Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluation of therapeutic effects of stinging nettle (Urtica dioica) in women with hyperandrogenism

Protocol summary

Summary

40 patients with Hyperandrogenism were randomly divided into two equal groups.The first group will receive nettle root extract, 600-300 mg daily in three divided doses and the second group will be used as the standard treatment. Serum levels of total and free testosterone, DHEA also be determined before treatment in both groups.The patients will use dry extract of nettle root and the standard treatment by 4 months. at the end of treatment serum levels of total and free testosterone, DHEA will be rechecked.Hyperandrogenism symptoms such as acne, Status of patients mense,oily skin is assessed via questionnaire before and after treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013061013612N1**
Registration date: **2013-08-08, 1392/05/17**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-08-08, 1392/05/17

Registrant information

Name
Farzad Najafipour
Name of organization / entity
Tabriz University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 41 1335 7850
Email address
najafipourf@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

All cost of this project will be funded by the bone Research Center of Tabriz University of Medical Sciences .

Expected recruitment start date

2013-07-23, 1392/05/01

Expected recruitment end date

2013-10-07, 1392/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of therapeutic effects of stinging nettle (Urtica dioica) in women with hyperandrogenism

Public title

Therapeutic effects of Stinging Nettle (Urtica dioica)

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: women with hyperandrogenism ; ages between 15-50 Exclusion criteria: The period of lactation ; pregnancy

Age

From **15 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

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
Tabriz Univesity of Medical Sciences
Street address
Central Construction of University ,Street of University , Tabriz Univesity of Medical Sciences
City
Tabriz
Postal code
51665-118
Approval date
2013-05-13, 1392/02/23
Ethics committee reference number
5/4/1995

Health conditions studied

1

Description of health condition studied
Hyperandrogenism
ICD-10 code
E28.1
ICD-10 code description
Hypersecretion of Ovarian Androgens

Primary outcomes

1

Description
Serum level of free Testestrone
Timepoint
Before study and after 4 months
Method of measurement
Lab test , ng/dl

2

Description
serum level of total Testestrone
Timepoint
Before study and after 4 months
Method of measurement
Lab test , ng/dl

3

Description
serum level of DHEA
Timepoint
Before study and after 4 months
Method of measurement
Lab test , ng/dl

Secondary outcomes

1

Description
Edema
Timepoint
Every month
Method of measurement
History and Examination

2

Description
Gastrointestinal Complaints
Timepoint
Every month
Method of measurement
History and Examination

3

Description
Decreased urine volume
Timepoint
Every month
Method of measurement
History and Examination

Intervention groups

1

Description
In first group, the serum levels of free and total testosterone and DHEA is measured , then they take 300-600 mg 0f extracted dry nettle root daily for 4 months . After 4 months the serum levels of total and free testosteroneand DHEA is measured.As well as oily skin and acne and mense of patients will be assessed through a questionnaire before and after treatment.
Category
Treatment - Drugs

2

Description
In second group, the serum levels of free and total testosterone and DHEA are measured.Then they take the routine treatment of Hyperandrogenism

(spironolactone100mg daily ,cyproterone compound 100mg daily) for 4 months . After 4 months the serum levels of total and free testosteroneand DHEA is measured.As well as oily skin and acne and mense of patients will be assessed through a questionnaire before and after treatment.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Endocrinology Clinic of Imam Reza Hospital

Full name of responsible person
Ali Niko

Street address
Shayan Mehr Residential Complex , Resalat Street , Tabriz , IRAN

City
Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Bone Research Center, Tabriz University of Medical Sciences

Full name of responsible person
Dr. Farzad Najafipour

Street address
Srourbakhsh Alley, Abresan, Tabriz

City
Tabriz

Grant name

Grant code / Reference number

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

Title of funding source
Bone Research Center, Tabriz 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
Bone Research Center, Tabriz University of Medical Sciences

Full name of responsible person
Dr. Farzad Najafipour

Position
Assistant Professor of Endocrinology and Metabolic Diseases

Other areas of specialty/work

Street address
Srourbakhsh Alley, Abresan, Tabriz

City
Tabriz

Postal code
5165685783

Phone
+98 41 1337 4531

Fax

Email
Farzad278@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Bone research center ,Tabriz university of medical sciences

Full name of responsible person
Dr. Farzad Najafipour

Position
Assistant Professor of Endocrinology and Metabolic Diseases

Other areas of specialty/work

Street address
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Phone
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Person responsible for updating data

Contact

Name of organization / entity
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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