

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effect of combination of Honey, Olive oil and Citrus Limon juice on cracked heel

Protocol summary

Summary

The aim of this double blind, randomized clinical trial is to evaluate the therapeutic effect of honey, olive oil and citrus lemon juice combination (ratio 1,1,0.5) vs. Eucerin on cracked foot. Boxes of creams are similar. Personnel and patients are unaware of the contents of the boxes. Inclusion criteria are: 1-Consent for the participation in the study, 2-Ability to read and write, 3- Age ranging 15-55 years, 4-Both feet have similar cracks. Exclusion criteria are: 1- Determent of the continuation of the study, 2- Suffering from other skin disease. Thirty patients enter the study and each of their feet enter in one group. One group receive combination cream and another group receive Eucerin daily for 1 month. Cracks are assessed at the beginning and two weeks and one month later.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138806162428N1**

Registration date: **2009-09-23, 1388/07/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2009-09-23, 1388/07/01

Registrant information

Name

Maryam Rasty

Name of organization / entity

Shahrekord University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38 1334 9509

Email address

rasti@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Institute of Islamic medicine and complementary medical history of Iran University of Medical Sciences

Expected recruitment start date

2009-09-23, 1388/07/01

Expected recruitment end date

2010-08-21, 1389/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of combination of Honey, Olive oil and Citrus Limon juice on cracked heel

Public title

Treatment of cracked heel with herbal Cream

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria are: 1-Consent for the participation in the study; 2-Ability to read and write; 3- Age range 15-55 years; 4-Both feet have similar cracks. Exclusion criteria are: 1- Determent of the continuation of the study; 2- Suffering from other skin disease.

Age

From **15 years** old to **55 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institute of Islamic medicine and complementary medical history, Iran University of Medical Sciences

Street address

No. 423 / 1, North laleazar, Lalhazar Alley

City

Tehran

Postal code

88155-137

Approval date

2009-08-15, 1388/05/24

Ethics committee reference number

107 Code .Letter No. 520/پ26/م/ط

Health conditions studied

1

Description of health condition studied

feet cracked

ICD-10 code

L98

ICD-10 code description

Other disorders of skin and subcutaneous tissue, not elsewhere classified

Primary outcomes

1

Description

No. of cracks

Timepoint

Beginning of the study, two weeks and one month after the study

Method of measurement

observation and Questionnaire of GRADING SCALE

DESCRIPTIONS

Secondary outcomes

1

Description

Satisfaction of patients

Timepoint

end of 4th week

Method of measurement

questionnaire

2

Description

Side effects including redness, dryness, bleeding, itching

, ...

Timepoint

throughout the study

Method of measurement

questionnaire

Intervention groups

1

Description

combination of Honey, Olive oil and Citrus Limon juice on cracked heel

Category

Treatment - Drugs

2

Description

Euserin on cracked heel

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Skin Clinic

Full name of responsible person

Dr Hossein Shabanzadeh

Street address

Fasihi crossroad

City

Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Institute of Islamic medicine and complementary

medical history, Iran University of Medical Sciences

Full name of responsible person

Dr Dabaghiyan

Street address

Lalehzar Street, Jomhoorei Islamei street

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Institute of Islamic medicine and complementary medical history, Iran 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

Shahrekord University Of Medical Sciences

Full name of responsible person

Maryam Rasty

Position

Nurse

Other areas of specialty/work

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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