Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison efficacy of wet-cupping and reform temperament for decrease blood pressure of patient with hypertension

Protocol summary

Summary

Background and introduction: A recent report published by the World Health Organization on the importance of chronic diseases including hypertension as a deterrent factor of countries access to appropriate health status has been emphasized. Objectives: Determines the effects of reform temperament (Mizaj) and wet-cupping for treating persistent hypertension. Inclusion criteria included: Hypertension; age 30-60 years; Not having a history of chronic disease such as diabetes and kidney; to do not have reform temperament or wet-cupping for 1 years ago. Exclusion criteria included: Experience unpleasant and serious accidents, such as relatives died in the past 6 months; females become pregnant during the study; current treatment with other complementary treatments. In total, 189patients aged 30-60 years with hypertension; 126were randomly assigned to experimental (63patients in wet-cupping and 63patients in reform temperament) and 63to the control group. Patients in the experimental group were offered usual care and also reform temperament or wet-cupping and the control group received usual care. Three outcomes assessed at baseline and again 45 days following start intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138905114495N1**
Registration date: **2011-06-22, 1390/04/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-06-22, 1390/04/01

Registrant information

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Islamic Azad University Tehran Medical Branch

Expected recruitment start date

2011-05-05, 1390/02/15

Expected recruitment end date

2011-06-21, 1390/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison efficacy of wet-cupping and reform temperament for decrease blood pressure of patient with hypertension

Public title

Comparison efficacy of wet-cupping and reform temperament for decrease blood pressure of patient with hypertension

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria included: Hypertension; age 30-60

years; not having a history of chronic disease such as diabetes and kidney; to do not have reform temperament or wet-cupping for 1 years ago. Exclusion criteria included: Experience unpleasant and serious accidents, such as relatives died in the past 6 months; females become pregnant during the study; current treatment with other complementary treatments.

Age
From **30 years** old to **60 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **51**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Islamic Azad University Tehran Medical Branch

Street address
Nursing College, Islamic Azad University Tehran Medical Branch, Khagani St. , Shariati St.

City
Tehran

Postal code
193951495

Approval date
2011-04-25, 1390/02/05

Ethics committee reference number
901-1003

Health conditions studied

1

Description of health condition studied
Hypertension

ICD-10 code
I10

ICD-10 code description
Essential (primary) hypertension

Primary outcomes

1

Description
Blood Pressure

Timepoint
Before intervention and every 2 weeks until 45 days after intervention

Method of measurement
Per mmHg with mercury sphygmomanometer

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group 1 : Drug therapy and plus wet-cupping. Drug therapy continued base on according to cardiologist for patient and researcher didn't have any intervention in drug therapy and only recorded their. Researcher did wet-cupping (three times with 2 weeks interval) in addition drug therapy.

Category
Treatment - Other

2

Description
Intervention group 2 : Drug therapy and plus reform temperament. Drug therapy continued base on according to cardiologist for patient and researcher didn't have any intervention in drug therapy and only recorded their. Researcher did reform temperament with prescribe proper diet base on type temperament (Mizaj).

Category
Treatment - Other

3

Description
Control group: Drug therapy. Drug therapy continued base on according to cardiologist for patient and researcher didn't have any intervention in drug therapy and only recorded their.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Emam Hosein (A) Clinic

Full name of responsible person
Dr. Seyed Ali Javadi
Street address
Goharshad St. , Shahid Motahari St.
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research of Islamic Azad University Tehran Medical Branch
Full name of responsible person
Seyed Alireza Najafi
Street address
Vice chancellor for research, Islamic Azad University Tehran Medical Branch, Khagani St. , Shariati St.
City
Tehran
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 Islamic Azad University Tehran Medical Branch
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

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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