

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of *Thymus kotschyanus* Boiss. et Hohen. on glycemic control and dyslipidemia of patients with type II diabetes

#### Protocol summary

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##### Summary

The effect of aqueous extract *Thymus kotschyanus* Boiss. et Hohen. on glycemic control and dyslipidemia associated with type II diabetes is determined. Inclusion Criteria: no hypertension; no myocardial infarction; not taking Insulin. Exclusion Criteria: Not wanting to continue cooperation. 64 patients aged 30-60 years with confirmed diagnosis of type II diabetes selected from Diabetes Center of Arak. The intervention group has taken drugs as usual plus *Thymus kotschyanus* aqueous 20 grams per day. The control group has taken drugs only. Before and three months after intervention, blood glucose and lipid profile measured based on the same methodology in both groups.

##### Recruitment status

**Recruitment complete**

##### Funding source

Deputy of Research of Arak University of Medical Sciences

##### Expected recruitment start date

2015-11-11, 1394/08/20

##### Expected recruitment end date

2016-02-09, 1394/11/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016080129149N1**

Registration date: **2016-09-09, 1395/06/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-09-09, 1395/06/19

##### Registrant information

###### Name

Saeed Changizi-Ashtiyani

###### Name of organization / entity

Arak University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 86 3417 3545

###### Email address

##### Scientific title

The effect of *Thymus kotschyanus* Boiss. et Hohen. on glycemic control and dyslipidemia of patients with type II diabetes

##### Public title

The effect of aqueous extract *Thymus kotschyanus* Boiss. et Hohen. on glycemic control and dyslipidemia associated with type II diabetes

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion Criteria: no hypertension; no myocardial infarction; not taking Insulin. Exclusion Criteria: Not wanting to continue cooperation.

##### Age

From **30 years** old to **60 years** old

##### Gender

Both

##### Phase

N/A

##### Groups that have been masked

No information

### Sample size

Target sample size: **46**

### Randomization (investigator's opinion)

Randomized

### Randomization description

### Blinding (investigator's opinion)

Not blinded

### Blinding description

### Placebo

Not used

### Assignment

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Arak University of Medical Sciences

##### Street address

Sardasht Sq.

##### City

Arak

##### Postal code

#### Approval date

2014-04-27, 1393/02/07

#### Ethics committee reference number

92-160-6

## Health conditions studied

### 1

#### Description of health condition studied

Diabetes Mellitus Type 2

#### ICD-10 code

E11

#### ICD-10 code description

Non-insulin-dependent diabetes mellitus

## Primary outcomes

### 1

#### Description

Fasting Blood sugar

#### Timepoint

Before and after intervention

#### Method of measurement

Test of Blood sample in laboratory

## Secondary outcomes

### 1

#### Description

Blood Lipids

#### Timepoint

Before and After intervention

#### Method of measurement

Test of Blood sample in Laboratory

## Intervention groups

### 1

#### Description

Intervention group: The intervention group has taken drugs as usual plus Thymus. K aqueous 20 grams per day.

#### Category

Treatment - Other

### 2

#### Description

Control group: The control group has taken drugs only.

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Diabetes Center of Arak

##### Full name of responsible person

Dr. Saied Changizi-Ashtiyani

##### Street address

##### City

Arak

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Arak University of Medical Sciences

##### Full name of responsible person

Dr. Saied Changizi-Ashtiyani

##### Street address

Sardasht Sq.

##### City

Arak

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Arak 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**  
Arak University of Medical Sciences  
**Full name of responsible person**  
Dr. Saied Changizi-Ashtiyani  
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Faculty Member  
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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

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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*