Clinical Trial Protocol
Iranian Registry of Clinical Trials

29 Jun 2026

Clinical trial of curcumin effect on patients with Metabolic syndrome

Protocol summary

Summary

The purpose of this research is to study of therapeutic effect of curcumin on patients with Metabolic syndrome. In this double blind randomized clinical trial, 100 patients with Metabolic syndrome will be divided in two groups. For 12 weeks, in addition to routine treatments, treat by curcumin capsule (500 mg daily) or placebo. Lipid profile, Fasting Blood Sugar, Hemoglobin A1C, Interleukin 8, Interleukin 6, leptin and Adiponectine are measured before and after study and results of lab tests are compared together.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201512181165N12**
Registration date: **2017-10-27, 1396/08/05**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-10-27, 1396/08/05

Registrant information

Name
Yunes Panahi
Name of organization / entity
Baqiyatallah University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 21 8821 1524
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yunespanahi@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Baghiyatallah University of Medical Sciences

Expected recruitment start date

2015-12-22, 1394/10/01

Expected recruitment end date

2016-04-20, 1395/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial of curcumin effect on patients with Metabolic syndrome

Public title

Effect of curcumin (tumeric) on patients with Metabolic syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Patients with metabolic syndrome; Sign informed consent Exclusion Criteria: Discontinue of treatment for more than One week; Allergic reaction to herbal compounds; Abnormal results in lab tests

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description
Placebo
Used
Assignment
Parallel
Other design features
Randomized, double blinded and control with placebo

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Islamic Azad University
Street address
Yasaman alley, Yakhchal steet, Shariati street
City
Tehran
Postal code
Approval date
2015-09-16, 1394/06/25
Ethics committee reference number
IR.IAU.PS.REC.1394.25

Health conditions studied

1

Description of health condition studied
Metabolic Syndrome
ICD-10 code
E89.8
ICD-10 code description
Other postprocedural endocrine and metabolic disorder

Primary outcomes

1

Description
Blood Pressure
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
mmHg

2

Description
FBS
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
mg/dl

3

Description
TG
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
mg/dl

4

Description
HDL
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
mg/dl

5

Description
LDL
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
mg/dl

6

Description
Small Density LDL
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
mg/dl

7

Description
Interleukin 8
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
Level of serum

8

Description
Interleukin 6
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
Level of serum

9

Description
Hb A1C
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
Level of serum

10

Description
Leptin
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
ng/ml

11

Description
Adiponectin
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
ng/ml

12

Description
Leptin/Adiponectin Ratio
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
Ratio

Secondary outcomes

1

Description
Body Mass Index (BMI)
Timepoint
Before and after of intervention (12 weeks)
Method of measurement
Kg/m2

Intervention groups

1

Description
Intervention group: Curcumin capsule, once a day for 3 months
Category
Treatment - Drugs

2

Description
Control group: Placebo of curcumin, once a day for 3 months
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Clinic of Baqiyatallah Hospital
Full name of responsible person
Dr. Yunes Panahi
Street address
Mollasadra Street, Vanak Square
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Baghiyatallah University of Medical Sciences
Full name of responsible person
Dr. Yunes Panahi
Street address
Mollasadra Street, Vanak Square
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Baghiyatallah 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
Pharmaceutical Sciences Branch Islamic Azad University
Full name of responsible person
Niloufar Torabi
Position
Pharm.D
Other areas of specialty/work
Street address
Yakhchal Street, Gholhak, Shariati Street
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+98 21 2264 0051
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Email
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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Baghiyatallah University of Medical Sciences, Chemical Injeries Research Center

Full name of responsible person
Dr. Yunes Panahi

Position
Ph.D of clinical Pharmacy

Other areas of specialty/work

Street address
Mollasadra street, Vanak Square

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Web page address

Person responsible for updating data

Contact

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