Mahnaz Mardani

Street address
Razi Street

City
Khorramabad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research of Lorestan University of Medical Sciences
Full name of responsible person
Dr Mohamad Hasan Kayedi
Street address
3rd kilometer of Khorramabad-Boroujerd Road, Pardis complex of education
City
Khorramabad
Grant name
-
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for research of Lorestan 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
Lorestan University of Medical Sciences
Full name of responsible person
Dr Mahnaz Mardani
Position
PhD of Nutrition/ Associate professor
Other areas of specialty/work
Street address
3rd kilometer of Khorramabad- Boroujerd road, Pardiss complex of education
City
khorramabad
Postal code
6814993165
Phone
+98 66 1620 0147
Fax
+98 66 1620 0149
Email
msmardani@yahoo.com; mardani_m@lums.ac.ir
Web page address
http://www.lums.ac.ir;

Person responsible for scientific inquiries

Contact
Name of organization / entity
Lorestan University of Medical Sciences
Full name of responsible person
Dr Mahnaz Mardani
Position
PhD of Nutrition/ associate professor
Other areas of specialty/work
Street address
3rd kilometer of Khorramabad- Boroujerd road, Pardiss complex of education
City
Khorramabad
Postal code
6814993165
Phone
+98 66 1620 0147
Fax
+98 66 1620 0149
Email
mardani.m@lums.ac.ir; msmardani@yahoo.com
Web page address
http://www.lums.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Lorestan University of Medical Sciences
Full name of responsible person
Dr Mahnaz Mardani
Position
PhD of nutrition
Other areas of specialty/work
Street address
3rd kilometer of Khorramabad - Boroujerd road, Pardiss complex of education
City
khorramabad
Postal code
6814993165
Phone
+98 66 1620 0147
Fax
+98 66 1620 0149
Email
mardani.m@lums.ac.ir; msmardani@yahoo.com
Web page address
http://www.lums.ac.ir

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