

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of Sesame Oil (Sesamum Indicum Linn.) consumption on lipid profile of patients with dyslipidemia referred to Health Heart House affiliated to Shiraz Cardiovascular Research Center.

Protocol summary

Summary

This study has been designed to assess the effect of Sesame Oil on lipid profile in patients suffering from dyslipidemia, referred to The Health Heart House, affiliated to Shiraz Cardiovascular Research Center. In this randomized controlled clinical study, 135 people suffering from dyslipidemia aged between 18-75 referred to Shiraz Heart House have been selected according to the inclusion criteria, including Low-density lipoprotein (LDL) between 130-200 or High-density lipoprotein (HDL) in females under 50 and males under 40 or Triglyceride between 200-400 and the use of no antilipidemic drugs. The exclusion criteria have been pregnancy, breastfeeding, and the use of oral contraceptive pills(OCP) and antilipidemic drugs. These persons have randomly been divided into experiment group (90 persons), receiving Sesame Oil and control group (45 persons). The experiment group has been given 15 grams of Sesame Oil daily for 2 months and the control group hasn't received any intervention during this period. At the end, total cholesterol, Low-density lipoprotein (LDL), High-density lipoprotein (HDL) and Triglyceride before and after intervention have been checked and compared with each other.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013060913603N1**

Registration date: **2013-08-13, 1392/05/22**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-08-13, 1392/05/22

Registrant information

Name

Majid Barzegar

Name of organization / entity

Shiraz University Of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-08-06, 1392/05/15

Expected recruitment end date

2013-11-06, 1392/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Sesame Oil (Sesamum Indicum Linn.) consumption on lipid profile of patients with dyslipidemia referred to Health Heart House affiliated to Shiraz Cardiovascular Research Center.

Public title

Effect of Sesame Oil (Sesamum Indicum Linn.) consumption on lipid profile in patients with dyslipidemia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age 18-75 year old; Low-density lipoprotein (LDL) 130-200 or triglyceride 200-400 or High-density lipoprotein (HDL) less 50 in female and less 40 in male; non-use antilipideimic drugs; non history of renal, liver, kidney, heart and thyroid disease; non history of diabetes mellitus; non history of food allergy especially to soya, peanuts and Walnuts; non history of asthma or atopic dermatitis. Exclusion criteria: breastfeeding and pregnancy; oral contraceptive pills consumption; use of antilipideimic drugs; alcohol consumption; hospitalization during study.

Age

From **18 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **135**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Shiraz University of Medical Sciences

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Shiraz University of Medical Sciences, Zand St, Shiraz

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Approval date

2013-05-14, 1392/02/24

Ethics committee reference number

CT-P-92-5339

Health conditions studied**1****Description of health condition studied**

Hyperlipidemia

ICD-10 code

E78

ICD-10 code description

Disorders of lipoprotein metabolism and other lipidaemias

Primary outcomes**1****Description**

total cholesterol

Timepoint

before and 2 months after intervention

Method of measurement

biochemical measurements on blood sample

2**Description**

Serum Triglyceride

Timepoint

before and 2 months after intervention

Method of measurement

biochemical measurements on blood sample

3**Description**

Low-density lipoprotein (LDL)

Timepoint

before and 2 months after intervention

Method of measurement

biochemical measurements on blood sample

4**Description**

High-density lipoprotein (HDL)

Timepoint

before and 2months after intervention

Method of measurement

biochemical measurements on blood sample

Secondary outcomes**1****Description**

Diastolic Blood Pressure

Timepoint

before and 2 months after intervention

Method of measurement

before and 2 months after intervention

2**Description**

Systolic Blood Pressure

Timepoint

before and 2 months after intervention

Method of measurement

before and 2 months after intervention

3

Description

Body Mass Index

Timepoint

before and 2 months after intervention

Method of measurement

before and 2 months after intervention

4

Description

Weight

Timepoint

before and 2 months after intervention

Method of measurement

before and 2 months after intervention

Intervention groups

1

Description

Control group : no intervention

Category

Other

2

Description

Intervention group:use sesame oil orally 15 grams per day for 60 days

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Cardiovascular Research Center of Shiraz University of Medical Sciences

Full name of responsible person

Majid Barzegar

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Cardiovascular Research Center, Shahid Faghihi Hospital, Zand Blvd, Shiraz

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Midical Sciences

Full name of responsible person

Mrs Hoghooghi

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz University of Midical 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

Shiraz University of Medical Sciences

Full name of responsible person

Majid Barzegar

Position

Resident of Cardiology

Other areas of specialty/work

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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*