

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of Ziziphus jujuba syrup on high blood hemoglobin and hematocrite in polycythemia patient

Protocol summary

Study aim

The effect of Ziziphus jujuba syrup on high blood hemoglobin and hematocrite in polycythemia patient

Design

The study is a before and after clinical trial. This study is performed on patients with high blood concentrations. The statistical population is based on similar studies is about 50 individuals. Repeated measures ANOVA is used to compare Mean \pm SD in 3 times(before treatment,1 and 2 months after treatment.All data will be analyzed by SPSS software.

Settings and conduct

The plan will be carried out in the Oncologist's office. Patients will be enrolled the plan after doing first CBC test and consulting a physician, if they meet the inclusion criteria.Two cans of jujube syrup will be given for one month. How to take the medicine: Take 1 tablespoon of syrup before each meal. During treatment, a person contact with patient to record data and possible drug side effects. Patients are re-examined after one month. Also second CBC test is performed, according to results. The patient is given 2 cans of jujube syrup. After two months of initial visit, the final visit is performed, and the final CBC test is performed after taking two months of syrup. Finally, the data obtained from the 2 month survey are recorded in the software for data analysis.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients with hemoglobin above 16 g/dl in women and above 17 g/dl in men Exclusion criteria: Pregnant and lactating women, people with embolism, myocardial infarction. Drug sensitivity, emergency conditions

Intervention groups

All patients will be given syrup

Main outcome variables

Changes in blood hemoglobin concentration Changes in blood hematocrit concentration Change in the number of red blood cells

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200112046087N1**

Registration date: **2020-01-27, 1398/11/07**

Registration timing: **prospective**

Last update: **2020-01-27, 1398/11/07**

Update count: **0**

Registration date

2020-01-27, 1398/11/07

Registrant information

Name

Hanieh Babaei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8877 3521

Email address

haniehbabaei92@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-02-20, 1398/12/01

Expected recruitment end date

2020-12-21, 1399/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Ziziphus jujuba syrup on high blood hemoglobin and hematocrite in polycythemia patient

Public title

Effect of jujube syrup on blood concentration

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Patients with blood concentrations (hemoglobin above 16 g / dL in women and above 17 g / dl in men) Not having high blood concentration No history of embolism, myocardial infarction or stroke

Exclusion criteria:

Drug side effects, sensitivity and ... Emergency conditions in the patient Pregnancy and lactation

Age

No age limit

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **50**

More than 1 sample in each individual

Number of samples in each individual: **3**

Patient's blood hemoglobin level

Randomization (investigator's opinion)

N/A

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

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Ethics committee of Shahid Beheshti University of Medical Sciences

Street address

Shahid Beheshti University of Medical sciences, Daneshju Blv.

City

Tehran

Province

Tehran

Postal code

1983963113

Approval date

2019-12-31, 1398/10/10

Ethics committee reference number

IR.SBMU.RETECH.REC.1398.492

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

blood concentration (polycythaemia)

ICD-10 code

D75.1

ICD-10 code description

Secondary polycythemia

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

blood hemoglobin level

Timepoint

Before starting the study and 1 month after entering the plan and at the end of the study

Method of measurement

blood sample

2**Description**

blood hematocrit level

Timepoint

Before starting the study and 1 month after entering the plan and at the end of the study

Method of measurement

blood sample

Secondary outcomes

empty

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

Intervention group: Before each meal, take a spoonful of syrup(5 cc). The syrup contains jujube.

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

The office of Dr. Behrouz Gharib

Full name of responsible person

Behrouz Gharib

Street address

No. 121, Next to Al-Ghadir Mosque, Mirdamad Street,

City

Tehran

Province

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Postal code

1911617813

Phone

+98 21 2290 9058

Email

Gharib.behrooz@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Somayeh Esmaeili

Street address

NO.8, Shams Alley, Vali-e Asr Ave, Tehran, Iran

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1516745811

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+98 21 8877 3521

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sesmaeili@sbmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Beheshti 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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Mojgan Tansaz

Position

Assistant Professor, Faculty of Traditional Medicine,

Shahid Beheshti University

Latest degree

Ph.D.

Other areas of specialty/work

Traditional Medicine

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Person responsible for scientific inquiries

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Name of organization / entity

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Full name of responsible person

Mojgan Tansaz

Position

Assistant Professor, Faculty of Traditional Medicine,
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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Hanieh Babaei

Position

researcher

Latest degree

Master

Other areas of specialty/work

Traditional Medicine

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No. 8, Shams Alley, Vali-e Asr Ave, Tehran, Iran

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Postal code
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Email
haniehbabaei92@gmail.com

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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The questionnaires used and the information about the main outcome after the 3 months of publication of the results are shared with the applicants.

When the data will become available and for how long

3 months after publishing results

To whom data/document is available

researchers

Under which criteria data/document could be used

After publication of the extracted article of the clinical trial

From where data/document is obtainable

Mojgan Tansaz tansaz_mojgan@yahoo.com Tel:
02188773525

What processes are involved for a request to access data/document

After 18 months of sampling (for 50 samples: approx. 18 months), oncologist visit and take drugs, 2 months of statistical analysis and 3 months after printing results It takes about 24 months to complete. Information is provided to the applicant.

Comments