

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effects of Rhus Coriaria L. (Sumac) on Serum Lipid Levels of Patients With Hyperlipidemia

Protocol summary

Summary

Objectives: To evaluate the effects of Rhus coriaria (Sumac) on serum lipid levels of patients with hyperlipidemia Design: Double-blind placebo-controlled randomized clinical trial Method: 74 hyperlipidemic patients with the inclusion criteria will enter into the study and randomly assign to treatment or placebo group. Inclusion criteria: • Age: 20-65 years old. • Serum triglyceride more than 150mg/dl and /or total cholesterol equal or more than 240mg/dl. Exclusion criteria: • Serum triglyceride more than 500 mg/dl. • Serum LDL-cholesterol at level which need drug treatment according to the patient risk categories (NCEPATP III). • Diabetes mellitus. • Hypo or hyperthyroidism. • Any systemic illnesses e.g. liver cirrhosis, acute or chronic renal failure, heart failure. • Use of drugs: OCPs, lipid lowering agents, thiazides. • Pregnancy. • Alcoholism. • History of allergic reaction to Sumac. Interventions: One group receive Sumac powder 500 cap. twice daily and another group receive placebo cap. twice daily for 6 weeks. Primary outcome measures: serum total cholesterol, triglyceride, LDL-cholesterol and HDL-cholesterol levels.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014030716876N1**
Registration date: **2015-07-24, 1394/05/02**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-07-24, 1394/05/02

Registrant information

Name

Mesbah Shams

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3647 4316

Email address

shams@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-10-01, 1393/07/09

Expected recruitment end date

2015-04-01, 1394/01/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of Rhus Coriaria L. (Sumac) on Serum Lipid Levels of Patients With Hyperlipidemia

Public title

Use of Sumac in treatment of hyperlipidemia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: • Age: 20-65 years old. • Serum triglyceride more than 150mg/dl and /or total cholesterol equal or more than 240mg/dl. Exclusion criteria: • Serum triglyceride more than 500 mg/dl. • Serum LDL-cholesterol at level which need drug treatment according to the patient risk categories (NCEPATP III). • Diabetes mellitus. • Hypo or hyperthyroidism. • Any systemic

illnesses e.g. liver cirrhosis, acute or chronic renal failure, heart failure. • Use of drugs: OCPs, lipid lowering agents, thiazides. • Pregnancy. • Alcoholism. • History of allergic reaction to Sumac.

Age

From **20 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **74**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

1

Registry name

ClinicalTrials.gov

Secondary trial Id

NCT02295293

Registration date

2014-11-10, 1393/08/19

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committe

Street address

Shiraz University of Medical Sciences

City

Shiraz

Postal code

Approval date

2015-02-16, 1393/11/27

Ethics committee reference number

CT-P-92-5581

Health conditions studied

1

Description of health condition studied

Hyperlipidemia

ICD-10 code

E78.5

ICD-10 code description

Hyperlipidaemia, unspecified

Primary outcomes

1

Description

Serum total cholesterol level

Timepoint

6 weeks

Method of measurement

Biochemical analysis

2

Description

Serum triglyceride level

Timepoint

6 weeks

Method of measurement

Biochemical analysis

3

Description

Serum HDL-cholesterol level

Timepoint

6 weeks

Method of measurement

Biochemical analysis

4

Description

Serum LDL-cholesterol level

Timepoint

6 weeks

Method of measurement

Biochemical analysis

Secondary outcomes

1

Description

Serum ALT level

Timepoint

6 weeks

Method of measurement

Biochemical analysis

2

Description

Serum AST level

Timepoint

6 weeks

Method of measurement

Biochemical analysis

3

Description

Fasting Blood Sugar (FBS)

Timepoint

6 weeks

Method of measurement

Biochemical analysis

4

Description

Serum creatinin level

Timepoint

6 weeks

Method of measurement

Biochemical analysis

5

Description

Serum alkaline phosphatase level

Timepoint

6 weeks

Method of measurement

Biochemical analysis

Intervention groups

1

Description

Drug: Rhus Coriaria L. (Sumac) 500 mg of Rhus Coriaria L. (Sumac) powder in capsule 1 capsule twice daily for 6 weeks

Category

Treatment - Drugs

2

Description

Placebo capsule: 1 capsule twice daily for 6 weeks

Category

Placebo

Recruitment centers

1

Recruitment center**Name of recruitment center**

Shahid Motahari Clinic, Shiraz University of Medical Sciences

Full name of responsible person

Mesbah Shams

Street address**City**

Shiraz

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Vice chancellor of Research, Shiraz University of Medical Sciences

Full name of responsible person

Dr. Seyyed Basir Hashemi

Street address

Shiraz University of Medical Sciences, Zand st.

City

Shiraz

Grant name**Grant code / Reference number**

91-01-01-5581

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

Yes

Title of funding source

Vice chancellor of Research, Shiraz 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**

Shiraz University of Medical Sciences

Full name of responsible person

Mesbah Shams

Position

M.D.

Other areas of specialty/work**Street address**

Endocrinology & Metabolism Research Center-Shiraz
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University of Medical Sciences

Full name of responsible person

Mesbah Shams

Position

MD

Other areas of specialty/work**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