

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

Street address

Academic Complex (Site)-Islamic Azad University

City

Gachsaran

Postal code

32356

Phone

+98 74 2333 4607

Fax

+98 74 2333 4751

Email

info@iaug.ac.ir

Web page address

www.iaug.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Gachsaran Islamic Azad University

Full name of responsible person

Alireza Ghorbani Birgani

Position

Faculty Member/Master

Other areas of specialty/work

Street address

Academic Complex (Site)-Islamic Azad University

City

Gachsaran

Postal code

75817

Phone

+98 74 2333 4600

Fax

+98 27 02090

Email

alenc5@gmail.com

Web page address

www.iaug.ac.ir

Person responsible for updating data

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

Street address

Academic Complex (Site)-Islamic Azad University

City

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32356

Phone

+98 74 2333 4607

Fax

+98 74 2333 4751

Email

info@iaug.ac.ir

Web page address

www.iaug.ac.ir

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