

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of ginger supplementation on the lipid profile, glucose and functional capacity and quality of life of heart patients with atherosclerosis

Protocol summary

Summary

This study aimed to determine the effect of ginger supplementation on clinical outcomes, quality of life, change of lipid profile and glucose, before and after the study was conducted in male patients with atherosclerosis. The total number of patients participating in the study is 60 people, including two groups of patients: atherosclerosis ginger supplement and control group taking placebo. The number of participants in each group of 30 people. This study is a triple blind and patients were imported to each group randomly. The intervention will continue for two months. Exclusion criteria is supplement intake to less than 80 percent of the total, changing the type and amount of medication during the intervention and the unwillingness to continue to cooperate in the study. Serum samples were stored at -70 ° C and cholesterol levels, HDL LDL VLDL FBS triglyceride levels measured by spectrophotometric methods and ELISA after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015100424348N1**

Registration date: **2016-05-13, 1395/02/24**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-05-13, 1395/02/24

Registrant information

Name

Maryam Alasvand

Name of organization / entity

Ahwaz Jundishapoor University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 3374 3001

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Ahwaz University of Medical Sciences

Expected recruitment start date

2015-10-11, 1394/07/19

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of ginger supplementation on the lipid profile, glucose and functional capacity and quality of life of heart patients with atherosclerosis

Public title

Ginger effect on atherosclerotic patient

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: men 40 to 70 years with involvement of at least one coronary artery in angiography which are undergoing medical treatment , not re-vascularization. Exclusion criteria : drug with serious side effects , the

lack of willingness to cooperate , less than 80 % of the drug is consumed, perform open heart surgery or stents during the study

Age

From **40 years** old to **70 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple 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 Ahwaz Jundishapoor University of Medical science

Street address

Golestan road

City

Ahwaz

Postal code

Approval date

2015-09-16, 1394/06/25

Ethics committee reference number

IR.AJUMS.REC.1394.346

Health conditions studied

1

Description of health condition studied

Atherosclerosis

ICD-10 code

I25

ICD-10 code description

Chronic ischaemic heart disease

Primary outcomes

1

Description

ESR

Timepoint

Before &after exam

Method of measurement

Mg

2

Description

Quality of life

Timepoint

Before and after finish exam

Method of measurement

Questionaier

3

Description

Exercise capacity

Timepoint

Before & after

Method of measurement

Exercse treadmill test

4

Description

Weight

Timepoint

Before &after exam

Method of measurement

Kg

5

Description

Fasting blood suger

Timepoint

Before&after

Method of measurement

mg

6

Description

triglycerides

Timepoint

Before&after

Method of measurement

Mg

7

Description

Cholesterol

Timepoint

Before&after exam

Method of measurement

mg

Secondary outcomes

empty

Intervention groups

1

Description

Control group : every day , 1,600 mg of rice flour placebo (1 capsule of 800 mg Before breakfast and 1 capsule of 800 mg before dinner) consume

Category

Treatment - Drugs

2

Description

Intervention group : every day , 1,600 mg of ginger rhizome powder (1 capsule of 800 mg Before breakfast and 1 capsule of 800 mg before dinner) consume

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam Hospital

Full name of responsible person

Dr Alasvand

Street address

24 Meter Street

City

Ahwaz

2

Recruitment center

Name of recruitment center

Golestan Hospital

Full name of responsible person

Dr Alasvand

Street address

Golestan

City

Ahwaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, University of Medical Sciences Of Ahwaz

Full name of responsible person

Mr Dianat

Street address

Golestan

City

Ahwaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, University of Medical Sciences Of Ahwaz

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

Ahwaz JondiShapor University of Medical Sciences

Full name of responsible person

Dr Saki

Position

Research Assistant Ahwaz JondiShapor University of Medical Sciences

Other areas of specialty/work

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Full name of responsible person

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Position

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Other areas of specialty/work

Street address

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Phone

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