Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of wet cupping on blood gloucose, lipids and oxidative stress indices in patients with diabetes type II

Protocol summary

Summary

The goal of this study is determination of the Effect of cupping on blood factors and oxidative stress in diabetes type II. Inclusion criteria: No history of consumption of alcohol, Cigarette, Antioxidant; Exclusion criteria: Creatinine above 2.5; Hemoglobin below 10 mg/dl; The study population was the patients with diabetes type 2 in Arak town, and 30 persons were selected. These patients besides taking their drugs, underwent by wet cupping (taking 70 ml blood) for one time in Imam Reza Clinic, Arak town. Intervention was done on one group as before and after. Primary outcomes were blood gloucose, lipids and oxidative stress indices. indices

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013041513019N1**
Registration date: **2013-05-20, 1392/02/30**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-05-20, 1392/02/30

Registrant information

Name
Ahmad Akbari
Name of organization / entity
Arak University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+86 14173528
Email address
dr.akbari@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2012-04-08, 1391/01/20

Expected recruitment end date

2012-06-09, 1391/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of wet cupping on blood gloucose, lipids and oxidative stress indices in patients with diabetes type II

Public title

Effect of cupping on diabetes type II

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: No history of consumption of alcohol, Cigarette, Antioxidant; No suffering from special diseases like Cancer, Thyroid gland disorders, Cardiovascular diseases, Respiratory diseases, Anemia, Coagulation disorders; Menopause period; Exclusion criteria: Creatinine above 2.5; Hemoglobin below 10 mg/dl; Vitamins and complements consumption; carbohydrates consumption;

Age

From **30 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size
Target sample size: **30**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Arak University of Medical Sciences
Street address
Arak, Basij Sq.
City
Arak
Postal code
Approval date
2011-10-17, 1390/07/25
Ethics committee reference number
90-114-13

Health conditions studied

1

Description of health condition studied
Diabetes Mellitus
ICD-10 code
E11
ICD-10 code description
Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description
Hemoglobin A1C
Timepoint
Before & After treatment
Method of measurement
Eliza with Pars Azmon Kit

2

Description
Fasting Blood Sudar
Timepoint
Before & After treatment
Method of measurement
Eliza with Pars Azmon Kit

3

Description
Blood sugar 2 hours after fasting
Timepoint
Before & After treatment
Method of measurement
Eliza with Pars Azmon Kit

Secondary outcomes

1

Description
Triglycerid
Timepoint
Before & after treatment
Method of measurement
Eliza with Pars Azmon Kit

2

Description
Cholesterol
Timepoint
Before & after treatment
Method of measurement
Eliza with Pars Azmon Kit

3

Description
Low Density Lipoprotein
Timepoint
Before & after treatment
Method of measurement
Eliza with Pars Azmon Kit

4

Description
Lipid peroxidation
Timepoint
Before & after treatment
Method of measurement
TBA (Thio Barbituric Acid)

5

Description
Serum total Antioxidants
Timepoint
Before and after
Method of measurement
FRAP test

Intervention groups

1

Description
Wet cupping (taking blood about 70 ml)
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Reza Clinic
Full name of responsible person
Dr. Ahmad Akbari
Street address
Basij Sq.
City
Arak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Dr. Ahmad Akbari
Street address
Basij Sq.
City
Arak
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Arak 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
Arak University of Medical Sciences
Full name of responsible person
Dr.ahmad Akbari
Position
General physician
Other areas of specialty/work
Street address
Basij Sq.
City
Arak
Postal code
Phone
+98 614173528
Fax
Email
dr.akbari49@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Dr.ahmad Akbari
Position
General physician
Other areas of specialty/work
Street address
Basij Sq.
City
Arak
Postal code
Phone
+98 86 1417 3528
Fax
Email
dr.akbari49@yahoo.comdr.akbari@arakmu.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Arak University of Medical Sciensec
Full name of responsible person
Dr.Ahmad Akbari
Position
General Physician
Other areas of specialty/work
Street address
Basij Sq.
City
Arak
Postal code
Phone
+98 86 1417 3528
Fax
Email
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