

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 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

Name

Mohsen Taghizadeh

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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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**

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Barij Research Center of Medicinal Herbs

Full name of responsible person

Miss L.Hejazi

Street addressKm. 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

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Kashan university of Medical Science, Kashan

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Kashan

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

Yes

Title of funding sourceVice 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****Person responsible for general inquiries****Contact****Name of organization / entity**

Kashan University of Medical Sciences

Full name of responsible person

Mohsen Taghizadeh

Position

PHD

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Barij Research Center of Medicinal Herbs

Full name of responsible person

Mahnaz.Mahlouji

Position

Clinical Expert

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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