Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Comparing the effect of combined extract of Fumaria parviflora, Salix aegyptiaca, Taraxacum officinale ,Coriandrum sativum L versus Vit E on liver enzymes level in patients with fatty liver disease

Protocol summary

Summary

The aim of the study is evaluating the effect of combined extract of Fumaria parviflora, Salix aegyptiaca, Taraxacum officinale ,Coriandrum sativum L. on fatty liver disease.This is a clinical trial study. Inclusion criteria: AST, ALT more than 1.5 equivalents of normal range plus sonographic confirmation; from 20 to 60 years old Exclusion criteria: Taking drugs before or at the time of intervention that could affects liver function tests; Pregnancy or breastfeeding; Younger than 20 or older than 60 years old Target sample size: 82 We selected patients included inclusions criteria in our study(We ignored the degree of fatty liver diseases and The criterion is to improve it at any grade) under consideration of exclusion criteria.we explained aim and method of the study at first and then patients were divided into two groups: vit E user and herbal extract user, then they used drugs(100 ML of herbal extract twice a day and 40 Mg vit E daily) for 40 days and then we tested TG, FBS, CHOL, AST, ALT and signs(right upper quadrants pain) for evaluating effect of drugs.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017082935963N1**
Registration date: **2017-10-30, 1396/08/08**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-10-30, 1396/08/08

Registrant information

Name

Ehsan Sahbayi

Name of organization / entity

Sabzevar University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Sabzevar University of Medical Sciences

Expected recruitment start date

2017-04-21, 1396/02/01

Expected recruitment end date

2017-07-23, 1396/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of combined extract of Fumaria parviflora, Salix aegyptiaca, Taraxacum officinale ,Coriandrum sativum L versus Vit E on liver enzymes level in patients with fatty liver disease

Public title

Effect of herbal extracts on fatty liver disease

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: AST, ALT more than 1.5 equivalents of normal range plus sonographic confirmation; from 20 to

60 years old Exclusion criteria : alcoholic drinks user(now or in past); being athlete; hospitalized; Acute or chronic disease before or at the time of intervention that can affects liver function tests; Taking drugs before or at the time of intervention that could affects liver function tests; Pregnancy or breastfeeding; Younger than 20 or older than 60 years old

Age
From **20 years** old to **60 years** old

Gender
Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **82**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Random number table

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Sabzevar University of medical science

Street address
asadabadi street, central site of Sabzevar University of Medical Sciences

City
sabzevar

Postal code

Approval date
2016-09-22, 1395/07/01

Ethics committee reference number
IR.MEDSAB.REC.1395.153

Health conditions studied

1

Description of health condition studied
fatty liver disease

ICD-10 code
K76.0

ICD-10 code description
Fatty (change of) liver, not elsewhere classified

Primary outcomes

1

Description
Aminotransferases

Timepoint
1-3 days before intervention and 40 days after intervention

Method of measurement
U/L

Secondary outcomes

1

Description
Cholestrol

Timepoint
1-3 days before intervention and 40 days after the intervention

Method of measurement
Mg/dl

2

Description
Triglyceride

Timepoint
1-3 days before intervention and 40 days after the intervention

Method of measurement
Mg/dl

3

Description
Fasting blood sugar

Timepoint
1-3 days before intervention and 40 days after the intervention

Method of measurement
Mg/dl

Intervention groups

1

Description
Intervention group 1: Comparison of effectiveness of combined extract of Fumaria parviflora, Salix aegyptiaca, Taraxacum officinale ,Coriandrum sativum L. 100 ml BID

Category
Treatment - Drugs

2

Description
Intervention group 2: vit E 400 mg daily

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
GI clinic of vasei sabzevar
Full name of responsible person
Street address
City
sabzevar

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research of Sabzevar University of Medicine Sciences
Full name of responsible person
research university unit
Street address
Asadabadi Street, Central Site of Sabzevar University of Medical Sciences
City
sabzevar
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for research of Sabzevar University of Medicine 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
Sabzevar University of Medical Sciences
Full name of responsible person
Ehsan sahbayi Ejlali
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Intern(in medcine science)
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Person responsible for scientific inquiries

Contact
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Person responsible for updating data

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Intern (in medicine)
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Email
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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