Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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 Zanjan 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)
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Recruitment status

Recruitment complete

Funding source

vice Channcellor for research, Zanjan 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 l 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
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7 Tir st., Zanjan.Iran
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Zanjan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Channcellor for Rresearch, Zanjan University of Medical Sciences
Full name of responsible person
Professor Soghrat 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

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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