

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 72 patients who have inclusion criteria will divide two groups (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 inclusion criteria will divide two groups (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. After that, 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 evening 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 Chatter, use of a drug affecting desire or sexual function, consuming energy drinks and consuming Drugs,...

Intervention groups

Parsnip syrup is given at 10 cc in the morning and 10 cc in the evening 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

Email address

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 groups 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

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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
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Person responsible for updating data

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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

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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
