Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Herbal combination effect of securigera securidaca, vaccinium arctostaphylos, citrullus colocynthis and coriandrium sativum on fasting blood sugar and triglyceride in pre-diabetic elderly the city of Bushehr in 2015

Protocol summary

Summary

The purpose of the study: the effect of herbal compound of securigera securidaca, vaccinium arctostaphylos, citrullus colocynthis and coriandrium sativum on fasting blood sugar and triglyceride. Pre-diabetic patients in Bushehr as if this combination herbal fasting blood sugar and triglyceride-lowering effects have as an alternative to oral medications and injections to reduce blood sugar and blood lipid in diabetic patients in health care used. Inclusion criteria: age between 60-70 years old; fasting blood sugar 100-125 mg/dl؛ Triglyceride between 180-250 mg/dl. Exclusion criteria: history of high blood sugar and using blood fat-lowering drugs two weeks ago؛ active diseases of the cardiovascular system؛ liver diseases. The study is a randomized controlled clinical trial. Samples include 60 pre-diabetic elderly randomly into two groups of 30 test and divided control. The experimental group includes use of a medicinal herb combination (combination securigera securidaca, vaccinium arctostaphylos, citrullus colocynthis and coriandrium sativum) over a period of one month at a rate of 500 mg in the control group using the placebo. To evaluate the effectiveness of the intervention, patients in both groups before and after the intervention of a blood sample to measure levels of fasting blood sugar and triglyceride levels are taken.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015080822466N2**
Registration date: **2015-11-13, 1394/08/22**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2015-11-13, 1394/08/22

Registrant information

Name
Shahnaz Pouladi
Name of organization / entity
Bushehr University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 917 374 0061
Email address
sh.pooladi@bpums.ac.ir

Recruitment status

Recruitment complete

Funding source

Bushehr University of Medical Sciences and Health Services

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Herbal combination effect of securigera securidaca, vaccinium arctostaphylos, citrullus colocynthis and coriandrium sativum on fasting blood sugar and triglyceride in pre-diabetic elderly the city of Bushehr in

2015

Public title
Herbal combination effect of securigera securidaca, vaccinium arctostaphylos, citrullus colocynthis and coriandrium sativum on fasting blood sugarand triglyceride in pre-diabetic elderly the city of Bushehr in 2015
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: age between 60-70 years old; fasting blood sugar 100-125 mg/dl؛ Triglyceride between 180-250 mg/dl. Exclusion criteria: history of high blood sugar and using blood fat-lowering drugs two weeks ago؛ active diseases of the cardiovascular system؛ liver diseases.
Age
From **60 years** old to **70 years** old
Gender
Both

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Bushehr University of Medical Sciences
Street address
Bushehr-Sbzabad
City
Bushehr
Postal code
Approval date
2015-10-19, 1394/07/27
Ethics committee reference number
bpums.rec.1394.24

Health conditions studied

1

Description of health condition studied
Diabetes
ICD-10 code
E10
ICD-10 code description
Diabetes Mellitus

Primary outcomes

1

Description
Fasting blood sugar
Timepoint
Before and after the intervention
Method of measurement
An experiment using the enzymatic method

2

Description
Triglyceride
Timepoint
Before and after the intervention
Method of measurement
An experiment using a metering method

Secondary outcomes

1

Description
Gastrointestinal Complications
Timepoint
A week after the intervention and at the end of intervention
Method of measurement
Using a questionnaire

Intervention groups

1

Description
Intervention group: Herbal combination effect of securigera securidaca, vaccinium arctostaphylos, citrullus colocynthis and coriandrium sativum,500 mg oral capsules,Twice a day for one month
Category
Treatment - Drugs

2

Description
Control group:Placebo,500 mg oral capsules,Twice a day for one month
Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Mehr Laboratory, Diabetes Center, 7 Tir polyclinic

Full name of responsible person
Zinat Shababi, Nursing Graduate Student

Street address
Bushehr-Sbzabad-Bushehr University of Medical Sciences

City
Bushehr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Bushehr University of Medical Sciences

Full name of responsible person
Dr. Afshin Ostovar

Street address
Bushehr University of Medical Sciences, Sabzabad

City
Bushehr

Grant name

Grant code / Reference number

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

Title of funding source
Bushehr 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
Bushehr University of Medical Sciences

Full name of responsible person
Dr. Shahnaz Pouladi

Position
Nursing Ph.D

Other areas of specialty/work

Street address
Bushehr University of Medical Sciences, Sabzabad

City
Bushehr

Postal code

Phone
+98 77 3345 0178

Fax

Email
pouladi2008@yahoo.com; sh.pooladi@bpums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Bushehr University of Medical Sciences

Full name of responsible person
Dr. Shahnaz Pouladi

Position
Nursing Ph.D.

Other areas of specialty/work

Street address
Bushehr University of Medical Sciences, Sabzabad

City
Busheh

Postal code

Phone
+98 77 3345 0178

Fax

Email
Pouladi2008@yahoo.com; sh.pooladi@bpums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Bushehr University of Medical Sciences

Full name of responsible person
Dr. Shahnaz Pouladi

Position
Nursing Ph.D

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Street address
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Pouladi2008@yahoo.com; sh.pooladi@bpums.ac.ir

Web page address

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