

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

Determination of *Apium graveolens* L. fruits effect on HbA1C, 2HPP & FBS in type 2 diabetic patients

Protocol summary

Summary

The study was performed as a double-blind clinical trial to examine the effect of *Apium graveolens* L on the blood glucose in type 2 diabetic patients who referred to the diabetic treatment research center of Yazd. 74 patients diagnosed with diabetes type 2 with the age range of 20-80 are randomly selected and categorized into two groups. The patients do not take insulin, non-conventional medical products, and medicines including Aspirin, Warfarin, Clopidogrel, diuretics and Thyroid drugs as well as they are not pregnant and lactating. In the main group, in addition to their standard treatment, FBS, 2HPP, and HbA1C are measured before they start taking the capsules. Then, if the patients do not need to take insulin and are satisfied to participate and also considering the number of their oral medicines and HbA1C, they are enrolled in the study. Subsequently, along with their standard treatment, the patients take three capsules containing celery fruits per day, half an hour before a meal, within three months. After three months, the blood tests are repeated and FBS, 2HPP, and HbA1C are measured again. In the control group, the same procedure is done using placebo containing cellulose. Finally, the results of the two groups are compared together.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014081718828N1**
Registration date: **2017-03-05, 1395/12/15**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-03-05, 1395/12/15

Registrant information

Name

Alimohammad Ranjbar

Name of organization / entity

Yazd University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice chancellor research and technology Yazd University of Medical Sciences and researchers

Expected recruitment start date

2017-02-03, 1395/11/15

Expected recruitment end date

2018-03-06, 1396/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determination of *Apium graveolens* L. fruits effect on HbA1C, 2HPP & FBS in type 2 diabetic patients

Public title

Determination of *Apium graveolens* L. fruits effect on diabetic patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Patients with diabetes type 2; Patients within the age range 20-80; Patients with the ability to speak Persian; Patients satisfaction with entering the

study Exclusion criteria: Taking insulin; Taking common non-medical products; Patients who cannot take celery fruit capsules for any given reason; Patients with diabetes type 1; Pregnant and breastfeeding women; Patients taking Aspirin, Warfarin, Clopidogrel; Patients receiving diuretics or thyroid treatment

Age

From **20 years** old to **80 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

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Yazd University of Medical Science

Street address

Talar honar alley, Bahonar square, Yazd, Iran

City

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Postal code

Approval date

2016-07-16, 1395/04/26

Ethics committee reference number

IR.SSU.REC.1395.70

Health conditions studied

1

Description of health condition studied

type 2 diabete

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

Hemoglobin A1c (HbA1c)

Timepoint

3 months after drug use

Method of measurement

Blood test

Secondary outcomes

1

Description

Fasting blood sugar (FBS)

Timepoint

3 months after drug use

Method of measurement

Blood Test

2

Description

2 hour Post Prandial (2hpp)

Timepoint

3 months after drug use

Method of measurement

Blood Test

Intervention groups

1

Description

The participants in control group receive three cellulose capsules per day, 30 min before every meal, for three months along with standard treatments.

Category

Treatment - Drugs

2

Description

The participants in intervention group receive three celery fruit capsules per day, 30 min before every meal, for three months along with standard treatments.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Diabete Research Center

Full name of responsible person

Masoud Rahmaniaan

Street address

Talar Honar alley, Bahonar square, Yazd, Iran

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Yazd

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Yazd University of Medical Science

Full name of responsible person

Hooshang Mehrparvar

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Bahonar Square, Yazd, Iran

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Yazd University of Medical Science

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**

Yazd University of Medical Sciences

Full name of responsible person

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Position

PhD

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Diabete Research Center

Full name of responsible person

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Position

Endocrinologist, Assistant Professor

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Shahid Sadoughi University of Medical Sciences of Yazd

Full name of responsible person

Negin Ghafar

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Student Doctor of Pharmacy

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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*