Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Hypoglycemic effects of aqueous extract of juglans regia in type 2 diabetic patients

Protocol summary

Summary

This study will be conducted as randomized placebo controlled clinical trial.The ethanolic extract of juglans regia (in combination with other medicinal plants has been studied for its hypoglycemic effects.We will assess the hypoglycemic effects of juglans regia leaves in type 2 diabetic patients and in comparison with placebo. Inclusion criterion is: type 2 diabetic patients on oral anti diabetic medications with FBS 140-250. Exclusion criteria are: insulin therapy, liver or kidney diseases, pregnancy and breast feeding. Patients will randomly assign in intervention and placebo groups; in intervention group, the capsules containing 250mg of the powder of aquous extract of Juglans regia leaves will be administered for three months. Capsules for placebo contain toast powder. Fasting Blood Sugar, two hr post prandial glucose and Glycosylated hemoglobin will assess before and after intervention; the results will be compare in two groups

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138803061957N1**
Registration date: **2011-05-04, 1390/02/14**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2011-05-04, 1390/02/14

Registrant information

Name
Fataneh Hashem Dabaghian
Name of organization / entity
Research Institute for Islamic and Complementary Medicine
Country
Iran (Islamic Republic of)
Phone
+98 21 3395 0152
Email address
fatanehdabaghian@yahoo.com

Recruitment status

Recruitment complete

Funding source

Research Institute for Islamic & Complementary Medicine

Expected recruitment start date

2011-03-31, 1390/01/11

Expected recruitment end date

2013-03-31, 1392/01/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Hypoglycemic effects of aqueous extract of juglans regia in type 2 diabetic patients

Public title

Hypoglycemic effects of aqueous extract of juglans regia in type 2 diabetic patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Type 2 diabetic patients receiving oral anti-diabetic medications with FBS 140-250 Exclusion criteria: insulin therapy, liver or kidney diseases, pregnancy, breast feeding.

Age

From **35 years** old to **60 years** old

Gender

Both

Phase
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
RICM ethics committee
Street address
9 pirnia alley,Lalehzar st.,Jomhury st.,Tehran, Iran
City
Tehran
Postal code
Approval date
2010-05-12, 1389/02/22
Ethics committee reference number
244

Health conditions studied

1

Description of health condition studied
Type II diabetes mellitus
ICD-10 code
E11
ICD-10 code description
Endocrine and Metabolid Diseases

Primary outcomes

1

Description
Fasting Blood Sugar
Timepoint
Before and After intervention
Method of measurement
Biochemistry Lab test

Secondary outcomes

1

Description
2 Hr Post Prandial Glucose
Timepoint
Before and after intervention
Method of measurement
Biochemistry lab test

2

Description
HbA1c
Timepoint
Before and after intervention
Method of measurement
Blood chromatography

Intervention groups

1

Description
controle: toast powder capsule,TDS for 3 months
Category
Placebo

2

Description
Intervention group: capsules containing 250 mg powder of aquous extract of juglans regia,three times a day for 3 months.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Rasul Akram Hospital
Full name of responsible person
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Institute For Islamic and Complementary Medicine
Full name of responsible person
Seid Ashrafoddin Gooshegir
Street address
9 pirnia alley, lalehzarno st.,jomhury avenue,Tehran

,IRAN

City
Tehran

Grant name

Grant code / Reference number

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

Title of funding source
Research Institute For Islamic and Complementary Medicine

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
Research Institute for Islamic and Complementary Medicine

Full name of responsible person
Fataneh Hashem Dabaghian

Position
Research manager

Other areas of specialty/work

Street address
9 pirnia alley,Lalehzar st.,Jomhury st.,Tehran, Iran

City
Tehran

Postal code

Phone
+98 21 3311 1619

Fax

Email
fatanehdabaghian@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Research Insstitute for Islamic and Complementary Medicine

Full name of responsible person
Fataneh Hashem Dabaghian

Position
community medicine specialist

Other areas of specialty/work

Street address
9 pirnia alley, Lalehzar st.,Jomhury st.,Tehran, Iran

City
Tehran

Postal code

Phone
+98 21 3311 1619

Fax

Email
fatanehdabaghian@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Research Institute For Islamic &Complementary Medicine

Full name of responsible person
Fataneh Hashem Dabaghian

Position
Research expert

Other areas of specialty/work

Street address
9Pirnia,Lalehzarno st,Jomhury Av,Tehran,Iran

City
Tehran

Postal code
1145847111

Phone
+98 33111619

Fax
+98 33116726

Email
fataneh.dabaghian@yahoo.com

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