

# 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 $\mu$ g Allicin or equal to 2gr fresh garlic. So that they were given 6 $\mu$ 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

##### Country

Iran (Islamic Republic of)

##### Phone

+98 36 1555 2999

##### Email address

azarbad\_zo@kaums.ac.ir

##### 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**

Assistant Professor

**Other areas of specialty/work****Street address**

kashan-Beheshti Hospital

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### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

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### Person responsible for updating data

**Contact****Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

Zohreh Azarbad

**Position**

Midwifery MS. /Manager of Research Affairs

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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*