

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of wet cupping therapy on the levels of blood lipids and grade of fatty liver in non-alcoholic patients.

Protocol summary

Study aim

Determine the effect of wet cupping therapy on the levels of blood lipids and grade of fatty liver in non-alcoholic patients.

Design

Clinical trials with control group, parallel and randomized groups.

Settings and conduct

Sampling will be done at the internal medicine specialist's office. People, who have the conditions to enter the study, will be sent to conduct liver ultrasound and blood tests. The intervention will be done at the traditional medicine clinic in Mashhad.

Participants/Inclusion and exclusion criteria

Participants will include a number of patients with Non-Alcoholic Fatty Liver Disease referring to an Internal Medicine Specialist in 2018, Which will be selected in terms of entry criteria from the research community.

Intervention groups

Liver ultrasound and blood lipids and liver enzymes test will be performed after 8-12 hours of fasting before and after intervention. In the test group, after disinfection of the site with iodine and clearing with alcohol, the cup will be placed in the area between two scapula and on the third and fourth lumbar vertebrae. Then scratches will be created and the cup will be re-placed. After about one minute and collection 20 cc of blood, the cup will be removed and the place will be dressed. The frequency of treatment with cupping will be two times and every two weeks. All individuals are advised to observe a modified diet and physical activity, according to guidelines published for overweight and obese individuals by the National Institutes of Health and the United States Study of Obesity in North America.

Main outcome variables

Treatment of non-alcoholic fatty liver disease: Treatment of high blood lipids: Development of Traditional Iranian Medicine, Combining Traditional Medicine with New Therapies, Reduce the cost of treating non-alcoholic fatty

liver disease, Development of complementary medicine

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180711040437N1**

Registration date: **2018-08-13, 1397/05/22**

Registration timing: **prospective**

Last update: **2018-08-13, 1397/05/22**

Update count: **0**

Registration date

2018-08-13, 1397/05/22

Registrant information

Name

Seyed Hassan Ghorbani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 56 3272 2547

Email address

ghorbani.h@gmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-08-23, 1397/06/01

Expected recruitment end date

2018-10-22, 1397/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of wet cupping therapy on the levels of blood lipids and grade of fatty liver in non-alcoholic patients.

Public title

The effect of wet cupping therapy on the levels of blood lipids and grade of fatty liver in non-alcoholic patients.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

They do not have hyperlipidemia They do not drink alcohol They do not have a history of kidney failure and coronary artery diseases In the last two months, they do not have wet cupping therapy and blood donation They do not have a history of severe movement restrictions

Exclusion criteria:

Any treatment or intervention that is carried out during the study and affect the variables of the research. Changes in the patient's condition so that it is not allowed to continue cupping therapy, such as pregnancy. Patients' lack of satisfaction to continue their collaboration in the research project.

Age

From **5 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

In this research, the samples will be selected by targeted sampling from the research community (taking into account entry criteria) and they will be randomly assigned to two groups of control (non-wet cupping) and test (wet cupping) using permutable blocks method.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Gonabad University of Medical Sciences

Street address

Asiayi Road Behinde

City

Gonabad

Province

Razavi Khorasan

Postal code

97548-89625

Approval date

2018-07-16, 1397/04/25

Ethics committee reference number

IR.GMU.REC.1397.039

Health conditions studied

1

Description of health condition studied

Non-alcoholic Fatty Liver Disease

ICD-10 code

K76.0

ICD-10 code description

Fatty (change of) liver, not elsewhere classified

Primary outcomes

1

Description

Cholesterol

Timepoint

Before Intervention, One Month Later of second Wet Cupping Therapy

Method of measurement

Pars Azmoon kit and BT 3000 Device

2

Description

Triglyceride

Timepoint

Before Intervention, One Month Later of second Wet Cupping Therapy

Method of measurement

Pars Azmoon kit and BT 3000 Device

3

Description

Aspartate Aminotransferase Test

Timepoint

Before Intervention, One Month Later of second Wet Cupping Therapy

Method of measurement

Pars Azmoon kit and BT 3000 Device

Secondary outcomes

1

Description

Cholesterol Test

Timepoint

Before Intervention and One month later of Second Wet Cupping Therapy

Method of measurement

Pars Azmoon Kit and BT 3000 Device

2

Description

Triglyceride

Timepoint

Before Intervention and One month later of Second Wet Cupping Therapy

Method of measurement

Pars Azmoon Kit and BT 3000 Device

3

Description

Aspartat Aminotransferase Test

Timepoint

Before Intervention and One month later of Second Wet Cupping Therapy

Method of measurement

Pars Azmoon Kit and BT 3000 Device

Intervention groups

1

Description

Intervention group: Two times wet cupping therapy every two weeks and dietary recommendations of the Association of Obesity.

Category

Treatment - Other

2

Description

Control group: Only dietary recommendations of the association of obesity of north america

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

مطب متخصص داخلی

Full name of responsible person

سید حسن قربانی

Street address

No 3, Negin Building, Khayyam Street, sajjad Blvd

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+98 51 3760 3458

Email

ghorbani.h@gmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Seyed Hasan Ghorbani

Street address

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Web page address

Grant name

Grant code / Reference number

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

No

Title of funding source

Nursing College

Proportion provided by this source

1

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

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Seyed Hasan Ghorbani

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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

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Position

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Position

Nursing student in master

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Fax**Email**

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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

No More Information.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Only the method of work and the results of the intervention will be shared.

When the data will become available and for how long

23/06/2019

To whom data/document is available

Total Researcher

Under which criteria data/document could be used

Specimen data will not be sent.

From where data/document is obtainable

Iran, Razavi Khorasan, Gonabad, Gonabad University of Medical Science

What processes are involved for a request to access data/document

One Month Later.

Comments