

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 May 2026

### The effect of Turmeric on blood Indicators and blood pressure in hyperlipidemic type 2 diabetes mellitus patients

#### Protocol summary

##### Summary

This study is a randomized double blind clinical trial. This study is performed on patients referred to the institute of Endocrinology and Metabolism of Tehran University of Medical Sciences and were selected after getting a written consent and inclusion criteria .Randomly, 40 patients were selected as the intervention group and 40 of them were selected as control group. Intervention group received daily,2/400gram of turmeric powder in the form of 3 capsules (800mg) and placebo group received 2/400 gram corn starch in the form of 3 capsules 800mg daily. Intervention period in this study was 8 weeks. Before and after the intervention, blood samples were taken from all the volunteers. So that the possible changes in glycemic status, lipid parameters, CRP and total serum antioxidant capacity (TAC) will be studied.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201204162602N7**

Registration date: **2012-05-12, 1391/02/23**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2012-05-12, 1391/02/23

##### Registrant information

##### Name

Shahryar Egtesadi

##### Name of organization / entity

Iran University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8877 9118

##### Email address

egtesadi@iums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice Chancellor for Research of Tehran university of Medical Sciences

##### Expected recruitment start date

2012-06-20, 1391/03/31

##### Expected recruitment end date

2013-01-19, 1391/10/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of Turmeric on blood Indicators and blood pressure in hyperlipidemic type 2 diabetes mellitus patients

##### Public title

The effect of Turmeric on blood Indicators and blood pressure in hyperlipidemic type 2 diabetes mellitus patients

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Willingness to participate in the study; People with type 2 diabetes; Aged people with 30 to 70 years of age; Aged people with 30 to 70 years of age; People having HbA1c above 6; Patients with TG>150mg/dl, LDL above 100mg/dl; Lack of consumption of multivitamin; supplements, antioxidants, polyphenols, since last three months; BMI 20 - 35 .  
Exclusion criteria of the study: Participants of the study

under treatment had no changes in consumption of medicine; Patients having fasting blood glucose >200mg/dl or LDL>160mg/dl were excluded from the study; Changes in dose and type of medication; Inclusion criteria for the study: Acute cardiac disease, renal failure, liver and thyroid disease; Rejection of turmeric powder supplement. actation or pregnancy; Severe gastrointestinal disease and gastric ulcers; Risk of gall stones Changes in physical activity and diet;

#### Age

From **30 years** old to **70 years** old

#### Gender

Both

#### Phase

2-3

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **80**

#### 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

Tehran University of Medical Sciences

##### Street address

Sixth Floor,Central Organization of Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd

##### City

Tehran

##### Postal code

#### Approval date

2012-04-08, 1391/01/20

#### Ethics committee reference number

2581/130/90/3

## Health conditions studied

### 1

#### Description of health condition studied

hyperlipidemic type 2 diabetes mellitus patients

#### ICD-10 code

E11,E12,E1

#### ICD-10 code description

Diabetes mellitus

## Primary outcomes

### 1

#### Description

Systolic blood pressure

#### Timepoint

8 weeks

#### Method of measurement

sphygmomanometer

### 2

#### Description

Diastolic blood pressure

#### Timepoint

8 weeks

#### Method of measurement

sphygmomanometer

### 3

#### Description

FBS

#### Timepoint

8 week

#### Method of measurement

Laboratory kit

### 4

#### Description

Fasting Insulin

#### Timepoint

8 week

#### Method of measurement

Laboratory kit

### 5

#### Description

HbA1C

#### Timepoint

8 weeks

#### Method of measurement

Laboratory kit

### 6

#### Description

Triglyceride (TG)

#### Timepoint

8 weeks

#### Method of measurement

Laboratory kit

### 7

#### Description

Total Cholesterol (TC)

**Timepoint**

8 weeks

**Method of measurement**

Laboratory kit

**8****Description**

LDL

**Timepoint**

8 weeks

**Method of measurement**

Laboratory Kit

**9****Description**

HDL

**Timepoint**

8 weeks

**Method of measurement**

Laboratory Kit

**10****Description**

Apo A-I

**Timepoint**

8 weeks

**Method of measurement**

Laboratory Kit

**11****Description**

Apo B-100

**Timepoint**

8 weeks

**Method of measurement**

Laboratory kit

**12****Description**

CRP

**Timepoint**

8 weeks

**Method of measurement**

Laboratory kit

**13****Description**

TAC

**Timepoint**

8 weeks

**Method of measurement**

Laboratory kit

**Secondary outcomes**

empty

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

group receiving turmeric:capsules containing 800mg turmeric, three a day for 8 weeks

**Category**

Treatment - Drugs

**2****Description**

placebo group receiving :capsules containing 800mg of corn starch, three a day for 8 weeks

**Category**

Placebo

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

Institute of Endocrinology &amp; Metabolism of Tehran University of Medical Sciences

**Full name of responsible person**

Dr Iraj Hidari

**Street address**

Taleghani Hospital, Vali Asr Avenue intersection above Fyrzgr

**City**

Tehran

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

Tehran university of Medical Sciences

**Full name of responsible person**

Dr. Masoud Yunesian

**Street address**

Research section , Tehran University of Medical Sciences, Ghods st, Keshavarz Blvd, Tehran

**City**

Tehran

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

Yes

**Title of funding source**

Tehran 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**

school of health tehran university of medicalSciences

**Full name of responsible person**

Zohreh Adab

**Position**

Student Nutrition Sciences

**Other areas of specialty/work**

**Street address**

Department of Nutrition, Health school, Tehran  
University of Medical Sciences, Alvand st., Argentine  
Square, Tehran

**City**

Tehran

**Postal code**

**Phone**

+98 21 8877 9118

**Fax**

**Email**

Zohre\_adab2000@yahoo.com

**Web page address**

**Postal code**

**Phone**

+98 21 8877 9118

**Fax**

**Email**

egtesadi@yahoo.com

**Web page address**

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

School of Health. Tehran University of Medical  
Sciences

**Full name of responsible person**

Dr. Shahriar Eghtesadi

**Position**

Professor

**Other areas of specialty/work**

**Street address**

School of Health, Alvand Ave, Arjanteen Square

**City**

Tehran

**Postal code**

**Phone**

+98 21 8877 9118

**Fax**

**Email**

egtesadi@yahoo.com

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Dr. Shahriar Eghtesadi

**Position**

PhD of Nutrition sciences

**Other areas of specialty/work**

**Street address**

Department of Nutrition, Health school, Tehran  
University of Medical Sciences, Alvand st., Argentine  
Square, Tehran

**City**

Tehran

**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*