Clinical Trial Protocol
Iranian Registry of Clinical Trials

30 Jul 2026

Efficacy of Cumin on Lipid profile and and body composition in overweight and obese women

Protocol summary

Summary

The aim of this study was the efficacy of Cumin to control Lipid profile and improve body composition in obese and overweight women . All women who are invited to referred for Nutrition Research Center, 100 subjects with age range of 20-60 years with a body mass index between 25 and 40 with the consent are enrolled. Calorie-reduced diet is prescribed for all subjects and were randomly divided into 50 groups, a control group and a group receiving cumin powder (3 grams per day). Blood samples for measurement of fasting blood sugar, Triglycerides, Cholesterol, LDL-c, HDL-c, LDL / HDL before and after the study is done. Anthropometric measurements including: weight, fat weight, lean body weight, fat mass and percentage fat, Body Mass Index and waist circumference, which were done before and after the study. Duration of the study is 3 months. According to previous studies, we expect reducing harmful blood lipids and improving body composition.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013021112429N1**
Registration date: **2013-05-21, 1392/02/31**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-05-21, 1392/02/31

Registrant information

Name

Roghaye Zare

Name of organization / entity

Yazd University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 913 352 9758

Email address

r_zare1391@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Yazd University of Medical Sciences , Research and technology management

Expected recruitment start date

2013-01-19, 1391/10/30

Expected recruitment end date

2013-09-21, 1392/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of Cumin on Lipid profile and and body composition in overweight and obese women

Public title

Effect of cumin on blood fat and body composition in obese women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: women with BMI 25-40; consent to participate in the study ;No previous treatment regimen for three months before entering the study; no change in weight over 2 kg in a month prior to entering the study; lack of sensitivity to the Cumin, non-infectious diseases, diabetes, hypertension, thyroid disease and other chronic diseases based on self-declaration ; age 20-60 years Exclusion criteria: failure to cooperate in the study;

the history of the program regimen; change in weight over 2 kg in the last month; allergic reactions of cumin; Disease during the study, or a history of chronic disease

Age
From **20 years** old to **60 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

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
Yazd University of Medical Sciences

Street address
Bahonar Square, Yazd

City
Yazd

Postal code

Approval date
2013-01-23, 1391/11/04

Ethics committee reference number
17/1/152167/پ

Health conditions studied

1

Description of health condition studied
hyperlipidaemia

ICD-10 code
E78

ICD-10 code description
Disorders of lipoprotein metabolism

2

Description of health condition studied
OBESITY

ICD-10 code
E66.9

ICD-10 code description
Simple obesity NOS

Primary outcomes

1

Description
fbs

Timepoint
3 month

Method of measurement
blood sample

2

Description
bmi

Timepoint
3 month

Method of measurement
w/h2

3

Description
tg

Timepoint
3 month

Method of measurement
blood sample

4

Description
col

Timepoint
3month

Method of measurement
blood sample

5

Description
LDL-C

Timepoint
3 month

Method of measurement
blood sample

6

Description
HDL-C

Timepoint
3 month

Method of measurement
blood sample

7

Description

LDL/HDL
Timepoint
3 month
Method of measurement
blood sample

8

Description
COL/HDL
Timepoint
3 month
Method of measurement
blood sample

9

Description
VLDL
Timepoint
3 month
Method of measurement
blood sample

10

Description
weight
Timepoint
every month until 3 month
Method of measurement

11

Description
waist size
Timepoint
3 month
Method of measurement
cm

12

Description
fat mass
Timepoint
3 month
Method of measurement
body composition analizer

13

Description
free body mascle
Timepoint
3 month
Method of measurement
body composition analizer

14

Description
percent of fat mass
Timepoint
3 month
Method of measurement
body composition analizer

15

Description
percent of free mascle mass
Timepoint
3 month
Method of measurement
body composition analizer

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group, will be asked to eat 3 grams cumin powder with yogurt for lunch and dinner, two times (each time 1/5 grams cumin + 150 ml low-fat yogurt.) Reduced calorie diet (300 kcal less than the amount necessary) to be given by a Nutrition Specialist
Category
Treatment - Drugs

2

Description
in control group: reduced calorie diet (300 kcal less than the amount necessary) to be given by a nutrition Specialist.they asked to eat 150 ml low-fat yogurt ,twice a they with out cumin.Period of study was 3 months.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Nutrition and Food Security Research Centre
Full name of responsible person
Dr Roghayeh Zare
Street address
Nutrition and Food Security Research Centre , University of Health , Imam Reza Educational and Research Center , YAZD
City
yazd

Sponsors / Funding sources

1

Sponsor
Name of organization / entity

Department of Research and Technology, Yazd University of Medical Sciences

Full name of responsible person

Department of Research and Technology

Street address

Yazd University of Medical Sciences, Bahonar Square

City

yazd

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Department of Research and Technology, 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

Nutrition and Food Security Research Centre

Full name of responsible person

Roghayeh Zare

Position

MD/Research Expert

Other areas of specialty/work

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Person responsible for scientific inquiries

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Full name of responsible person

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Position

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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