Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluation of Barij blood pressure syrup products in patients with hypertension: a double blind randomized placebo controlled trial

Protocol summary

Study aim

This study aims to evaluate the efficacy of Barij syrup in hypertensive patients. informed consent (blinded study). Therefore patients aren't aware of their therapeutic group they will be assigned. In addition, neither patients nor medical staff will be aware of the type of oils in the container (Barij syrup or placebo). Only the researcher is aware of the code written on the container of the syrups ; so, this study is a double-blind, parallel clinical trial. Hypertensive patients with SBP /DBP ≥ 140/90 mmHg were eligible for inclusion. fifty of patients attending the Shahid beheshti who meet our inclusion criteria will take part in this study. By using random numbers (created by throwing coin and dice) subjects will randomly allocate to one of two experimental groups: a placebo and a test group. Thus, 25 cases in each treatment arm receive placebo or Barij syrup . In the intervention group, 30 ml oral Barij syrup is administered daily for 3 months . Patients in the control group receive placebo in the same way. Systolic and diastolic pressure (during intervention) will be checked as primary outcomes.

Design

Randomised controlled clinical trial and double blind, parallel study

Settings and conduct

This study is conducted at Shahid Beheshti Hospital in Qom and is blinded by placebo

Participants/Inclusion and exclusion criteria

Inclusion criteria :Patient with stage I hypertension (Systolic Blood Pressure 140-159 mmHg, Diastolic Blood Pressure) 90-99 mmHg) Exclusion criteria:Pregnant women or women planning to get pregnant, Being allergic to Barıj syrups, Suffering from intestinal diseases such as Crohn's disease, colitis, peptic ulcer, irritable bowel syndrome (IBS), History of myocardial infarction, coronary bypass surgery during last 6 month

Intervention groups

Patient with stage 1 hypertension

Main outcome variables

Systolic blood pressure

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170112031893N1**
Registration date: **2018-04-07, 1397/01/18**
Registration timing: **prospective**

Last update: **2018-04-07, 1397/01/18**
Update count: **0**

Registration date

2018-04-07, 1397/01/18

Registrant information

Name

Hossein Yusefi

Name of organization / entity

Qom University of medical science

Country

Iran (Islamic Republic of)

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+98 25 3886 0146

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driran1399@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-21, 1397/02/01

Expected recruitment end date

2019-04-21, 1398/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Evaluation of Barij blood pressure syrup products in patients with hypertension: a double blind randomized placebo controlled trial

Public title
Evaluation of Barij blood pressure syrup products in patients with hypertension

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Patient with stage I hypertension (Systolic Blood Pressure (SBP) 140-159 mmHg, Diastolic Blood Pressure (DBP) 90-99 mmHg) and not using a particular anti-hypertensive therapy

Exclusion criteria:
Pregnant women or women planning to get pregnant Being allergic to Barıj syrups Suffering from intestinal diseases such as Crohn's disease, colitis, peptic ulcer, irritable bowel syndrome (IBS) History of myocardial infarction; coronary bypass surgery during last 6 month

Age
From **25 years** old to **75 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant
- Care provider

Sample size
Target sample size: **50**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization by Throwing coin and dice

Blinding (investigator's opinion)
Single blinded

Blinding description
In this study, patients, statistical analyst and physicians are not aware of the allocation of drugs and placebo, and someone outside the group is aware of the allocation of treatment.

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Qom University of Medical Sciences

Street address
Vice chancellor for research of Qom University of Medical Sciences, Safashar road, Qom, Iran

City
qom

Province
Ghoum

Postal code
87366-37169

Approval date
2018-02-06, 1396/11/17

Ethics committee reference number
IR.MUQ.REC.1396.135

Health conditions studied

1

Description of health condition studied
Hypertension

ICD-10 code
I10

ICD-10 code description
Essential (primary) hypertension

Primary outcomes

1

Description
Systolic blood pressure

Timepoint
Prior to study, second week, fourth week , eighth week and at the end of study

Method of measurement
In mmHg using mercuric manometer

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Barij syrup. (A natural combination of chicory, tangerine, malt extract, sesame, sour lemon, sweet almond produced by Barij company) 30 ml oral Barij syrup is administered daily for three months

Category
Treatment - Drugs

2

Description

Control group: Placebo syrup 30 ml daily for three months

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahıd beheshtı hospital

Full name of responsible person

Seyyed fakhreddin hejazi

Street address

Clinical Research Development Center, Shahid Beheshti Hospital, Shahid Beheshti Blvd, Azadegan Sq, Qom, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Barij Essence Company

Full name of responsible person

Mohsen Taghizadeh

Street address

Barij Essence Company, Kashan

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Isfehan

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taghizadeh_m@kaums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Barij Essence Company

Proportion provided by this source

75

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Industry

2

Sponsor

Name of organization / entity

Ghoum University of Medical Sciences

Full name of responsible person

hossein saghafi

Street address

Namber 83, Alley 4, Alley 1.1, Safashahr Street

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ghoum University of Medical Sciences

Proportion provided by this source

25

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

Ghoum University of Medical Sciences

Full name of responsible person

Hossein moradi

Position

Professor of Iranian traditional medicine

Latest degree

Ph.D.

Other areas of specialty/work

Traditional Medicine

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Person responsible for scientific inquiries

Contact

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Position
Professor of Iranian traditional medicine

Latest degree
Ph.D.

Other areas of specialty/work
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Full name of responsible person
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Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Internal medicine

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
With attention due to the type of study and publication of the article, there was no need to mention this

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not 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
No - There is not a plan to make this available