Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

Investigation on the Effect of Iranian Carrot Syrup (Parsnip) on Female Sexual Dysfunction: A Triple Blind Clinical Trial

Protocol summary

Study aim
Determining of the Effect of Iranian Carrot Syrup (Parsnip) on Female Sexual Dysfunction

Design
This clinical trial study was triple blind and 72patients who have enclusion criteria will divide two grops (intervention and placebo) by Block random sampling ,by factorial manner.

Settings and conduct
The target population includes all women with sexual dysfunction referred to public health clinics affiliated to Arak University of Medical Sciences. In this study, 72 patients who have enclusion criteria will divide two grops (intervention and placebo) by Block random sampling.patients with severe depression, they will be excluded from the study by completing the Persian form of Beck Depression Inventory at the beginning of the study. Afterthat, interviews with patients and after completing the FSFI questionnaire, they randomly receive the drug / placebo.The drug is given at 10 cc in the morning and 10 cc in the nighting and the placebo is given in the same way for 4 weeks.For placebo, Stevia syrup is used. After regular use of the medication, the sexual function status of patients is again determined by the aforementioned questionnaire.The study is three-blind, and the patient, researcher and information analyst are not aware of the use of drugs or placebo .

Participants/Inclusion and exclusion criteria
Inclusion Criteria: -Sexual dysfunction in 6 independent areas,Age range 18 to 40 years,Married , sexually active: Non-inclusion criteria: Severe depression in the patient, pregnancy, history of skin sensitivity to herbs in the family of Chattan, use of a drug affecting desire or sexual function , consuming energy drinks and consuming Drugs,..

Intervention groups
Parsynip syrup is given at 10 cc in the morning and 10 cc in the nighting and the placebo is given in the same way for 4 weeks.

Main outcome variables
Sexual function

General information

Reason for update

Acronym
-

IRCT registration information
IRCT registration number: **IRCT20161004030131N2**
Registration date: **2019-04-28, 1398/02/08**
Registration timing: **prospective**

Last update: **2019-04-28, 1398/02/08**
Update count: **0**

Registration date
2019-04-28, 1398/02/08

Registrant information
Name
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 86 3417 3524
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f.shabani@arakmu.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-05-14, 1398/02/24

Expected recruitment end date
2020-01-14, 1398/10/24

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigation on the Effect of Iranian Carrot Syrup (Parsnip) on Female Sexual Dysfunction: A Triple Blind Clinical Trial

Public title
Effect of Iranian Carrot Syrup (Parsnip) on Female Sexual Dysfunction

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Sexual dysfunction in 6 independent areas (desire, mental stimulation, lubrication, orgasm, satisfaction and pain) Age range 18 to 40 years Married Sexually active

Exclusion criteria:
Severe depression in the patient Pregnancy History of skin sensitivity to herbs in the family of Chattan Use of a drug affecting desire or sexual function such as serotonergic drugs (including citalopram fluoxetine, etc.) Consuming energy drinks and consuming Drugs Consuming blood diluent such as aspirin, warfarin, heparin or low molecular weight heparins Chronic diseases such as diabetes, hormonal disorders such as thyroid, prolactin Family problems and marital conflicts Rape history Wife's sexual problem Consumption Anti hypertensive drugs Menopause

Age
From **18 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked

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

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
Randomized

Randomization description
By Block random sampling divide two grops intervention and placebo

Blinding (investigator's opinion)
Triple blinded

Blinding description
The study is three-blind, and the patient, researcher and information analyst are not aware of the use of drugs or placebo .

Placebo
Used

Assignment
Factorial

Other design features
-

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Arak University of Medical Sciences

Street address
Iran, Arak,sardasht, Basij Square, Arak University of Medical Sciences, Faculty of Medicine

City
Arak

Province
Markazi

Postal code
3819693345

Approval date
2018-11-04, 1397/08/13

Ethics committee reference number
IR.ARAKMU.REC.1397.193

Health conditions studied

1

Description of health condition studied
Sexual Dysfunction

ICD-10 code
F52/9

ICD-10 code description
Unspecified sexual dysfunction, not caused by organic disorder or disease

Primary outcomes

1

Description
Overall sexual performance score for women with sexual dysfunction

Timepoint
Before intervention and 4 weeks after intervention

Method of measurement
Female Sexual Function Index questionnaire

2

Description
Average score for each sexual function areas (desire, mental stimulation, lubrication, orgasm, satisfaction and pain) in women with sexual dysfunction

Timepoint
Before intervention and 4 weeks after intervention

Method of measurement
Female Sexual Function Index questionnaire

3

Description
Depression
Timepoint
Before intervention
Method of measurement
Beck Depression Inventory questionnaire

Secondary outcomes

1

Description
-
Timepoint
-
Method of measurement
-

Intervention groups

1

Description
Intervention group: Iranian Carrot Syrup (Parsnip) is a combination of 7 Iranian Pastinaca sativa L,Pimpinella anisum , honey, Elettaria cardamomum, Crocus sativus(saffron), Dianthus Caryophyllus (cloves)and Valeriana officinalis and Is prescribed 10 cc in the morning and 10 cc in the nighting for 4 weeks.
Category
Treatment - Drugs

2

Description
Control group: For placebo, stevia syrup is prescribed at 10 cc in the morning and 10 cc in the nighting for 4 weeks.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Governmental Clinics of Arak University of Medical Sciences
Full name of responsible person
Fatemeh Shabani
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Full name of responsible person
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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
Arak 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
Arak University of Medical Sciences
Full name of responsible person

Fatemeh Shabani

Position
M.S.C.in Midwifery
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
Main outcome information
When the data will become available and for how long
Start the access period after published the results
To whom data/document is available
Academic and Scientific and industrial Institutions
Under which criteria data/document could be used
Original outcome information used in other research
From where data/document is obtainable
Fatemeh Shabani, email address: f.shabani@arakmu.ac.ir,fatemeshabani46896@yahoo.com Fatemeh Najatbakhsh, E-mail address :Nejatbakhsh@tums.ac.ir
What processes are involved for a request to access data/document
After requesting by email, it will eventually be delivered to one month for requested files.
Comments
