

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effect of Kohlrabi's juice on urinary concentration of oxalate, calcium, uric acid, citrate and crystals in patients with history of renal stone.

#### Protocol summary

##### Summary

Aim: Evaluation of effect of Kohlrabi's juice on urinary concentration of oxalate, calcium, uric acid, citrate and crystals in patients with history of renal stone. Method of study: Randomized, triple blind, controlled with placebo, unit center, stage 2 trial. Inclusion criteria: 1-Prehension of Informed consent for participation in the study 2-Subjects without special disease and disusing of any traditional or industrial drug. 3-Patients with history of recurrent renal stone: within the study and 6-8 weeks before initiation of it, ought not to use drug associated with decreasing recurrence of renal stone and/or superposed as instance of any urologic procedures such as TUL, PCNL & ESWL. 4-Disusing of warfarin drug and vitamin supplements in all groups. 5-Impassibility to Brassica oleracea in all groups. Exclusion criteria: 1- Patient disinclination for continuance of participation in the study. 2-Incidenting of sensitivity or any adverse reaction to utilized drug. Sample size: Intervention group: 37person, and control group: 37person. Interventions: study was designed in two groups; group 1: patients with history of nephrolithiasis (n=37) that receive placebo (vehicle syrup - 10 mg/kg/day for 2 weeks), and group 2: patients with history of nephrolithiasis (n=37) that receive oral drug of "Kohlrabi" (Brassica oleracea gongylodes) (10mg/kg/day for 2 weeks) Duration of intervention: two weeks Primary outcomes: 1-decreasing of urinary concentration of oxalate, calcium, uric acid and citrate. 2- Decreasing of urinary crystals.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017021028003N2**

Registration date: **2017-03-08, 1395/12/18**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2017-03-08, 1395/12/18

##### Registrant information

###### Name

Sanaz Taherpour

###### Name of organization / entity

Ahvaz Jundishapour University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 916 859 9857

###### Email address

taherpour.s@ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Ahvaz Jundishapour university of medical sciences

##### Expected recruitment start date

2017-03-05, 1395/12/15

##### Expected recruitment end date

2017-05-21, 1396/02/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of Kohlrabi's juice on urinary concentration of oxalate, calcium, uric acid, citrate and crystals in patients with history of renal stone.

##### Public title

Effect of Kohlrabi on prevention of renal stone

##### Purpose

Prevention

## Inclusion/Exclusion criteria

Inclusion criteria: 1-Prehension of Informed consent for participation in the study 2-Subjects without special disease and disusing of any traditional or industrial drug. 3-Patients with history of recurrent renal stone: within the study and 6-8 weeks before initiation of it, ought not to use drug associated with decreasing recurrence of renal stone and/or superposed as instance of any urologic procedures such as TUL, PCNL & ESWL. 4-Disusing of warfarin drug and vitamin supplements in all groups. 5-Impossibility to Brassica oleracea in all groups. Exclusion criteria: 1-Patient disinclination for continuance of participation in the study. 2-Incidenting of sensitivity or any adverse reaction to utilized drug.

## Age

From **20 years** old to **70 years** old

## Gender

Both

## Phase

2

## Groups that have been masked

*No information*

## Sample size

Target sample size: **74**

## 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

Ahwaz Jundishapour university of medical sciences

##### Street address

Ahwaz Jundishapour university of medical sciences

##### City

Ahwaz

##### Postal code

#### Approval date

2017-01-21, 1395/11/02

#### Ethics committee reference number

IR.AJUS.REC.1395.688

## Health conditions studied

### 1

#### Description of health condition studied

Renal stone

#### ICD-10 code

N20.0

#### ICD-10 code description

Calculus of kidney-Nephrolithiasis NOS-Renal calculus or stone-Staghorn calculus-Stone in kidney

## Primary outcomes

### 1

#### Description

Urinary concentration of oxalate

#### Timepoint

0 & 14th days of study

#### Method of measurement

24-hour urine collection test

### 2

#### Description

Urinary concentration of calcium

#### Timepoint

0 & 14th days of study

#### Method of measurement

24-hour urine collection test

### 3

#### Description

Urinary concentration of uric acid

#### Timepoint

0 & 14th days of study

#### Method of measurement

24-hour urine collection test

### 4

#### Description

Urinary concentration of citrate

#### Timepoint

0 & 14th days of study

#### Method of measurement

24-hour urine collection test

### 5

#### Description

urinary crystals

#### Timepoint

0 & 14th days of study

#### Method of measurement

24-hour urine collection test

## Secondary outcomes

### 1

#### Description

Size of renal stone

**Timepoint**

0 & 14th days of study

**Method of measurement**

Abdominopelvic CT scan without contrast

**2****Description**

Serum cratinine

**Timepoint**

0 & 14th days of study

**Method of measurement**

Blood test

**3****Description**

BUN

**Timepoint**

0 & 14th days of study

**Method of measurement**

Blood test

**4****Description**

ALT

**Timepoint**

0 & 14th days of study

**Method of measurement**

Blood test

**5****Description**

AST

**Timepoint**

0 & 14th days of study

**Method of measurement**

Blood test

**6****Description**

Serum calcium

**Timepoint**

0 & 14th days of study

**Method of measurement**

Blood test

**7****Description**

Serum phosphore

**Timepoint**

0 & 14th days of study

**Method of measurement**

Blood test

**8****Description**

Urine PH

**Timepoint**

0 & 14th days of study

**Method of measurement**

Urine test

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

Control group: placebo (vehicle syrup - 10 mg/kg/day for 2 weeks) / patients with history of nephrolithiasis (n=37)

**Category**

Treatment - Drugs

**2****Description**

Intervention group: oral drug of "Kohlrabi" (Brassica oleracea gongylodes) (10mg/kg/day for 2 weeks) / patients with history of nephrolithiasis (n=37)

**Category**

Treatment - Drugs

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Imam Khomeini hospital, Ahwaz Jundishapour

University of medical sciences

**Full name of responsible person**

Sanaz Taherpour

**Street address**

Imam Khomeini hospital

**City**

Ahwaz

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Ahwaz Jundishapour University of medical sciences

**Full name of responsible person**

Mr Dianat

**Street address**

Ahwaz Jundishapour University of medical sciences

**City**

Ahwaz

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

Yes

**Title of funding source**

Ahwaz Jundishapour 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*

**Postal code****Phone**

+98 61 3221 6104

**Fax****Email**

khazaeli\_dinyar@yahoo.com

**Web page address****Person responsible for general inquiries****Contact****Name of organization / entity**

Ahwaz Jundishapour University of medical sciences

**Full name of responsible person**

Sanaz Taherpour

**Position**

medical student/ main cooperater

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

Imam Khomeini hospital

**City**

Ahwaz

**Postal code****Phone**

-

**Fax****Email**

Taherpoursanaz@gmail.com

**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Ahwaz Jundishapour University of medical sciences

**Full name of responsible person**

Sanaz Taherpour

**Position**

Medical student

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

Ahwaz

**Postal code****Phone**

00

**Fax****Email**

Taherpoursanaz@gmail.com

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Ahwaz Jundishapour University of medical sciences

**Full name of responsible person**

Dinyar Khazaeli

**Position**

urologist

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

Imam Khomeini hospital

**City**

Ahwaz

**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*