Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effect of short-term ginseng supplementation on muscular damage indices of young boxers after acute exhaustive aerobic exercise

Protocol summary

Summary

This study was conducted to evaluate the effects of short-term ginseng supplementation on muscular damage indices, in young boxers after acute exhaustive aerobic exercise. Some of the criteria inclusion was young athletes with aged 30-18 years and without chronic diseases. Moreover, the criteria of exclusion were existence of any damage and uncontrolled intake of any supplement or drugs within the past 6 months. Therefore, in semi-experimental study twenty young boxers randomly were allocated in two placebo and Ginseng supplement groups in the spring 2015. Subjects of supplement group consumed 2gr ginseng capsules daily for one week, whiles other group consumed placebo for the same amount. After seven days of supplementation all subjects of both groups underwent in an exhaustive aerobic exercise test that performed on treadmill. Venous blood samples were collected in four phases before of starting the supplementation and in the basic state after the end supplementation period and immediately before of exercises immediately after and 24 h after exercise.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016083010512N5**
Registration date: **2016-09-08, 1395/06/18**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-09-08, 1395/06/18

Registrant information

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Recruitment status

Recruitment complete

Funding source

Islamic Azad University

Expected recruitment start date

2015-03-21, 1394/01/01

Expected recruitment end date

2016-03-20, 1395/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of short-term ginseng supplementation on muscular damage indices of young boxers after acute exhaustive aerobic exercise

Public title

Effect of short-term ginseng supplementation on oxidative stress and muscular damage of young boxers after acute exhaustive aerobic exercise

Purpose

Basic scienece

Inclusion/Exclusion criteria

Inclusion criteria: Males; young athlethes; aged 18-30years; No current chronic health problems; No consumption of any supplements or steroid anabolic drugs within the past 6 months. Exclusion criteria:

Smoking; injuries; acute diseases; and uncontrolled intake of any supplement or drugs.

Age

From **18 years** old to **30 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **20**

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

Clinical Research Ethics Committee of the Mahabad Islamic Azad University

Street address

Islamic Azad University, Mahabad Branch, university Street, Mahabad, Iran

City

Mahabad

Postal code

Approval date

2014-11-06, 1393/08/15

Ethics committee reference number

93/210م

Health conditions studied

1

Description of health condition studied

Oxidative stress

ICD-10 code

Z50.1

ICD-10 code description

other physical therapy

Primary outcomes

1

Description

creatine kinase concentration

Timepoint

At the beginning of the study and prior of supplementation, on the seventh day and pre exercise, immediately after exercise and 24 h post exercise

Method of measurement

The craetine kinase concentration were measured with the autoanalaizer Pars Azmoon kites and

2

Description

lactate dehydrogenase concentration

Timepoint

At the beginning of the study and prior of supplementation, on the seventh day and pre exercise, immediately after exercise and 24 h post exercise

Method of measurement

The lactate dehydrogenase concentration was measured with the autoanalaizer and Pars Azmoon kites.

Secondary outcomes

1

Description

oxidative stress indices

Timepoint

prior of supplementation, pre exercise, immediately after exercise and 24 h post exercise

Method of measurement

The total antioxidant capacity of plasma was evaluated by applying the FRAP assay. Moreover, Plasma malondialdehyde concentrations spectrophotometrically were assayed by measurement of thiobarbituric acid reactive substances assay.

Intervention groups

1

Description

The supplemented group was given two gram capsules 500 mg of ginseng four times per day, for for one week

Category

Placebo

2

Description

The placebo group was given two gram capsules 500 mg of placebo (dextrose) four times per day, for one week

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Islamic Azad University of Mahabad

Full name of responsible person
Dr Sirvan Atashak

Street address
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City
Mahabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University of Mahabad

Full name of responsible person
Dr. Worya Karimi

Street address
Islamic Azad University, Mahabad, West Azarbayejan

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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
Islamic Azad University of Mahabad

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
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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