

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

Efficacy of Cumin on Lipid profile and and body composition in overweight and obese women

Protocol summary

Summary

The aim of this study was the efficacy of Cumin to control Lipid profile and improve body composition in obese and overweight women . All women who are invited to referred for Nutrition Research Center, 100 subjects with age range of 20-60 years with a body mass index between 25 and 40 with the consent are enrolled. Calorie-reduced diet is prescribed for all subjects and were randomly divided into 50 groups, a control group and a group receiving cumin powder (3 grams per day). Blood samples for measurement of fasting blood sugar, Triglycerides, Cholesterol, LDL-c, HDL-c, LDL / HDL before and after the study is done. Anthropometric measurements including: weight, fat weight, lean body weight, fat mass and percentage fat, Body Mass Index and waist circumference, which were done before and after the study. Duration of the study is 3 months. According to previous studies, we expect reducing harmful blood lipids and improving body composition.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013021112429N1**

Registration date: **2013-05-21, 1392/02/31**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-05-21, 1392/02/31

Registrant information

Name

Roghaye Zare

Name of organization / entity

Yazd University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 913 352 9758

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Recruitment status

Recruitment complete

Funding source

Yazd University of Medical Sciences , Research and technology management

Expected recruitment start date

2013-01-19, 1391/10/30

Expected recruitment end date

2013-09-21, 1392/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of Cumin on Lipid profile and and body composition in overweight and obese women

Public title

Effect of cumin on blood fat and body composition in obese women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: women with BMI 25-40; consent to participate in the study ;No previous treatment regimen for three months before entering the study; no change in weight over 2 kg in a month prior to entering the study; lack of sensitivity to the Cumin, non-infectious diseases, diabetes, hypertension, thyroid disease and other chronic diseases based on self-declaration ; age 20-60 years Exclusion criteria: failure to cooperate in the study;

the history of the program regimen; change in weight over 2 kg in the last month; allergic reactions of cumin; Disease during the study, or a history of chronic disease

Age

From **20 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Yazd University of Medical Sciences

Street address

Bahonar Square, Yazd

City

Yazd

Postal code

Approval date

2013-01-23, 1391/11/04

Ethics committee reference number

17/1/152167/پ

Health conditions studied

1

Description of health condition studied

hyperlipidaemia

ICD-10 code

E78

ICD-10 code description

Disorders of lipoprotein metabolism

2

Description of health condition studied

OBESITY

ICD-10 code

E66.9

ICD-10 code description

Simple obesity NOS

Primary outcomes

1

Description

fb

Timepoint

3 month

Method of measurement

blood sample

2

Description

bmi

Timepoint

LDL/HDL
Timepoint
3 month
Method of measurement
blood sample

8

Description
COL/HDL
Timepoint
3 month
Method of measurement
blood sample

9

Description
VLDL
Timepoint
3 month
Method of measurement
blood sample

10

Description
weight
Timepoint
every month until 3 month
Method of measurement

11

Description
waist size
Timepoint
3 month
Method of measurement
cm

12

Description
fat mass
Timepoint
3 month
Method of measurement
body composition analyzer

13

Description
free body muscle
Timepoint
3 month
Method of measurement
body composition analyzer

14

Description
percent of fat mass
Timepoint

3 month
Method of measurement
body composition analyzer

15

Description
percent of free muscle mass
Timepoint
3 month
Method of measurement
body composition analyzer

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group, will be asked to eat 3 grams cumin powder with yogurt for lunch and dinner, two times (each time 1/5 grams cumin + 150 ml low-fat yogurt.) Reduced calorie diet (300 kcal less than the amount necessary) to be given by a Nutrition Specialist
Category
Treatment - Drugs

2

Description
in control group: reduced calorie diet (300 kcal less than the amount necessary) to be given by a nutrition Specialist. they asked to eat 150 ml low-fat yogurt ,twice a they with out cumin. Period of study was 3 months.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Nutrition and Food Security Research Centre
Full name of responsible person
Dr Roghayeh Zare
Street address
Nutrition and Food Security Research Centre ,
University of Health , Imam Reza Educational and
Research Center , YAZD
City
yazd

Sponsors / Funding sources

1

Sponsor
Name of organization / entity

Department of Research and Technology, Yazd
University of Medical Sciences

Full name of responsible person

Department of Research and Technology

Street address

Yazd University of Medical Sciences, Bahonar Square

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yazd

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Department of Research and Technology, Yazd
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

Nutrition and Food Security Research Centre

Full name of responsible person

Roghayeh Zare

Position

MD/Research Expert

Other areas of specialty/work

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