

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 May 2026

Effect of zingiber on glucose and proteinuria in type2 diabetic patients

Protocol summary

Summary

Objective: Evaluation the effect of ginger on urine protein and urine glucose in type 2 diabetic patients. Design of the study: randomized (six-block method), double-blind study, control with placebo, single arm trial Experimental population: Type 2 diabetic patients which referring to Endocrine clinic of Semnan University of medical sciences. Inclusion Criteria: At least 18 years old; Diabetic patients treated with insulin or glucose lowering drugs Exclusion criteria: Pregnant or lactating women with diabetes; alcoholic; liver disease; symptomatic gallstone; kidney disease; active malignancy; acute infection and warfarin users. Sample size, intervention, intervention time and outcome of study: The sample size of this study is 100 patients which divided into intervention and control groups. Intervention group: 50 patients in the intervention group receiving 1600 mg of ginger (an 800 mg capsule) daily, before lunch and before dinner, for 12 weeks. Control group: 50 patients in the control group receiving daily 1600 mg placebo (an 800 mg capsule containing wheat flour), before lunch and before dinner, for 12 weeks. In this study, Ginger and Placebo capsules are prepared and coded without the knowledge of the prescribers, and after the completion of the study, the capsule code will be provided by the pharmaceutical company to determine which of the patients used Ginger or placebo. Before and after intervention, blood glucose and 24-hour urine protein content are measured in both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017103025732N27**

Registration date: **2017-11-01, 1396/08/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-11-01, 1396/08/10

Registrant information

Name

Alireza Emadi

Name of organization / entity

Semnan University of Medical Sciences, Semnan, Iran

Country

Iran (Islamic Republic of)

Phone

+98 23 3345 1336

Email address

are20935@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2017-02-28, 1395/12/10

Expected recruitment end date

2017-09-01, 1396/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of zingiber on glucose and proteinuria in type2 diabetic patients

Public title

Effect of zingiber on glucose and proteinuria in type2 diabetic patients

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: At least 18 years old; Diabetic patients treated with insulin or glucose lowering drugs Exclusion

criteria: Pregnant or lactating women with diabetes; alcoholic; liver disease; symptomatic gallstone; kidney disease; active malignancy; acute infection and warfarin users.

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee, Semnan University of Medical Sciences

Street address

Semnan University of Medical Sciences, Basij Blvd, Semnan

City

Semnan

Postal code

3514799442

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

IR.SEMUMS.REC.1395.207

Health conditions studied

1

Description of health condition studied

Type 2 diabetes

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

24-hour urine protein

Timepoint

Before and after the intervention

Method of measurement

the experiment

2

Description

Blood sugar

Timepoint

Before and after the intervention

Method of measurement

the experiment

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 50 patients in the intervention group receiving 1600 mg of ginger (an 800 mg capsule) daily, before lunch and before dinner, for 12 weeks.

Category

Treatment - Drugs

2

Description

Control group: 50 patients in the control group receiving daily 1600 mg placebo (an 800 mg capsule containing wheat flour), before lunch and before dinner, for 12 weeks.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Endocrinology Clinic, Semnan University of Medical Sciences

Full name of responsible person

Maliheh Yarmohamadi

Street address

17 shahrivar Blvd, Semnan

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Research and Technology, Semnan University of Medical Sciences

Full name of responsible person

Mohammadreza Asgari

Street address

Semnan University of Medical Sciences, Basij Blvd, Semnan

City

Semnan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Deputy of Research and Technology, Semnan 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**

Semnan University of Medical Sciences

Full name of responsible person

Maliheh Yarmohamadi

Position

Nephrologist

Other areas of specialty/work**Street address**

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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