Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Jul 2026

Study of Portulaca Oleracea and Cumin effects on serum paraoxanase 1 activity

Protocol summary

Summary

In this clinical trial study patients are recruited from Clinic of Internal Medicine. Patients with low density lipoprotein cholesterol (LDL-C) over than 120 mg/dl are included in the study and divided in three groups (Cumin, Purslane and lovastatin). These patients are matched for age, gender, exercise and smoking. A fasting venous blood sample is obtained from all participants before initiating treatment and a second sample after a mean of 45 days of treatment. Total cholesterol (TC), triglycerides (TG), high density lipoprotein cholesterol (HDL-C), LDL-C, apolipoprotein A1 (Apo A1), apolipoprotein B (Apo B), arylesterase activity and PON1 activity toward paraoxon and the oxidised LDL (oxLDL) are measured before and 45 days after the treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138902063806N1**
Registration date: **2010-04-21, 1389/02/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-04-21, 1389/02/01

Registrant information

Name
Effat Farrokhi
Name of organization / entity
Shahrekord University of Medical Sciences
Country
Iran (Islamic Republic of)
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+98 38 1334 6692
Email address
farrokhi@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahrekord university of medical sciences

Expected recruitment start date

2010-04-21, 1389/02/01

Expected recruitment end date

2010-06-22, 1389/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study of Portulaca Oleracea and Cumin effects on serum paraoxanase 1 activity

Public title

Study of Portulaca Oleracea and Cumin effects on serum paraoxanase 1 activity

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: patients with low density lipoprotein cholesterol (LDL-C) over than 120 mg/dl. Exclusion criteria: patients with metabolic disease such as diabetes mellitus, renal diseases and individuals taking lipid lowering or anti hypertension drug.

Age

From **35 years** old to **75 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description

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
Shahrekord university of medical sciences

Street address
Kashani street

City
Shahrecord

Postal code

Approval date
2009-02-20, 1387/12/02

Ethics committee reference number
87-10-1

Health conditions studied

1

Description of health condition studied
Metabolic disorders

ICD-10 code
E78

ICD-10 code description
Disorders of lipoprotein metabolism and other lipidaemias

Primary outcomes

1

Description
Paraxonase1

Timepoint
before and after 45 days of intervention

Method of measurement
blood sample

Secondary outcomes

1

Description
Apo A1

Timepoint
before and after 45 days of intervention

Method of measurement
blood sample

2

Description
Apo B

Timepoint
before and after 45 days of intervention

Method of measurement
blood sample

3

Description
Cholesterol

Timepoint
before and after 45 days of intervention

Method of measurement
blood sample

4

Description
Triglyceride

Timepoint
before and after 45 days of intervention

Method of measurement
blood sample

5

Description
HDL

Timepoint
before and after 45 days of intervention

Method of measurement
blood sample

6

Description
LDL

Timepoint
before and after 45 days of intervention

Method of measurement
blood sample

7

Description
OX LDL

Timepoint
before and after 45 days of intervention

Method of measurement
blood sample

Intervention groups

1

Description
Purslane , Almost 50 grams/day of fresh leaves and stems of Purslane, 45 days
Category
Treatment - Other

2

Description
Cumin extract, 1ml of 2% based on manufacturing recommendation , 45 days
Category
Treatment - Drugs

3

Description
Lovastatin, 20mgs/day oral, 45 days
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahrekord internal clinic, No. 2
Full name of responsible person
Street address
City
Shahrecord

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahrekord university of medical sciences
Full name of responsible person
Dr Mahmood Mobasheri
Street address
Kashani street
City
Shahrekord
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahrekord 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
Shahrekord university of medical sciences
Full name of responsible person
Beheshteh Amiri
Position
nursing
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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