Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Effects of Crataegus herbal consumption or aerobic excercise on risk factors of cardiovascular diseases in patients with stable angina pectoris

Protocol summary

Summary

The overall objective of this by double-blinded randomized study is to investigate the effect of aerobic exercises and herbal crataegus on cardiovascular risk factors among stable angina patients. The statistical sample of this study is almost 80 people of 45 to 65 year-old patients who referred to Imam Ali sub-specialty polyclinic, shahrekord, Iran. These people are randomly allocated in groups for 3 way method. The way in which stable angina patients presented is as follows the three experimental groups: (1) with crataegus herbal consumption, (2) aerobic exercise and placebo consumption (3) crataegus herbal consumption and aerobic exercise and one control group. In this study, patients who had been undergone coronary angiography testing. They are approved, but there was no significant stenosis. In addition, patients with heart failure treated with digoxin, anticoagulant, anti-arrhythmic drugs and cisapride are excluded. The probable beneficial effect of these drugs combined with physical activity is the method, which can be considered to be special. Because the number of studies concerning the effectiveness of physical activity and herbs, is growing around the world in a way that perhaps we can take advantage of these two factors as a new strategy in the prevention and treatment of complications associated with anti-inflammatory medication and supplements. Because of, the importance of this issue and achieving effective results, the researcher was to investigate the effect of aerobic training and herbal remedies (crataegus) on processes and factors affecting atherosclerosis and cardiovascular risk factors.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013021812521N1**

Registration date: **2013-04-21, 1392/02/01**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2013-04-21, 1392/02/01

Registrant information

Name

Alireza Nematollahi

Name of organization / entity

Shahrekord University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Shahrekord University of Medical Sciences

Expected recruitment start date

2013-05-05, 1392/02/15

Expected recruitment end date

2013-08-05, 1392/05/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Crataegus herbal consumption or aerobic excercise on risk factors of cardiovascular diseases in patients with stable angina pectoris

Public title

Effects of cratagus herbal consumption and erobic exercise in patients with stable angina pectoris

Purpose

Prevention

Inclusion/Exclusion criteria

In this study, petients who had been undergone coronary angiography testing . They are approved, but there was no significant stenosis. In addition, patients with heart failure treated with digoxin, anticoagulant , anti-arrhythmic drugs and cisapride are excluded.

Age

From **45 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Aerobic exercise combind with herbal medicine as a new strutegy

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

shahrekord university of Medical sciences

Street address

Ayatollah Kashani Blvd

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shahrekord

Postal code

8815713471

Approval date

2012-10-22, 1391/08/01

Ethics committee reference number

91-8-23

Health conditions studied

1

Description of health condition studied

Patients with stable angina pectoris

ICD-10 code

I20.9

ICD-10 code description

Angina pectoris, unspecified

Primary outcomes

1

Description

CRP

Timepoint

Before The intervention, and three months after intervention

Method of measurement

Mg per deciliter

2

Description

IL-6

Timepoint

Before The intervention, and three months after intervention

Method of measurement

Mg per deciliter

Secondary outcomes

1

Description

Resting heart rate

Timepoint

Before interfered

Method of measurement

bpm

2

Description

Heart rate reserve

Timepoint

Before interfered

Method of measurement

bpm

3

Description

Maximum heart rate

Timepoint

Before interfered

Method of measurement

bpm

Intervention groups

1

Description

Crataegus herbal, 240 mg pill, two times a day for three months.

Category

Treatment - Drugs

2

Description

Aerobic exercise, 15 to 20 minutes, two times a day for three months.

Category

Rehabilitation

3

Description

Placebo, 240 Mg pill, two times a day with aerobic exercise, 15 to 20 minutes, two times a day for three months.

Category

Placebo

4

Description

Control group with no intervention for three months.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahrekord Imam Ali sub-specialty polyclinic

Full name of responsible person

Heidari Mojtaba

Street address

Shariati Blvd

City

Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahrekord Imam Ali sub-specialty polyclinic

Full name of responsible person

Dr. Mobasheri Mahmoud

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Ayatollah Kashani Blvd

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Grant name

1238-90-01-91

Grant code / Reference number

969

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

Yes

Title of funding source

Shahrekord Imam Ali sub-specialty polyclinic

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

Shahrekord University of Medical Sciences

Full name of responsible person

Dr. Rafieian Mahmoud

Position

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Other areas of specialty/work

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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