Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of capsule containinig Tribulus Terrestris, Zingiber Officinale extracts and L-arginine on libido of low libido men

Protocol summary

Summary

this double-blind clinical trial will be discussed about effectiveness of herbal capsules containing extracts of Tribulus terrestris, ginger and L-arginine on sexual desire. Based on personal complaints, 60 males 30 to 70 years old with decreased sexual desire and who do not underlying condition contain physical and mental disease that need treat ,randomly divided into, two groups receiving placebo capsules or herbal capsules twice-daily for 6 weeks. At the beginning and end of the study individual Visited and at the end of third week will be followed by telephone about the continuation of cooperation, possible side effects and exclusion criteria .The level of testosterone, anti-oxidants, Hullbert Index of Sexual Desire and libido (VAS) will be specified in the beginning and end of study and Changes will be calculated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015122012438N14**
Registration date: **2016-01-09, 1394/10/19**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2016-01-09, 1394/10/19

Registrant information

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Mohsen Taghizadeh
Name of organization / entity
Kashan University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Barij research center of medicinal plants

Expected recruitment start date

2016-01-21, 1394/11/01

Expected recruitment end date

2017-06-22, 1396/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of capsule containinig Tribulus Terrestris, Zingiber Officinale extracts and L-arginine on libido of low libido men

Public title

The effect of capsule containinig Tribulus Terrestris, Zingiber Officinale extracts and L-arginine on male libido

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: patients between 30 and 70 years old with decreased sexual desire based on personal complaints Exclusion criteria: internal medicine,use medicine affecting sexual performance Addiction and smoking,alcohol Psychiatric disease and family problems Use herbal medicine that affect on sexual desire Physical and Psychiatric disease wife, other Sexual dysfunction multi partner Known sensitivity to medicinal herbal used in the study Any psychological counseling during the study period

Age
From **30 years** old to **70 years** old
Gender
Male

Phase
2
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
Ethics Committee of Kashan University of Medical Sciences
Street address
Kashan University Of Medical Sciences, Kashan
City
Kashan
Postal code
Approval date
2015-11-24, 1394/09/03
Ethics committee reference number
ir.kaums.rec1394.93181122

Health conditions studied

1

Description of health condition studied
loss of sexual desire
ICD-10 code
F52.0
ICD-10 code description
Lack or loss of sexual desire

Primary outcomes

1

Description
Hullbert Index of Sexual Desire
Timepoint
Baseline and End-of-trial
Method of measurement
questionnaire

2

Description
Libido
Timepoint
Baseline and End-of-trial
Method of measurement
VAS

3

Description
TAC
Timepoint
Baseline and End-of-trial
Method of measurement
blood sample

4

Description
Testosterone
Timepoint
Baseline and End-of-trial
Method of measurement
blood sample

Secondary outcomes

empty

Intervention groups

1

Description
Intervention:herbal capsule-two times a day for 6 weeks
Category
Treatment - Drugs

2

Description
control:placebo capsule-two times a day for 6 weeks
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Kargarnejad Hospital in Kashan, Kashan
Full name of responsible person
Dr Mohsen Taghizadeh
Street address
City

Kashan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Barij Research Center of Medicinal Herbs
Full name of responsible person
Miss L.Hejazi
Street address
Km. 44 of Kashan - Delijan Rd, Mashhad-e- Ardehal
Kashan
City
Kashan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Barij Research Center of Medicinal Herbs
Proportion provided by this source
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

2

Sponsor
Name of organization / entity
Vice chancellor for research of Kashan University of Medical Science
Full name of responsible person
Dr Gholam Ali Hamidi
Street address
Kashan university of Medical Science, Kashan
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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
Vice chancellor for research of Kashan University of Medical Science
Proportion provided by this source
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
Kashan University of Medical Sciences
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Person responsible for updating data

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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