Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effects of Rosa canina extract in type 2 Diabetic patients

Protocol summary

Summary

The infusion of Rosa canina fruit is used in the folk medicine of Iran, Turkey and some other countries for rheumatoid arthritis, influenza, gastrointestinal diseases and also diabetes mellitus. Its hypoglycemic effects have been shown in experimental studies. The objective of this study is to assess the hypoglycemic effects of this herb in type 2 diabetic patients. In this study 60 patients with type 2 diabetes mellitus taking hypoglycemic drugs (except of insulin) with fasting blood glucose (FBG) more than 126 and less than 250 mg/dl, hemoglobin A1C (HbA1c) more than 6, without hepatic, renal and cardiac diseases and not pregnant, allocated in two groups randomly. Patients in group 1 take capsules of powdered aqueous extract of Rosa canina fruit 750 mg BD orally for 3 months. Patients in second group take placebo capsules which filled with corn starch BD orally for 3 months. FBG, 2 hours postprandial blood glucose (PBG) and HbA1c will be measured before and 2 months after interventions and two groups will be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138803061957N2**
Registration date: **2012-09-12, 1391/06/22**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2012-09-12, 1391/06/22

Registrant information

Name

Fataneh Hashem Dabaghian

Name of organization / entity

Research Institute for Islamic and Complementary Medicine

Country

Iran (Islamic Republic of)

Phone

+98 21 3395 0152

Email address

fatanehdabaghian@yahoo.com

Recruitment status

Recruitment complete

Funding source

Research institute for Islamic and complementary medicine

Expected recruitment start date

2012-03-10, 1390/12/20

Expected recruitment end date

2013-03-10, 1391/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Rosa canina extract in type 2 Diabetic patients

Public title

Hypoglycemic effects of Rosa canina

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Type 2 diabetes mellitus, Fasting blood glucose (FBG) more than 126 and less than 250 mg/dl, Hemoglobin A1C (HbA1c) more than 6, Taking routine hypoglycemic therapy (except of insulin), Singing written informed consent and Exclusion criteria: Three or more than 3 episodes of hypoglycemia in the previous week, Cardiac, hepatic or renal diseases, Pregnancy

Age

From **35 years** old to **60 years** old

Gender

Both

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features
Randomization will be done by "Block Randomization" method. Practitioners and patients are blind about type of interventions. Both drug and placebo capsules are similar in shape, size and color. Both groups take their interventions twice daily.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Research Institute for Islamic and Complementary Medicine
Street address
No.9, Pirnia alley, Lalehzarno St., Jomhury Ave., Tehran, Iran
City
Tehran
Postal code
Approval date
2011-09-19, 1390/06/28
Ethics committee reference number
854/پ26/م ط

Health conditions studied

1

Description of health condition studied
Non-insulin dependent diabetes mellitus
ICD-10 code
E11
ICD-10 code description
Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description
Two hours postprandial blood glucose
Timepoint
2 months after intervention
Method of measurement
blood sample

2

Description
Fasting blood glucose
Timepoint
2 months after intervention
Method of measurement
blood sample

Secondary outcomes

1

Description
Glycosylated hemoglobin
Timepoint
2 months after intervention
Method of measurement
blood sampling

Intervention groups

1

Description
Intervention: Capsules of 750 mg powdered aqueous extract of Rosa canina twice daily by mouth for 2 months. Drug was prepared in the laboratory of traditional medicine in" Research Institute for Islamic and Complementary Medicine". Effective ingredients of this drug have not been evaluated.
Category
Treatment - Drugs

2

Description
Control: Capsules of 750 mg corn starch twice daily by mouth for 2 months. Groups are similar in shape and color of capsules.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Omid Hospital of Abhar
Full name of responsible person
Dr. Farideh Khalighi
Street address
Omid Hospital, Golsar Town, Karmandan Town, Abhar,Zanjan, IRAN
City

Zajan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Institute for Islamic and Complementary Medicine
Full name of responsible person
Dr. Fataneh Hashem Dabaghian
Street address
No. 9, Pirnia alley, Lalehzarno St., Jomhury Ave., Tehran, IRAN
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Institute for Islamic and Complementary Medicine
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
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Full name of responsible person
Fataneh Hashem Dabaghian
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact
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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