Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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±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
Tehran

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

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Person responsible for updating data

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Full name of responsible person
Hanieh Babaei

Position
reasercher

Latest degree
Master

Other areas of specialty/work
Traditional Medicine

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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