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 Eghtesadi

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 21 8877 9118

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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/د

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 & 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

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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

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Name of organization / entity

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Full name of responsible person

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Position

Professor

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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