

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of fig leaf decoction on control of type 2 diabetes

Protocol summary

Summary

This cross-over, double-blind study investigated the effect of decoction leaves fig tree on controlling type 2 diabetes. In this study 28 patients with type 2 diabetic were randomly assigned into two groups, 21-day study in two phases between these phases is interrupted for a week (rest period) is done be. At the first phase, the intervention group received decoction fig leaf and the control group received green tea and vice versa in the second phase. Blood glucose, glucose blood after fasting, Fructosamine, glycated hemoglobin, peptides c, SGOT and SGPT are measured at the beginning and the end of Phase I and Phase II of the rate parameters.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138901123611N1**
Registration date: **2010-12-01, 1389/09/10**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-12-01, 1389/09/10

Registrant information

Name

Sadegh Ahmadi Mazhin

Name of organization / entity

Ahvaz Jundishapour University Of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Research deputy, Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2010-09-20, 1389/06/29

Expected recruitment end date

2010-11-08, 1389/08/17

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of fig leaf decoction on control of type 2 diabetes

Public title

The effect of fig leaf decoction on control of blood sugar in type 2 diabetic patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: presence of type 2 diabetes, willing to participate to study, age 40-60 years, HbA1c between 7-8.5, usual daily activity, Exclusion criteria: presence of any chronic diseases or any other diseases affecting the trial, inability to participate, any change in diet or exercise program, consumption of any affecting blood sugar, change in daily activity, any change in treatment plan, any change in mental condition

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 28

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Used

Assignment

Crossover

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ahvaz Jundishapur University Of Medical sciences

Street address

University Square., Golestan Ave,

City

Ahvaz

Postal code

61537-15794

Approval date

2010-07-03, 1389/04/12

Ethics committee reference number

1093/د/8/20/پ

Health conditions studied**1****Description of health condition studied**

Diabetes type 2

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes**1****Description**

2hpp BS

Timepoint

Baseline and days 21 and 49

Method of measurement

blood biochemical test

2**Description**

fructosamine

Timepoint

Baseline and days 21 and 49

Method of measurement

blood biochemical test

3**Description**

HbA1c

Timepoint

Baseline and days 21 and 49

Method of measurement

blood biochemical test

4**Description**

C peptide

Timepoint

Baseline and days 21 and 49

Method of measurement

blood biochemical test

5**Description**

SGOT

Timepoint

Baseline and days 21 and 49

Method of measurement

blood biochemical test

6**Description**

SGPT

Timepoint

Baseline and days 21 and 49

Method of measurement

blood biochemical test

7**Description**

FBS

Timepoint

Baseline and days 21 and 49

Method of measurement

blood biochemical test

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: fig leaf decoction, 13 gr, daily for 21 days

Category

Treatment - Drugs

2

Description

Control group: green tea, 13 g, daily, for 21 days

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Diabetes Clinic Of Golestan Hospital

Full name of responsible person

Street address

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research deputy, Ahvaz Jundishapur University Of Medical Sciences

Full name of responsible person

Dr. Mostafa Fegghi

Street address

University Square, Golestan Ave.

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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

Research deputy, Ahvaz Jundishapur 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

Ahvaz Jundishapur University Of Medical Sciences

Full name of responsible person

Sadegh Ahmadi Mazhin

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M.s student

Other areas of specialty/work

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Person responsible for scientific inquiries

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Other areas of specialty/work

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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