

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 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 menses, 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 Of 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

(spironolactone 100mg daily , cyproterone compound 100mg daily) for 4 months . After 4 months the serum levels of total and free testosterone and DHEA is measured. As well as oily skin and acne and menses 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**

Sroubakhsh 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**

Sroubakhsh Alley, Abresan, Tabriz

**City**

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5165685783

**Phone**

+98 41 1337 4531

**Fax****Email**

Farzad278@yahoo.com

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

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sciences

**Full name of responsible person**

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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*