

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Sep 2026

The effects of ginger on hypertention in patients with type 2 diabetes

Protocol summary

Summary

This investigation is a randomized controlled clinical trial to determine the effect of ginger on hypertention in patients with type 2 diabetes. The sample size of study is 84 cases. Inclusion criteria: patients with type 2 diabetes, patients newly diagnosed diabetes to 10 years, no pregnancy and lactation, lack of vitamin and mineral supplementation, without any thyroid, kidney, CVD diseases and not using TG & cholesterol lowering drugs, and also using ESTROGEN or PROGESTRON, FBS<180, 2Hpp<250. Exclusion criteria: using insulin. They are randomly selected. They are assigned to two groups based on random numbers table. Patients receive capsules ginger or placebo 3 times a day, 1 gram for 2 months. Hypertention is measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201111306278N2**

Registration date: **2012-02-16, 1390/11/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-02-16, 1390/11/27

Registrant information

Name

Behrouz Talaei

Name of organization / entity

Yazd University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

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Email address

b.talaei@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Yazd University of Medical Sciences and Health Services

Expected recruitment start date

2011-04-21, 1390/02/01

Expected recruitment end date

2011-06-21, 1390/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of ginger on hypertention in patients with type 2 diabetes

Public title

The effects of ginger on type 2 diabetes

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: patients with type 2 diabetes, patients newly diagnosed diabetes to 10 years, no pregnancy and lactation, lack of vitamin and mineral supplementation, without any thyroid, kidney, CVD diseases and not using TG & cholesterol lowering drugs, and also using ESTROGEN or PROGESTRON, FBS<180, 2Hpp<250. Exclusion criteria: using insulin

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 84

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**

University of Medical Sciences and Health Services

Street address

University of Medical Sciences and Health Services-
Bahonar sq-YAZD

City

YAZD

Postal code**Approval date**

2011-11-23, 1390/09/02

Ethics committee reference number

17/1/105713/پ

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

Diabetes

ICD-10 code

E11

ICD-10 code description

Diabetes

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

Systol Hypertention

Timepoint

Before - every two weeks during the intervention and
after intervention

Method of measurement

mmhg

2**Description**

Diastole Hypertention

Timepoint

Before - every two weeks during the intervention and
after intervention

Method of measurement

mmhg

3**Description**

Mean Arterial Pressure

Timepoint

Before - every two weeks during the intervention and
after intervention

Method of measurement

mmhg

Secondary outcomes

empty

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

Intervention: capsules ginger 1 gr 3 times per day

Category

Treatment - Drugs

2**Description**

Control: capsules 1 gr microcrystallin cellulose, 3 times
per day

Category

Treatment - Drugs

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

Yazd Diabetes Research Center

Full name of responsible person

Behrouz Talaei Kholes soflaei

Street address

Jomhuri blv- YAZD

City

Yazd

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

University of Medical Sciences and Health Services

Full name of responsible person

Dr Hassan Mozaffari

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of Medical Sciences and Health Services
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
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Web page address

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