Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The studdy effect of aquitic extract of Urtica dioica L. on Glycemic and and Lipidmic indexes in diabetic Patients

Protocol summary

Summary

The purpose of the study: The Effect of Urtica dioica L. On Glucose and Lipid Indexes in Diabetic Patients Design study:Randomized, not blind, placebo-controlled, single-center, phase 3 trial The study population: 180 patients with type 2 diabetes The main inclusion criteria: age over 30 years; HbA1c less than 10 %; the most common diabetes medications (Metformin ،Glibenclamide) The main exclusion criteria: a history of cardiovascular disease; renal disease; infectious disease; liver disease; thyroid disease; allergies disease; angina disease; consumption of nonsteroidal antiinflammatory drugs (NSAIDs); consumption of warfarin; consumption of estrogen and progesterone drugs; smoking, consumption of dietary supplements; consumption of herbal decoction; pregnancy and lactation Sample size:180 patients The intervention used in the study: aqueous extract of nettle as medicine and Lemon water as placebo intervention time: At a rate of 1 ml daily for three months, Half an hour before a meal, During the month the 100 cc are used. Primary outcomes: HbA1c، HDL, LDL, TG, FBS, BS 2pp, Cholesterol The primary outcome measure 3 months after intervention

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015010720594N1**
Registration date: **2016-04-14, 1395/01/26**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-04-14, 1395/01/26

Registrant information

Name

Monireh Mazandarani

Name of organization / entity

Shahrood Azad University of Medical sciences

Country

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nazemi1393@shu.ac.ir

Recruitment status

Recruitment complete

Funding source

Sponsor of this studying is an investigator

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2016-03-19, 1394/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The studdy effect of aquitic extract of Urtica dioica L. on Glycemic and and Lipidmic indexes in diabetic Patients

Public title

The Effect of Urtica dioica L. On Glucose and Lipid Indexes in Diabetic Patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : age over 30 years; HbA1c less than 10 %; the most common diabetes medications (Metformin ،Glibenclamide) Exclusion criteria : a history of cardiovascular disease; renal disease; infectious disease; liver disease; thyroid disease; allergies disease; angina

disease; consumption of nonsteroidal antiinflammatory drugs (NSAIDs); consumption of warfarin; consumption of estrogen and progesterone drugs; smoking, consumption of dietary supplements; consumption of herbal decoction; pregnancy and lactation

Age
From **34 years** old to **79 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **108**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shahrood University of Medical Sciences and health services

Street address
Hafte-Tir Square , Central Building University of Medical Sciences and Health Services , Vice President of Research and Technology

City
Shahrood

Postal code
3614773955

Approval date
2014-09-23, 1393/07/01

Ethics committee reference number
930/37

Health conditions studied

1

Description of health condition studied
diabetic mellitus type2

ICD-10 code
E11

ICD-10 code description
Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description
HbA1c

Timepoint
After three month

Method of measurement
Blood Sampling

2

Description
HDL

Timepoint
After three month

Method of measurement
Blood Sampling

3

Description
LDL

Timepoint
After three month

Method of measurement
Blood sampling

4

Description
TG

Timepoint
After three month

Method of measurement
Blood Sampling

5

Description
FBS

Timepoint
After three month

Method of measurement
Blood Sampling

6

Description
BS2pp

Timepoint
after three month

Method of measurement
blood sampling

7

Description
Cholesterol

Timepoint

After three month

Method of measurement

Blood Sampling

Secondary outcomes

1

Description

body mass index

Timepoint

The baseline

Method of measurement

Meter،Balance

2

Description

Systolic Blood Pressur

Timepoint

first and last Undertaking Study

Method of measurement

Barometer

3

Description

Dyastolic Blood Pressure

Timepoint

First and last Undertaking Study

Method of measurement

Barometer

Intervention groups

1

Description

The study of aqueous extract of nettle as a herbal medicine for three months is available to patients،So that three meals daily in divided 1 ml of the extract, half an hour before meals ,Within a month 100 cc of concentrated extract is used

Category

Treatment - Drugs

2

Description

Placebo intervention: natural lemon juice Dosage: daily divided in three doses of 1 cc How to use the drug: half an hour before meals eaten Course of medication intervention: Three months to the total amount of 300 cc

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Hussein Shahrood Hospital Medical Center

Full name of responsible person

DR. Sepide Nazemi

Street address

Lane 28-meter Ayatollah Tohidi ,Imam Street. Shahrood City

City

Shahrood

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Imam Hussein Shahrood Hospital Medical Center

Full name of responsible person

DR.Sepide Nazemi

Street address

Lane 28-meter Ayatollah Tohidi ,Imam Street. Shahrood City

City

Shahrood

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Imam Hussein Shahrood Hospital Medical Center

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

Imam Hussein Shahrood Hospital Medical Center

Full name of responsible person

DR. Sepide Nazemi

Position

Internal medicine specialist

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Imam Hussein Shahrood Hospital Medical Center

Full name of responsible person
DR.Sepide Nazemi

Position
internal physician

Other areas of specialty/work

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Person responsible for updating data

Contact

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Full name of responsible person
Monireh Mazandarani

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Medical Student

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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