

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Investigation of the Efficacy of Carom copticum on Fatty Liver Grade in Patients with Non-Alcoholic Fatty Liver

Protocol summary

Study aim

determine the effect of C.copticum on the improvement of fatty liver in patients with non-alcoholic fatty liver.

Design

In this research, 72 eligible patients with non-alcoholic Fatty liver referring to the gastroenterology clinic of Baghiyatallah Hospital were chosen purposefully and were randomly divided into two groups of control and intervention. Group allocation was concealed by assigning a unique code to each participants.

Settings and conduct

This is a double-blind clinical trial that was performed at gastroenterology clinic of Baghiyatallah Hospital in Tehran. The subjects of the study and the study monitoring committee blindness.

Participants/Inclusion and exclusion criteria

Criteria for entering the study: Non-Alcoholic fatty liver diagnosis of grades 1 to 3 based on sonography, age 18-60 years, person's willingness to participate in the study. Exit criteria: The patient's unwillingness to participate in the program; Hepatitis (cirrhosis, alcoholic liver disease, viral hepatitis and autoimmunity, cirrhosis, hereditary hemochromatosis, sclerosis, cholangitis, etc.); other serious illnesses (cancer, kidney failure Celiac and ...); pregnancy; lactation; use of drugs that affect liver tests over the past 2 months (statins, glitazones, chlorpropamizine, anabolic steroids, tiamidines, vit.E, OCP, etc.); alcohol consumption. Also, if the liver enzymes increase during the course of the design and the need for treatment according to the expert opinion of the digestive tract, the patient will be excluded from the project.

Intervention groups

In this study, patients with fatty liver were randomly divided into two groups of 36 patients. The first group of carom copticum and the control group are given placebo. The drug and placebo are in capsules of 250 mg and twice a day after a meal with warm water for 8 weeks.

Main outcome variables

The study's outcomes include improving the degree of fatty liver in patients based on ultrasound, improving digestion of the stomach, and reducing liver enzymes.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171102037178N2**

Registration date: **2018-03-11, 1396/12/20**

Registration timing: **registered_while_recruiting**

Last update: **2018-03-11, 1396/12/20**

Update count: **0**

Registration date

2018-03-11, 1396/12/20

Registrant information

Name

Rasoul Shafieezadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3436 9595

Email address

r.shafieezadeh@shahed.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-21, 1396/11/01

Expected recruitment end date

2018-06-10, 1397/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Investigation of the Efficacy of Carom copticum on Fatty Liver Grade in Patients with Non-Alcoholic Fatty Liver

Public title
effect of C.copticum on non-alcoholic fatty liver

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Existence of non-alcoholic fatty liver with grade 1 to 3 according to liver ultrasound The patient's willingness to participate in the plan Age of 18 to 60 years
Exclusion criteria:
Unwillingness to participate in the plan Disease of the liver Like: Hepatitis, Hemochromatosis, Cirrhosis Use of effective drugs on liver tests over the past 2 months People with heart failure or kidney disease or diabetes alcohol consumption Pregnancy or breastfeeding

Age
From **18 years** old to **60 years** old

Gender
Both

Phase
3

Groups that have been masked

- Participant
- Care provider
- Investigator

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
Randomized

Randomization description
Participants in this project fall into two groups of intervention and control by simple accident method. Individuals are divided into two intervention and control groups according to random numbers

Blinding (investigator's opinion)
Double blinded

Blinding description
This is a double blind clinical trial in which study subjects and the study monitoring committee study blindness.

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committees of Shahed University
Street address
Opposite of Imam Khomeiny shrine, Tehran-Qom Freeway, Tehran
City
Tehran
Province
Tehran
Postal code
3319118651
Approval date
2018-01-08, 1396/10/18
Ethics committee reference number
IR.Shahed.REC.1396.82

Health conditions studied

1

Description of health condition studied
Nonalcoholic fatty liver disease [NAFLD]
ICD-10 code
K76.0
ICD-10 code description
K76.0Fatty (change of) liver, not elsewhere classified
Nonalcoholic fatty liver disease [NAFLD]

2

Description of health condition studied
Functional dyspepsia
ICD-10 code
K30
ICD-10 code description
Functional dyspepsia

Primary outcomes

1

Description
grade of fatty liver in ultrasound
Timepoint
Evaluating the degree of fatty liver at the beginning of the study and three months after treatment
Method of measurement
Ultrasound

Secondary outcomes

empty

Intervention groups

1

Description
"Intervention group:" The prescribing of the food capsule

containing the fruit juice of Carum Copticum , on the basis of 4 grams of fruit , 3 times a day for eight consecutive weeks.

Category

Treatment - Drugs

2**Description**

Control group: placebo plus routine care

Category

Placebo

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

Baqiatallah hospital: Gastroenterology clinic: Tehran

Full name of responsible person

Rasoul shafiezadeh

Street address

Baqiyatallah Hospital; Sheikh Bahaei Intersection;
Mulla Sadra Street; Vank Square; Tehran

City

Tehran

Province

Tehran

Postal code

1435915371

Phone

+98 21 8805 0436

Email

r.shafiezadeh@shahed.ac.ir

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

Shahed University

Full name of responsible person

Zahra kiasalary

Street address

Shahed University, Aftab City, Persian Gulf Highway

City

Tehran

Province

Tehran

Postal code

33191 کد پستی: 1865

Phone

+98 21 5522 8800

Fax**Email**

publicrelation@shahed.ac.ir

Web page address

<http://iwmf.ir/website/shahed.ac.ir>

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

Yes

Title of funding source

Shahed University

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Shahed University

Full name of responsible person

Rasoul shafiezadeh

Position

Resident

Latest degree

Medical doctor

Other areas of specialty/work

Traditional Medicine

Street address

Iranian medicine group, School of Medicine, Shahed University, Persian Gulf Highway

City

Tehran

Province

Tehran

Postal code

3319118651

Phone

+98 21 5121 5080

Email

dr.r_shafie47@yahoo.com

Web page address

<http://iwmf.ir/website/shahed.ac.ir>

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Shahed University

Full name of responsible person

Rasoul Shafiezadeh

Position

Resident

Latest degree

Medical doctor

Other areas of specialty/work

Traditional Medicine

Street address

Aftab city, Persian Gulf Highway

City
Tehran
Province
Tehran
Postal code
3319118651
Phone
+98 31 3436 9595
Fax
Email
r.shafiezadeh@shahed.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Shahed University
Full name of responsible person
Rasoul Shafiezadeh
Position
Resident
Latest degree
Medical doctor
Other areas of specialty/work
Traditional Medicine
Street address
Iranian medicine group, School of Medicine, Shahed University, Aftab City, Persian Gulf Highway
City
Tehran
Province

Tehran
Postal code
3319118651
Phone
+98 31 3436 9595
Fax
Email
r.shafiezadeh@shahed.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available