

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 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 aqueous 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

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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 aqueous 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

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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

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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