

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The study effect of aqutic extract of *Urtica dioica* L. on Glycemic and Lipidmic indexes in diabetic Patients

Protocol summary

Summary

The purpose of the study: The Effect of *Urtica dioica* L. On Glucose and Lipid Indexes in Diabetic Patients Design study: Randomized, not blind, placebo-controlled, single-center, phase 3 trial The study population: 180 patients with type 2 diabetes The main inclusion criteria: age over 30 years; HbA1c less than 10 %; the most common diabetes medications (Metformin ,Glibenclamide) The main exclusion criteria: a history of cardiovascular disease; renal disease; infectious disease; liver disease; thyroid disease; allergies disease; angina disease; consumption of nonsteroidal antiinflammatory drugs (NSAIDs); consumption of warfarin; consumption of estrogen and progesterone drugs; smoking, consumption of dietary supplements; consumption of herbal decoction; pregnancy and lactation Sample size: 180 patients The intervention used in the study: aqueous extract of nettle as medicine and Lemon water as placebo intervention time: At a rate of 1 ml daily for three months, Half an hour before a meal, During the month the 100 cc are used. Primary outcomes: HbA1c, HDL, LDL, TG, FBS, BS 2pp, Cholesterol The primary outcome measure 3 months after intervention

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015010720594N1**

Registration date: **2016-04-14, 1395/01/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-04-14, 1395/01/26

Registrant information

Name

Monireh Mazandarani

Name of organization / entity

Shahrood Azad University of Medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 3239 5054

Email address

nazemi1393@shu.ac.ir

Recruitment status

Recruitment complete

Funding source

Sponsor of this studying is an investigator

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2016-03-19, 1394/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The study effect of aqutic extract of *Urtica dioica* L. on Glycemic and Lipidmic indexes in diabetic Patients

Public title

The Effect of *Urtica dioica* L. On Glucose and Lipid Indexes in Diabetic Patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : age over 30 years; HbA1c less than 10 %; the most common diabetes medications (Metformin ,Glibenclamide) Exclusion criteria : a history of cardiovascular disease; renal disease; infectious disease; liver disease; thyroid disease; allergies disease; angina

disease; consumption of nonsteroidal antiinflammatory drugs (NSAIDs); consumption of warfarin; consumption of estrogen and progesterone drugs; smoking, consumption of dietary supplements; consumption of herbal decoction; pregnancy and lactation

Age

From **34 years** old to **79 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **108**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shahrood University of Medical Sciences and health services

Street address

Hafte-Tir Square , Central Building University of Medical Sciences and Health Services , Vice President of Research and Technology

City

Shahrood

Postal code

3614773955

Approval date

2014-09-23, 1393/07/01

Ethics committee reference number

930/37

Health conditions studied

1

Description of health condition studied

diabetic mellitus type2

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

HbA1c

Timepoint

After three month

Method of measurement

Blood Sampling

2

Description

HDL

Timepoint

After three month

Method of measurement

Blood Sampling

3

Description

LDL

Timepoint

After three month

Method of measurement

Blood sampling

4

Description

TG

Timepoint

After three month

Method of measurement

Blood Sampling

5

Description

FBS

Timepoint

After three month

Method of measurement

Blood Sampling

6

Description

BS2pp

Timepoint

after three month

Method of measurement

blood sampling

7

Description

Cholesterol

Timepoint

After three month
Method of measurement
Blood Sampling

Secondary outcomes

1

Description
body mass index
Timepoint
The baseline
Method of measurement
Meter,Balance

2

Description
Systolic Blood Pressur
Timepoint
first and last Undertaking Study
Method of measurement
Barometer

3

Description
Dyastolic Blood Pressure
Timepoint
First and last Undertaking Study
Method of measurement
Barometer

Intervention groups

1

Description
The study of aqueous extract of nettle as a herbal medicine for three months is available to patients.So that three meals daily in divided 1 ml of the extract, half an hour before meals ,Within a month 100 cc of concentrated extract is used
Category
Treatment - Drugs

2

Description
Placebo intervention: natural lemon juice Dosage: daily divided in three doses of 1 cc How to use the drug: half an hour before meals eaten Course of medication intervention: Three months to the total amount of 300 cc
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center

Imam Hussein Shahrood Hospital Medical Center
Full name of responsible person
DR. Sepide Nazemi
Street address
Lane 28-meter Ayatollah Tohidi ,Imam Street.
Shahrood City
City
Shahrood

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Imam Hussein Shahrood Hospital Medical Center
Full name of responsible person
DR.Sepide Nazemi
Street address
Lane 28-meter Ayatollah Tohidi ,Imam Street.
Shahrood City
City
Shahrood
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Imam Hussein Shahrood Hospital Medical Center
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
Imam Hussein Shahrood Hospital Medical Center
Full name of responsible person
DR. Sepide Nazemi
Position
Internal medicine specialist
Other areas of specialty/work
Street address
Lane 28-meter Ayatollah Tohidi ,Imam Street.
Shahrood City
City
Shahrood
Postal code
Phone
+233 2343000
Fax
Email

Nazemi1393@shu.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Imam Hussein Shahrood Hospital Medical Center

Full name of responsible person

DR.Sepide Nazemi

Position

internal physician

Other areas of specialty/work

Street address

Lane 28-meter Ayatollah Tohidi ,Imam Street.
Shahrood City

City

shahrood city

Postal code

Phone

+98 23 3234 3000

Fax

Email

Nazemi1393@shu.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Imam Hussein Shahrood Hospital Medical Center

Full name of responsible person

Monireh Mazandarani

Position

Medical Student

Other areas of specialty/work

Street address

Lane 28-meter Ayatollah Tohidi ,Imam Street.
Shahrood City

City

Shahrood

Postal code

Phone

Fax

Email

Dr.monireh87@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