

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
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Person responsible for scientific inquiries

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Person responsible for updating data

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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