

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jul 2026

### The Efficacy of Stinging Nettle (*Urtica Dioica*) in Patients with Benign Prostatic Hyperplasia

#### Protocol summary

##### Summary

The purpose of study was assessment of efficacy of stinging nettle medicine in reducing clinical symptoms patients with benign prostatic hyperplasia. This study was conducted as a randomized double-blind, placebo control, single center and phase II trial. 100 patients with benign prostatic hyperplasia, between 40 and 80 years old that do not have any urinary and kidney diseases were selected from hospitalized benign prostatic hyperplasia patients in urology ward. Placebo and main drug was utilized by patients in 8 weeks during 1 May to 1 July 2011. After entering the study, using a prostate symptom severity measuring scale was determined the severity of patient's symptoms in 9 times (before the start of the study and at the end of each week).

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201107295069N4**

Registration date: **2011-08-03, 1390/05/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2011-08-03, 1390/05/12

##### Registrant information

##### Name

Alireza Ghorbani Birgani

##### Name of organization / entity

Islamic Azad University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 1229 8173

##### Email address

ghorbani@iaug.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Gachsaran Islamic Azad University

##### Expected recruitment start date

2011-05-01, 1390/02/11

##### Expected recruitment end date

2011-07-01, 1390/04/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Efficacy of Stinging Nettle (*Urtica Dioica*) in Patients with Benign Prostatic Hyperplasia

##### Public title

The Efficacy of Stinging Nettle (*Urtica Dioica*) in Patients with Benign Prostatic Hyperplasia: A Randomized Double-Blind Study in 100 Patients

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: known case of Benign Prostatic Hyperplasia, between 40 and 80 years old. Exclusion criteria: the presence of urinary and kidney diseases.

##### Age

From **40 years** old to **80 years** old

##### Gender

Male

##### Phase

2

##### Groups that have been masked

*No information*

## Sample size

Target sample size: 100

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Double blinded

## Blinding description

## Placebo

Used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Islamic Azad University

##### Street address

Academic Complex (Site)-Islamic Azad University

##### City

Gachsaran

##### Postal code

32356

#### Approval date

2011-04-19, 1390/01/30

#### Ethics committee reference number

335

## Health conditions studied

### 1

#### Description of health condition studied

Benign Prostatic Hyperplasia

#### ICD-10 code

N 40.0

#### ICD-10 code description

بزرگی خوش خیم غده پروستات

## Primary outcomes

### 1

#### Description

Stinging Nettle Medicine

#### Timepoint

before intervention and every week for eight weeks

#### Method of measurement

Prostate Symptom Severity Measuring Scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Stinging Nettle, 300 mg capsule twice a day for 8 weeks in intervention group

#### Category

Treatment - Drugs

### 2

#### Description

Placebo, 300 mg capsule twice a day for 8 weeks in control group

#### Category

Treatment - Drugs

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Ahwaz Imam Khomeinie Hospital

##### Full name of responsible person

Alireza Ghorbani Birgani

##### Street address

Azadegan Ave-Imam Khomeinie

##### City

Ahwaz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Gachsaran Islamic Azad University

##### Full name of responsible person

Saman Moosavian

##### Street address

Academic Complex (Site)-Islamic Azad University

##### City

Gachsaran

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Gachsaran Islamic Azad University

#### 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**

Gachsaran Islamic Azad University

**Full name of responsible person**

Saman Moosavian

**Position**

Faculty Member/Master

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

### Contact

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**Full name of responsible person**

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**Other areas of specialty/work**

**Street address**

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## 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