# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 2026

## The Efficacy of Stinging Nettle (Urtica Dioica) in Patients with Benign Prostatic Hyperplasia

## Protocol summary

**Summary**
The purpose of study was assessment of efficacy of stinging nettle medicine in reducing clinical symptoms patients with benign prostatic hyperplasia. This study was conducted as a randomized double-blind, placebo control, single center and phase II trial. 100 patients with benign prostatic hyperplasia, between 40 and 80 years old that do not have any urinary and kidney diseases were selected from hospitalized benign prostatic hyperplasia patients in urology ward. Placebo and main drug was utilized by patients in 8 weeks during 1 May to 1 July 2011. After entering the study, using a prostate symptom severity measuring scale was determined the severity of patient's symptoms in 9 times (before the start of the study and at the end of each week).

## General information

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT201107295069N4**
Registration date: **2011-08-03, 1390/05/12**
Registration timing: **retrospective**

Last update:
Update count: **0**

**Registration date**
2011-08-03, 1390/05/12

**Registrant information**
**Name**
Alireza Ghorbani Birgani
**Name of organization / entity**
Islamic Azad University
**Country**
Iran (Islamic Republic of)
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+98 61 1229 8173
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**Recruitment status**
**Recruitment complete**

**Funding source**
Gachsaran Islamic Azad University

**Expected recruitment start date**
2011-05-01, 1390/02/11
**Expected recruitment end date**
2011-07-01, 1390/04/10
**Actual recruitment start date**
empty
**Actual recruitment end date**
empty
**Trial completion date**
empty

**Scientific title**
The Efficacy of Stinging Nettle (Urtica Dioica) in Patients with Benign Prostatic Hyperplasia

**Public title**
The Efficacy of Stinging Nettle (Urtica Dioica) in Patients with Benign Prostatic Hyperplasia: A Randomized Double-Blind Study in 100 Patients
**Purpose**
Treatment
**Inclusion/Exclusion criteria**
Inclusion criteria: known case of Benign Prostatic Hyperplasia, between 40 and 80 years old. Exclusion criteria: the presence of urinary and kidney diseases.
**Age**
From **40 years** old to **80 years** old
**Gender**
Male

**Phase**
2
**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **100**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
**Blinding (investigator's opinion)**
Double blinded
**Blinding description**
**Placebo**
Used
**Assignment**
Parallel
**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**
**Name of ethics committee**
Islamic Azad University
**Street address**
Academic Complex (Site)-Islamic Azad University
**City**
Gachsaran
**Postal code**
32356
**Approval date**
2011-04-19, 1390/01/30
**Ethics committee reference number**
335

## Health conditions studied

### 1

**Description of health condition studied**
Benign Prostatic Hyperplasia
**ICD-10 code**
N 40.0
**ICD-10 code description**
بزرگی خوش خیم غده پروستات

## Primary outcomes

### 1

**Description**
Stinging Nettle Medicine
**Timepoint**
before intervention and every week for eight weeks
**Method of measurement**
Prostate Symptom Severity Measuring Scale

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
Stinging Nettle, 300 mg capsule twice a day for 8 weeks in intervention group
**Category**
Treatment - Drugs

### 2

**Description**
Placebo, 300 mg capsule twice a day for 8 weeks in control group
**Category**
Treatment - Drugs

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**
Ahwaz Imam Khomeinie Hospital
**Full name of responsible person**
Alireza Ghorbani Birgani
**Street address**
Azadegan Ave-Imam Khomeinie
**City**
Ahwaz

## Sponsors / Funding sources

### 1

**Sponsor**
**Name of organization / entity**
Gachsaran Islamic Azad University
**Full name of responsible person**
Saman Moosavian
**Street address**
Academic Complex (Site)-Islamic Azad University
**City**
Gachsaran
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Gachsaran Islamic Azad University
**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**
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## Person responsible for updating data

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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*