Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Evaluation of the effectiveness of carrot seeds in women with Hypoactive sexual desire disorder(HSDD) during reproductive age : double- bind clinical trial

Protocol summary

Study aim
Effectiveness of carrot seeds in women with reduced libido during fertility period

Design
Two arm parallel group trial with double blinded randomization

Settings and conduct
This is a double blind study comparing the herbal remedy with the placebo.The sample size is 60 women, who undergo an interview in the beginning of the study . Subsequently they fill FSFI (Female Sexual Function Index) questionnaire . They fill the same questionnaire after being on treatment for 6 weeks and 12 weeks. In this study, the researchers and individuals involved in the design and individual data analysis are blind.Faculty of Iranian Medicine, Iran University Of Medical Science and sexology department of Imam Khomeini hospital, are location of the study

Participants/Inclusion and exclusion criteria
Inclusion criteria:Reduced libido according to DSM-4; 18-45 years old; Normal Pap smear; Normal pelvic exam. Exclusion criteria: Presence of serious medical or psychological diseases; Menopause; Divorce intent; Pregnancy; Lactation;

Intervention groups
Intervention group: 30 people take 500mg of carrot seeds three times daily.Control group: 30 people take 500mg of placebo three times daily

Main outcome variables
This study evaluate the effect of our herbal remedy Daucus carrota, on desire; arousal; satisfaction; orgasm; dysparonia; lubrication

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180224038847N1**
Registration date: **2018-05-01, 1397/02/11**
Registration timing: **prospective**

Last update: **2018-05-01, 1397/02/11**
Update count: **0**

Registration date
2018-05-01, 1397/02/11

Registrant information

Name
Rosita Bahrami

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-05-22, 1397/03/01

Expected recruitment end date
2018-09-23, 1397/07/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation of the effectiveness of carrot seeds in women with Hypoactive sexual desire disorder(HSDD) during

reproductive age : double- bind clinical trial

Public title
Effectiveness of carrot seeds in female with decreased libido
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Loss or decrease in sexual desire according to DSM-4 criteria 18-45 years old Having a spouse who spends at least half a month with his family Normal pelvic exam Normal Pap smear At least 6 month duration of marriage
Exclusion criteria:
Serious medical or chronic disease Sever depression, suicidal, psychotic disease Menopause Divorce intent Pregnancy Lactation Skin allergy to Umbelliferac Familial problem
Age
From **18 years** old to **45 years** old
Gender
Female

Phase
2-3
Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor
- Data analyser

Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization is done in a quadrilateral random blocks manner
Blinding (investigator's opinion)
Double blinded
Blinding description
In this study, the researchers and individuals involved in the design and individual data analysis are blind. After randomization and splitting into two groups, a group of products from carrot eggs was given as 500 mg capsules three times a day, and simultaneously the control group received placebo, which was received as a completely similar capsule containing placebo. The prescriptive form is similar in the two groups and is administered in a blind, randomized manner.That is, taking the drug based on the sequences of the random blocks determined by the statistician and the associate pharmacist on the envelopes in letters, in such a way that the patient, the pharmacist and the interviewer are not aware of the contents of the envelope. The letter insert on the envelope is recorded on the questionnaire sheet
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Iran University of Medical Sciences
Street address
Tehran, Hemat Highway, Iran
City
Tehran
Province
Tehran
Postal code
1449614535
Approval date
2018-03-13, 1396/12/22
Ethics committee reference number
IR.IUMS.REC.1396.9321309007

Health conditions studied

1

Description of health condition studied
Lack or loss of sexual desire
ICD-10 code
F52.0
ICD-10 code description
Hypoactive sexual desire disorder

Primary outcomes

1

Description
Libido
Timepoint
At beginning of the trial, 6 weeks and 12weeks after starting drug or placebo
Method of measurement
FSFI questionaire

Secondary outcomes

1

Description
Arousal
Timepoint
At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo
Method of measurement
FSFI questonnaire

2

Description
Dysparonia
Timepoint
At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo
Method of measurement
FSFI questonnaire

3

Description
Satisfaction
Timepoint
At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo
Method of measurement
FSFI questonnaire

4

Description
Orgasm
Timepoint
At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo
Method of measurement
FSFI questonnaire

5

Description
Lubrication
Timepoint
At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo
Method of measurement
FSFI questonnaire

6

Description
Total sexual function
Timepoint
At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo
Method of measurement
FSFI questonnaire

7

Description
Frequency of probable adverse effect of the drug
Timepoint
Weekly after starting the drug
Method of measurement
Phone report by patient

8

Description
Depression
Timepoint
At beginning and after finishing of the intervention
Method of measurement
Beck Deppression Inventory test(BDI)

Intervention groups

1

Description
Intervention group: Capsule contains 500mg carrot seeds three times daily
Category
Treatment - Drugs

2

Description
Control group: Capsule contains 500mg of the placebo three times daily
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Faculty of Iranian Medicine, Iran University Of Medical Science
Full name of responsible person
Rosita Bahrami
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2

Recruitment center
Name of recruitment center
Imam Khomeini hospital
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Kazem Malakoti

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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

Iran University of Medical Sciences

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

Iran University of Medical Sciences

Full name of responsible person

Rosita Bahrami

Position

Student of PHD

Latest degree

Medical doctor

Other areas of specialty/work

Traditional Medicine

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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