

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of Garlic in blood sugar of diabetetis patients type II

Protocol summary

Summary

The purpose of present study was to evaluate the effects of garlic on hyperglycemia, dislipidemia and hypertension in patients with type 2 diabetes mellitus. This 3 months randomized, double blind clinical trial was conducted on type 2 diabetic patients with newly diagnosed hyperglycemia (N = 60). Patients were selected from Kashan Diabetic Center, and were divided into two groups of 30 patients, they were given garlic tablet 400mg two tablets 3 times every day (six tablets daily). Each tablet contains of 1000 μ g Allicin or equal to 2gr fresh garlic. So that they were given 6 μ g Allicin or 2.4gr dry garlic powder equal to four raw garlic clove per day. The second group (30 persons)were given placebo tablets. Both groups were given diet and exercise plan.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138706091106N2**

Registration date: **2008-10-12, 1387/07/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2008-10-12, 1387/07/21

Registrant information

Name

Zohreh Azarbad

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

KASHAN UNIVERSITY OF MEDICAL SCIENCES

Expected recruitment start date

2005-05-22, 1384/03/01

Expected recruitment end date

2006-08-22, 1385/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Garlic in blood sugar of diabetetis patients type II

Public title

The effect of Garlic in blood sugar of diabetetis patients type II

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : The type 2 diabetic patients in range of 20-60 years old with FBS \geq 126 twice a day who never used blood suger lowering medicine.

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

2-3

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

kashan university of medical sciences

Street address

KASHAN UNIVERSITY OF MEDICAL SCIENCES,DEPUTY OF RESEARCH

City

KASHAN

Postal code

87155/111

Approval date

empty

Ethics committee reference number

8432

Health conditions studied

1

Description of health condition studied

Diabetes Mellitus type II

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

reduction in fasting blood sugar

Timepoint

baseline-2 week- 2 month - 3 month after intervention

Method of measurement

FBS test

Secondary outcomes

1

Description

hypoglycemia

Timepoint

baseline-2 weeks-2 months - 3 months after intervention

Method of measurement

blood test

2

Description

reduction in diastolic blood pressure

Timepoint

baseline-2 weeks-2 months - 3 months after intervention

Method of measurement

vital sgin(BP monitoring)

3

Description

reduction of LDL cholesterol

Timepoint

baseline-2 weeks-2 months - 3 months after intervention

Method of measurement

blood test

4

Description

reduction serum Triglyceride

Timepoint

baseline-2 weeks-2 months - 3 months after intervention

Method of measurement

blood test

Intervention groups

1

Description

Intervention group:garlic tablet

Category

empty

2

Description

Control group:placebo

Category

empty

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashan Diabetic Center (Golabchi Clinic_

Full name of responsible person

Mohsen karimi dana MD

Street address

kashan-Emam street

City

kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Golam Ali Hamidi (Phd)

Street address

Kashan-Kashan University of Medical Sciences-
Deputy of research

City

kashan

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

Yes

Title of funding source

Kashan 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**

Kashan University of Medical Sciences

Full name of responsible person

Ali Reza Ebadi MD

Position

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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