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.IInclusion 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
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Iran (Islamic Republic of)
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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 microcristalin 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 Khales 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
Street address

Bahonar sq.Yazd

City

Yazd

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

University of Medical Sciences and Health Services

Full name of responsible person

Behrouz Talaei Khales soflaei

Position

MS student of Health Science in Nutrition

Other areas of specialty/work

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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