The Effect Of Fennel Gel (Foeniculum Vulgare) In Patient with Idiopathic Hirsutism

Protocol summary
Summary
This Randomized Double Blind Placebo controlled Clinical Trial Study will be done in Patients with Idiopathic Hirsutism who have been referred to Endocrine Clinic of Imam Khomeini Hospital of Sari. In this study Idiopathic Hirsutism was used for hirsute patients who have regular Menses and Normal serum Androgen levels. Inclusion criteria include: Female 15 – 35 years old, Mild to Moderate Hirsutism, those who haven’t used an effective medications for their Hirsutism in this last six months, those who have consented to participate in the study. Exclusion criteria: Increased Level of Androgens, Irregularity of menses, Sever form of Hirsurism , Use of effective medication on Hirsutism in the last six months, Pregnancy and breast feeding . 44 Patients were randomly allocated to case and control groups. The case and control groups will receive Foeniculum Vulgare 3% and placebo gel respectively two times a Day . Hair diameter will be Measured before the start of intervention and when it is finished. The speed of hair growth, the need for removing hairs and the possible side effects will be measured monthly. At the end of third and sixth month hair diameter will be measured again and compared with the measurements before the start of the treatment.

General information
Acronym
IRCT registration information
IRCT registration number: IRCT138901213672N1
Registration date: 2010-08-24, 1389/06/02
Registration timing: registered_while_recruiting

Registrant information
Name
Ozra Akha
Name of organization / entity
Mazandaran University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 15 1326 5944
Email address
oakha@mazums.ac.ir

Recruitment status
Recruitment complete
Funding source
Mazandaran University of Medical Sciences

Expected recruitment start date
2010-04-04, 1389/01/15
Expected recruitment end date
2011-07-05, 1390/04/14

Actual recruitment start date
empty
Actual recruitment end date
empty

Trials completion date
empty

Scientific title
The Effect Of Fennel Gel (Foeniculum Vulgare) In Patient with Idiopathic Hirsutism

Public title
The Effect Of Fennel Gel in Grow Increased ( Extra) Hair

Purpose
Prevention

Inclusion/Exclusion criteria
Exclusion Criteria: 1-Increased Level of Androgen 2- Irregular Menses 3-Sever Hirsutism 4- Use of effective medication on Hirsutism in the last six months before study 5-Use of Laser in the last 6 months before study 7- Pregnancy and breastfeeding Inclusion criteria: Female
patients with Idiopathic Hirsutism that will be visited in Endocrine Clinic of Imam khomeini Hospital of Sari with regular menses and normal Androgen level

**Age**
From 15 years old to 35 years old

**Gender**
Female

**Phase**
2

**Groups that have been masked**
No information

**Sample size**
Target sample size: 44

**Randomization (investigator's opinion)**
Randomized

**Randomization description**

**Blinding (investigator's opinion)**
Double blinded

**Blinding description**

**Placebo**
Used

**Assignment**
Parallel

**Other design features**

**Secondary IDs**
empty

**Ethics committees**

1

**Ethics committee**
Name of ethics committee
Mazandaran University of Medical Sciences
Street address
Valie Asr Street , Emam Square
City
Sari
Postal code

**Approval date**
2010-03-03, 1388/12/12
**Ethics committee reference number**
88-146

**Health conditions studied**

1

**Description of health condition studied**
Idiopathic Hirsutism
**ICD-10 code**
L68.0
**ICD-10 code description**
Hirsutism

**Primary outcomes**

1

**Description**
Serum T level measurement
**Timepoint**
Before treatment
**Method of measurement**
Laboratory measurement of the hormone

2

**Description**
DHEAS measurement
**Timepoint**
Before treatment
**Method of measurement**
Laboratory measurement of the hormone

3

**Description**
OH-17
**Timepoint**
Before treatment
**Method of measurement**
Laboratory measurement of the hormone

**Secondary outcomes**

1

**Description**
Rate of hair growth and its thickness
**Timepoint**
Before the start and after the end of treatment
**Method of measurement**
Questionnaire

**Intervention groups**

1

**Description**
Fennel gel used twice a day on face
**Category**
Treatment - Drugs

2

**Description**
Placebo gel used twice a day on face
**Category**
Treatment - Drugs

**Recruitment centers**

1

**Recruitment center**
Name of recruitment center
Emam Hospital
Full name of responsible person
**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**
Vice Chancellor, Mazandaran University Of Medical Sciences

**Full name of responsible person**
Dr Ahmadali Enayati

**Street address**
Building No.2 ,Mazandaran University Of Medical Sciences,Moallem Square

**City**
Sari

**Grant name**

**Grant code / Reference number**

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

**Title of funding source**
Vice Chancellor, Mazandaran 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**
Mazandaran University Of Medical Sciences

**Full name of responsible person**
Ozra Akha

**Position**
Endocrinology

**Other areas of specialty/work**

**Street address**
Mazandaran University Of Medical Sciences,Emam Square

**City**
Sari

**Postal code**

**Phone**
+98 911 124 5156

**Fax**

**Email**
Oakha@mazums.ac.ir

**Web page address**

**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