

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jun 2026

Comparison of the effect of cumin and cinnamon on the lipid profile in middle-aged women with blood lipid disorders

Protocol summary

Summary

In this randomized clinical trial, that done with aims treatment of dyslipid patients. Inclusion criteria: Don't use of lipid-reducer drugs Exclusion criteria: Black cumin or cinnamon sensitivity; Pregnancy in women; Catch a disease. 60 patients entered in the study after signed a consent and divided into two groups, control and intervention groups. In first study lifestyle modification will train to both of groups. Time of intervention is 8 weeks that the first intervention group consumes 3gr cinnamon and second intervention group consumes 3gr cumin to form of Capsule in three meals breakfast;lunch;dinner. Patients will be followed for possible Complications. At the beginning of the study patients in both of groups ,8 weeks after intervention, will examined their total cholesterol, triglyceride, LDL-c, HDL-c.

General information

Acronym

CECC

IRCT registration information

IRCT registration number: **IRCT2016112310826N21**

Registration date: **2017-01-03, 1395/10/14**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-01-03, 1395/10/14

Registrant information

Name

Azadeh Nadjarzadeh

Name of organization / entity

Shahid Sadoughi University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 912 202 2817

Email address

azadnajarzadeh@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Nutrition And Food Security Research Center Şahid Sadoghi Yazd University Of Medical Sciences

Expected recruitment start date

2016-11-24, 1395/09/04

Expected recruitment end date

2017-01-23, 1395/11/04

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of cumin and cinnamon on the lipid profile in middle-aged women with blood lipid disorders

Public title

The effect of Cumin and Cinnamon on the treatment of dyslipidemia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Don't use of lipid-reducer drugs

Exclusion criteria: Black cumin or cinnamon sensitivity; Pregnancy in women; Catch a disease

Age

From **30 years** old to **59 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

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

Yazd University of Medical Sciences Ethics Committee

Street address

International Campus -Medical university- Bafgh road- Yazd

City

Yazd

Postal code

8944158318

Approval date

2016-12-14, 1395/09/24

Ethics committee reference number

IR.SSU.MEDICINE.REC.1395.259

Health conditions studied

1

Description of health condition studied

Dyslipidemia

ICD-10 code

E78.2

ICD-10 code description

Mixed hyperlipidaemia

Primary outcomes

1

Description

Total Cholesterol

Timepoint

Before study; 8 weeks after intervention study

Method of measurement

A blood test

2

Description

Triglyceride

Timepoint

Before study; 8 weeks after intervention study

Method of measurement

A blood test

3

Description

Low density Lipoprotein

Timepoint

Before study; 8 weeks after intervention study

Method of measurement

A blood test

4

Description

High density Lipoprotein

Timepoint

Before study; 8 weeks after intervention study

Method of measurement

A blood test

Secondary outcomes

empty

Intervention groups

1

Description

Consumption 3 grams of cinnamon in group A and 3 grams of cumin in the second group for 8 weeks

Category

Treatment - Drugs

2

Description

Control group: placebo microcrystalline cellulose

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Pathobiology Lab doctor FARZAM

Full name of responsible person

Doctor Syed Amir FARZAM

Street address

Pathobiology Lab D.frzam Medical Building South Naderi Street Qazvin

City

Qazvin

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Nutrition And Food Security Research Center Shahid Sadoghi Yazd University Of Medical Sciences

Full name of responsible person

Dr Azadeh Najarzadeh Responsible For Research And Food Security

Street address

Bafgh Road; Yazd

City

Yazd

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

Yes

Title of funding source

Nutrition And Food Security Research Center Shahid Sadoghi Yazd 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**Name of organization / entity**

Shahid Sadoughi University Of Yazd

Full name of responsible person

Samaneh Pishdad

Position

Postgraduate Student

Other areas of specialty/work**Street address**

Yazd - Bafgh road

City

Yazd

Postal code

4186818588

Phone

+98 13 3382 6402

Fax**Email**

Samanehpishdad@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Shahid Sadoughi Univesity Of Yazd

Full name of responsible person

Dr.Azadeh Najarzadeh

Position

PhD Nutrition

Other areas of specialty/work**Street address**

Imam Hossein Square Yazd

City

Yazd

Postal code

887-89165

Phone

+98 35 3623 8626

Fax**Email**

Azadehnajarzadeh@gmail.com

Web page address

Person responsible for updating data

Contact**Name of organization / entity**

International Campus Medical Sciences University Of Yazd

Full name of responsible person

Samaneh Pishdad

Position

Postgraguade Student

Other areas of specialty/work**Street address**

Rasht

City

Rasht

Postal code

4186818588

Phone

+98 13 3382 6402

Fax**Email**

Samanehpishdad@yahoo.com

Web page address

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