

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

02 Jun 2026

### The Effect of The Jujuba And Thyme on Primery Hypertension

#### Protocol summary

##### Summary

Effect of jujube and thyme on essential hypertension (2) Design: Drug and placebo will be given to cross for 2 months in 36 patients participating in the study in age range 30 to 75 years is prescribed. (3) How to do: the patients divid into two groups of 18 persons. First, 10 mg of drug twice daily will be give to a group of patients and the other group will be give 10 mg of placebos group daily for 2 months. During the project once every two weeks blood pressure will be measured.(4) participants: 24 women and men in the age range 30 to 70 years old and the first and second stages of developing hypertension who referred to special clinics of Zanzan University of Medical Sciences and without conditions such as secondary hypertension, signs of organ damage at the end of the 6 months prior to the study, a sudden increase in blood pressure over 15 mm Hg, patient's blood pressure greater than or equal to 180/110 mm Hg, a variety of cardiac arrhythmias, diseases symptomatic valvular heart disease, impaired liver function, pregnancy or breast-feeding (5) interventions: drug and placebo (6) The main outcome variables : Mezaj ,Height,Weight, Age, Sex, Marital status, Occupation, etc. are also investigated

#### General information

##### Acronym

-

##### IRCT registration information

IRCT registration number: **IRCT2015031821512N1**  
Registration date: **2016-01-17, 1394/10/27**  
Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2016-01-17, 1394/10/27

##### Registrant information

##### Name

Davoud Hasani

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 24 3347 4788

##### Email address

davoud.hasani@zums.ac.ir

##### Recruitment status

##### Recruitment complete

##### Funding source

vice Chancellor for research, Zanzan University of Medical Sciences

##### Expected recruitment start date

2016-04-02, 1395/01/14

##### Expected recruitment end date

2016-10-26, 1395/08/05

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effect of The Jujuba And Thyme on Primery Hypertension

##### Public title

The First Clinical Trial Of A Combination of Traditional Medicine in Primery Hypertension

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: All women and men in the age range 30 to 75 years old in the first and second primary hypertension clinic University of Medical Sciences with stakeholders, especially not out of the study. Exclusion criteria: Severe hypertension, hypertensive secondary, signs of organ damage at the end of the 6 months prior

to the study, a sudden increase in blood pressure over 15 mm Hg; patient's blood pressure greater than or equal to 110 to 180 mm Hg, a variety of cardiac arrhythmias, valvular disease symptomatic heart disease, impaired liver function, pregnancy or lactation, serum potassium more than 5.5 or less than 5.3 equivalent in business | First, any disruption (medical or surgical) that, the researcher could interfere with the study, drugs interfering with hypertension, psychiatric disorders such as anxiety, depression and obsessive-compulsive or psychiatric drugs

**Age**

From **30 years** old to **70 years** old

**Gender**

Both

**Phase**

4

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **36**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Used

**Assignment**

Parallel

**Other design features**

In this study will be used Table of random numbers.

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics committee of Zanjan University of Medical Sciences

**Street address**

Azadi Ave. Zanjan University of Medical Sciences.  
zanjan,Iran

**City**

Zanjan

**Postal code**

4515613191

**Approval date**

2015-12-01, 1394/09/10

**Ethics committee reference number**

ZUMS.REC.1394.231

**Health conditions studied****1****Description of health condition studied**

Primery hypertention

**ICD-10 code**

I 10

**ICD-10 code description**

Primery hypertention

**Primary outcomes****1****Description**

primery hypertention

**Timepoint**

1/2weak

**Method of measurement**

Measuring Devices

**Secondary outcomes****1****Description**

Meezaj

**Timepoint**

Baseline

**Method of measurement**

questionnaire

**Intervention groups****1****Description**

Intervention Groups: Standardized drug, which is called jujube syrup, made in Pharmaceutics laboratory of Beheshti University of Medical Sciences will be given to 18 patients participating in the project for a period of 2 months to 5 ml twice daily(10mL total daily). The concentration of combine is 30% and it is mixed of jujube and thyme and its based on jujube .

**Category**

Treatment - Drugs

**2****Description**

Control group: standardized placebo will be given to 18 patients participating in the project for a period of 2 months to 10 mL twice daily and fortnightly data measured blood pressure in patients.

**Category**

Placebo

**Recruitment centers****1****Recruitment center**

Name of recruitment center

Special clinic in Zanjan University of Medical Sciences  
**Full name of responsible person**  
Dr Davoud hasani  
**Street address**  
7 Tir st., Zanjan.Iran  
**City**  
Zanjan

+98 24 3342 4771  
**Fax**  
+98 24 3342 4770  
**Email**  
davoud.hasani@zums.ac.ir  
**Web page address**  
WWW.ZUMS.AC.IR

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Vice Channcellor for Rresearch, Zanjan University of Medical Sciences  
**Full name of responsible person**  
Professor Soghlat Faghihzadeh  
**Street address**  
Azadi Ave.,Zanjan University of Medical Sciences,Zanjan, Iran  
**City**  
Zanjan University of Medical Sciences  
**Grant name**  
-  
**Grant code / Reference number**  
-  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Vice Channcellor for Rresearch, Zanjan 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**  
Zanjan University of Medical Sciences  
**Full name of responsible person**  
Dr Davoud Hasani  
**Position**  
PhD student of traditional medicine  
**Other areas of specialty/work**  
**Street address**  
zanjan University of Medical Sciences  
**City**  
Zanjan  
**Postal code**  
4515613191  
**Phone**

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
Zanjan University of Medical Sciences  
**Full name of responsible person**  
Dr Hassan Ahangar  
**Position**  
Professor of Cardiology  
**Other areas of specialty/work**  
**Street address**  
7tir st.,Zanjan, Iran  
**City**  
Special clinic University of Medical Sciences  
**Postal code**  
4515613191  
**Phone**  
+98 24 3344 0302  
**Fax**  
**Email**  
ahangarhassan@yahoo.com  
**Web page address**  
WWW.ZUMS.AC.IR

## Person responsible for updating data

#### Contact

**Name of organization / entity**  
Zanjan University of Medical Sciences  
**Full name of responsible person**  
Dr Davoud Hasani  
**Position**  
Student of Assistant Traditional Medicine  
**Other areas of specialty/work**  
**Street address**  
Valiasr Hospital ,Zanjan, Iran  
**City**  
Zanjan  
**Postal code**  
4515613191  
**Phone**  
+98 24 3342 2210  
**Fax**  
+98 24 3336 4970  
**Email**  
davoud.hasani@ZUMS.ac.ir  
**Web page address**  
WWW.ZUMS.AC.IR

## 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*