

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Evaluation the effects of Tamarindus indica L. fruit on body weight, serum lipid profile, and blood pressure among obese and overweight adults

Protocol summary

Summary

Objectives: The purpose of this study is to investigate the effect of Tamarindus indica L. fruit for 6 weeks, on body weight, BMI, serum lipid profile, blood pressure and blood sugar levels in obese and overweight adult patients.

Design: This study will be conducted as a randomized blinded controlled trial, with the election of 44 overweight or obese volunteers with mild to moderate initial BMI (25 to 39.9) and age over 18 years.

Setting and conduct: 44 volunteers will be randomly assigned (by random number table method) into two equal intervention and control groups.

Inclusion criteria: in obese and overweight adult patients (BMI over 25 and less 39.9); subjects aged over 18 years.

Exclusion criteria: Individuals with a history of any diseases; diabetes; cardiovascular disease; liver and kidney as well as pregnant and breastfeeding; Drugs of increasing body weight, body weight loss drugs will be excluded.

Intervention group: Participants of the case group will be asked to not only follow the prescribed diet but also will be consumed Tamarindus indica L. Fruit , 10 grams, twice a day with meals for 6 weeks.

Participants of the control group will be asked to follow the suitable diet.

Main outcome measures: body weight, BMI, serum lipid profile, blood pressure and blood sugar levels.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201608259662N11**
Registration date: **2017-01-15, 1395/10/26**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-01-15, 1395/10/26

Registrant information

Name

Sedigheh Asgari

Name of organization / entity

Isfahan Cardiovascular Research Center ,Isfahan
Cardiovascular Research institute , Physiology Re

Country

Iran (Islamic Republic of)

Phone

+98 31 1335 9090

Email address

s_asgari@crc.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Isfahan University of
Medical Sciences

Expected recruitment start date

2016-05-21, 1395/03/01

Expected recruitment end date

2016-09-22, 1395/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation the effects of Tamarindus indica L. fruit on
body weight, serum lipid profile, and blood pressure
among obese and overweight adults

Public title

The effects of Tamarindus indica L. fruit on overweight
and besity

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: obese and overweight adults (BMI over 25 and less 39.9); subjects aged over 18 years. Exclusion criteria: Individuals with a history of diabetes, cardiovascular disease, liver and kidney as well as pregnancy and breastfeeding; Drugs which increase or body weight or are used to lose weight (orlistat, phentermine, diethylpropion, topiramate, bupropion, metformin, SSRI drugs and herbal medicines on the market) from 2 months before the start of the study; Drugs affecting blood lipid levels include statins, fibrates, sex hormones (estrogen, progestins and birth control pills), beta-blockers, alpha-blocker, corticosteroids, isotretinoin, cyclosporine) from 2 months prior to the study and supplements like fish oil which is effect on blood lipids levels

Age

From **18 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single 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 Isfahan University of Medical Sciences

Street address

Hezar Jirib St. Isfahan, Iran

City

Isfahan

Postal code

Approval date

2014-06-01, 1393/03/11

Ethics committee reference number

92124

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

E66.8

ICD-10 code description

Morbid obesity

Primary outcomes

1

Description

BMI

Timepoint

Before and after 6 weeks

Method of measurement

Meters and weight scales

2

Description

total cholestrol

Timepoint

Before and after 6 weeks

Method of measurement

Parss Azmon KIT/Hitachi Device

3

Description

HDL

Timepoint

Before and after 6 weeks

Method of measurement

Parss Azmon KIT / Hitachi Device

4

Description

LDL

Timepoint

Before and after 6 weeks

Method of measurement

Parss Azmon KIT/Hitachi Device

5

Description

TG

Timepoint

Before and after 6 weeks

Method of measurement

Parss Azmon KIT/Hitachi Device

Secondary outcomes

1

Description

Blood pressure

Timepoint

Before and after 6 weeks

Method of measurement

Sphygmomanometer

Intervention groups

1

Description

Intervention group: Participants of the case group will be asked not only to follow the prescribed diet but also to consume Tamarindus indica L. Fruit pulp (Available in the Market), 10 grams, twice a day with meals for 6 weeks.

Category

Treatment - Drugs

2

Description

Control group: the second group will be asked to use suitable and usual diet for 6 weeks

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan Cardiovascular Research Center

Full name of responsible person

Dr. Rasool Soltani

Street address

Khorram Sstreet, Jomhori square

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Isfahan University of Medical Sciences

Full name of responsible person

Dr.Gholam Hossin Sadri

Street address

Hezar jirib St.

City

Isfahan

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 Isfahan 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

Person responsible for scientific inquiries

Contact

Name of organization / entity

Isfahan Cardiovascular Research Center, Isfahan University of Medical Sciences

Full name of responsible person

Sedigheh Asgary

Position

Pharmacist and PhD Pharmacogenetics

Other areas of specialty/work

Street address

Khorram Street, Jomhoori Square

City

Isfahan

Postal code

Phone

+98 313359090

Fax

Email

sasgary@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Rasool Soltani

Position

Pharmacist

Other areas of specialty/work

Street address

Hezar Jerib Ave., Azadi sqr.

City

Isfahan

Postal code

Phone

00

Fax

Email

Web page address	<i>empty</i>
Sharing plan	Informed Consent Form
	<i>empty</i>
Deidentified Individual Participant Data Set (IPD)	Clinical Study Report
<i>empty</i>	<i>empty</i>
Study Protocol	Analytic Code
<i>empty</i>	<i>empty</i>
Statistical Analysis Plan	Data Dictionary
	<i>empty</i>