

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

comprasion of antiplatelet activity of garlic tablets with cardioprotective dose of aspirin (80mg/day)in healthy volunteers

Protocol summary

Summary

Objective: Some of the adverse effects of aspirin including peptic ulcers, gastrointestinal bleeding and aspirin resistance completed researchers to look for search for a suitable alternative with fewer adverse effects. The aim of this study was to determine the mechanism of antiplatelet effects of garlic and then, in a clinical trial, obtain the effective dose of antiplatelet effects of garlic. Method: This Randomized controlled clinical trial (RCT) was conducted on 62 healthy volunteers with age range of 20 to 50 years. Platelet aggregation induced by 4 known agonists acting in aggregation pathway including ADP(20 μ mol/l) , epinephrine(EPN)(20 μ mol/ l), collagen(0.19 mg/ ml) and arachidonic acid (AA)(0.5mg/ ml) was measured by Light Transmittance Aggregometry (LTA; HELENA PACKS -4). All volunteers used 80 mg aspirin per day for 1 week and at the end of this time, platelet aggregation (PA) was measured by the mentioned agonists. To find an effective dose of garlic, volunteers were divided into 3 groups and each received 1, or 2 or 3 garlic tablets a day for 1 month, randomly. After one month PA was examined for all groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012073110453N1**

Registration date: **2014-09-26, 1393/07/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-09-26, 1393/07/04

Registrant information

Name

Mojtaba Shafiekhani

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Pharmaceutical Science Research Center(PSRC) OF Shiraz University Of Medical Sciences

Expected recruitment start date

2014-08-24, 1393/06/02

Expected recruitment end date

2014-09-01, 1393/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comprasion of antiplatelet activity of garlic tablets with cardioprotective dose of aspirin (80mg/day)in healthy volunteers

Public title

antiplatelet effects of garlic

Purpose

Treatment

Inclusion/Exclusion criteria

Exclusion criteria applied to individuals who had cardiovascular disease, been using aspirin, clopidogrel and nonsteroidal anti inflammatory drugs (NSAIDS) in the last 2 weeks ago , thrombocytopenia(platelet<100 \times 10³ platelets /mm³),

anemia(hemoglobin<10g/dl),abnormal lipid profile[total chlosterol ≥ 200 mg/dl , LDL-C ≥100mg/dl , TG ≥ 200 mg/dl HDL≤ 45 mg/dl(male) and ≤ 55 mg/dl(female)], Diabetes mellitus (FBS ≥ 126 mg/ dl confirmed by repeating the test), and renal failure[Serum creatinine ≥ 2mg/dl (female) and Serum creatinine≥2.5 mg/dl (male)] inclusion criteria : 62 healthy individuals(non diabetic : normal lipid profile : without any cardiovascular disease and coagulation disorders :non used aspirin, clopidogrel and nonsteroidal anti inflammatory drugs (NSAIDS) in the last 2 weeks ago aged 20-50 years old were enrolled in this clinical trial.

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 62

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**

Shiraz University of Medical Sciences

Street address

Zand blvd

City

Shiraz

Postal code**Approval date**

2010-08-20, 1389/05/29

Ethics committee reference number

ct-p-91-4598

Health conditions studied**1****Description of health condition studied**

agents affecting blood constituents

ICD-10 code

Y44.9

ICD-10 code description

Other and unspecified agents affecting blood constituents

Primary outcomes**1****Description**

platelet aggregation

Timepoint

3 months

Method of measurement

Light transmission aggregometer

Secondary outcomes

empty

Intervention groups**1****Description**

garlic 1250mg one tablet a day for 30 days

Category

Treatment - Drugs

2**Description**

garlic(1250mg) 2 tablets a day for 30 days

Category

Treatment - Drugs

3**Description**

3 tablets(1250 mg) garlic a day for 30 days

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shahid Dastgheib Hospital

Full name of responsible person

Mojtaba Shafikhani

Street address

Hafeziye Blvd

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Pharmaceutical Siences Reseaserch

Full name of responsible person

Dr. Yunes Ghasemi

Street address

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City

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Pharmaceutical Siences Reseaserch

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**

Shiraz University Of Medical Sciences

Full name of responsible person

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Position

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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