

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

Comparison of the treatment effects of soy, trigonellafoenum, and combined them under the control of vasomotor symptoms among postmenopausal women

Protocol summary

Summary

The aim of the study was to determine the prevalence of vasomotor symptoms and the effect of soy nuts, soy and fenugreek seeds on reducing symptoms in 60 postmenopausal women who Chamran was referred to a hospital clinic. Inclusion criteria: postmenopausal symptoms and tests LH, FSH, estradiol, and a natural process without the involvement of medical and surgical menopause - amenorrhea for more than 6 months and a maximum of ten years of menopause Non-inclusion criteria: cardiovascular drugs, blood clotting disorders, thyroid disorders, hormonal, allergic to soy and tobacco sub cycle education Exclusion criteria: susceptibility to various diseases during the study. Patients were divided into three groups on the basis of allocation can be divided into a control group. The experimental groups, soybean, soybean and fenugreek fenugreek'm taking the placebo group (toasted flour) 30 g reat 6,100,60 and the use of supplements Nmvdnd.dr the serum levels of LH, FSH and estradiol vasomotor symptoms patients were measured before and after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014090912628N1**

Registration date: **2014-11-12, 1393/08/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-11-12, 1393/08/21

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Faculty of Health, Health and Nutrition Research Center

Expected recruitment start date

2014-03-06, 1392/12/15

Expected recruitment end date

2014-09-03, 1393/06/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the treatment effects of soy, trigonellafoenum, and combined them under the control of vasomotor symptoms among postmenopausal women

Public title

Effect of soy, trigonellafoenum, and combined them under the control of common vasomotor symptoms

Purpose

Supportive

Inclusion/Exclusion criteria

Menopause symptoms experiments, LH, FSH and estradiol, a natural process of menopause menstruation surgery without medical intervention over 6 months and

a maximum of ten years of menopause, the withdrawal from the study: cardiovascular drugs, blood clotting disorders, thyroid disorders, hormonal, smoking is allergic to soy and education under secondary

Age

From **44 years** old to **55 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)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Baqiyatallah University of Medical Sciences

Street address

Sheikh bahaei, Molla sadra, Vanak

City

Tehran

Postal code

8475421591

Approval date

2013-11-11, 1392/08/20

Ethics committee reference number

340.3.6434

Health conditions studied

1

Description of health condition studied

Vasomotor symptoms

ICD-10 code

R00-R99

ICD-10 code description

R50-R69

Primary outcomes

1

Description

FSH LH E2

Timepoint

pre intervention - post intervention

Method of measurement

miclu/l , miclu/l pg/m

Secondary outcomes

1

Description

Signs and Symptoms of Menopause

Timepoint

pre intervention -- post intervention

Method of measurement

MRS questionnaire

Intervention groups

1

Description

Group I: 60 kg soy nut daily

Category

Placebo

2

Description

Group II: only 6 grams daily TF

Category

Treatment - Drugs

3

Description

Group III: 60 grams of soy plus 6 grams of fenugreek daily

Category

Treatment - Drugs

4

Description

Group IV: 30 grams flour toasted Daily

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Chamran Hospital

Full name of responsible person

Monirsaadat Mahdavi

Street address
City
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Baqiyatallah University of Medical Sciences
Full name of responsible person
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Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Baqiyatallah 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

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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

