

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of yoga exercise with dumbbells along with spirulina supplement on liver enzymes of elderly Bushehr women

Protocol summary

Study aim

The general purpose of this research is to investigate the effect of 8 weeks of yoga practice with weights along with spirulina supplement on liver enzymes in elderly women.

Design

In short, volunteers are randomly divided into 4 groups according to body mass index. Therefore, the trial will be conducted for 8 weeks, and the variables should be measured before the start and again after the completion of the study.

Settings and conduct

The study is carried out in collaboration with the University of Medical Sciences in the sports hall of this university. Therefore, this study is designed for 8 weeks, of course, in the first month, there will be two sessions per week, and then in the second month, three sessions per week, each session lasting approximately one hour.

Participants/Inclusion and exclusion criteria

Absence of autoimmune diseases and diabetes They were suffering from infectious diseases, chronic liver diseases and inflammatory diseases

Intervention groups

In the intervention groups and even the control group, people are examined for the effectiveness of the exercise and supplement protocol, and in groups one and two, we will have spirulina supplements three times a day before meals. Also, the exercise protocol, which is yoga with weights, starts with weights of 450 grams to gradually increase the volume and load of the exercises.

Main outcome variables

In this study, liver enzymes, which were dependent factors, and the effect of weight-bearing yoga exercise and spirulina supplement consumption on these variables were investigated.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230527058308N1**

Registration date: **2023-07-01, 1402/04/10**

Registration timing: **registered_while_recruiting**

Last update: **2023-07-01, 1402/04/10**

Update count: **0**

Registration date

2023-07-01, 1402/04/10

Registrant information

Name

Mohadeseh Bandarrigi

Name of organization / entity

The university of Ahvaz

Country

Iran (Islamic Republic of)

Phone

+98 77 3344 7040

Email address

m-bandarrigi@stu.scu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-06-15, 1402/03/25

Expected recruitment end date

2023-07-11, 1402/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of yoga exercise with dumbbells along with spirulina supplement on liver enzymes of elderly Bushehr

women

Public title
"Investigating the effect of spirulina on liver enzymes"
"The effect of yoga with weight on liver enzymes"

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Not suffering from autoimmune diseases Not suffering from thyroid problems and diabetes Elderly women over 60 years old Not having allergies or sensitivities to seafood Resident of Bushehr city
Exclusion criteria:

Age
From **60 years** old to **68 years** old

Gender
Female

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
After filling out the consent forms and medical records, they were randomly divided into 4 groups based on body mass index and age.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
Gradually increasing the time of training sessions in order to increase the training load and not to perform other sports activities at the same time during the study period.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Ahvaz Shahid Chamran University

Street address

Sadat 7 Alley, Estakhr Ave, Sabzabad street, Bushehr

City

Bushehr

Province

Boushehr

Postal code

7516794754

Approval date

2023-02-14, 1401/11/25

Ethics committee reference number

EE/1401.2.24.173094/scu.ac.ir

Health conditions studied

1

Description of health condition studied

To identify and prevent liver problems or diseases affecting liver enzymes

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Aspartate aminotransferase (AST) enzymes

Timepoint

Measurement of blood cholesterol at the beginning of the study (before the start of the intervention) and after the end of the study (60 days)

Method of measurement

blood draw

2

Description

Alanine aminotransferase (ALT)

Timepoint

Measurement at the beginning of the study (before the start of the intervention) and after the end of the study (60 days)

Method of measurement

blood draw

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group: participating in yoga sessions with weights and received a spirulina supplement. (500g spirulina capsules three times a day before each meal for 8 weeks)

Category

N/A

2

Description

The second intervention group: only participating in yoga sessions with weights without receiving supplements. (Actually, they received Nama supplement or placebo in

the form of 500 gram capsules with starch to consume 3 times a day)

Category

N/A

3

Description

The third intervention group: this group only received supplements. (500g spirulina capsules three times a day before each meal for 8 weeks)

Category

N/A

4

Description

Control group: This group also did not participate in any exercise sessions and supplement consumption.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shafa Medical Complex - Mehr Pathobiology Laboratory

Full name of responsible person

Dr. Mohammad Reza Farzaneh

Street address

Shafa Medical Complex, Tawheed Branch, in front of Sepeh Bank, Sangi Street, Bushehr

City

Bushehr

Province

Boushehr

Postal code

6135783151

Phone

+98 77 3353 1383

Fax

Email

Oisc@scu.ac.ir

Web page address

https://scu.ac.ir/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Chamran University of Ahvaz

Full name of responsible person

Dr. Saeed Shakarian

Street address

Shahid Chamran University of Ahvaz, , Golestan Boulevard, Ahvaz

City

Ahvaz

Province

Khouzestan

Postal code

6135783151

Phone

+98 61 3322 6614

Email

Oisc@scu.ac.ir

Web page address

https://scu.ac.ir/

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Chamran University of Ahvaz

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

The university of Ahvaz

Full name of responsible person

Mohadeseh Bandarrigi

Position

Coach and teacher

Latest degree

Master

Other areas of specialty/work

Exercise physiology

Street address

Sadat 7 Alley, Estakhr Ave, Sabzabad street, Bushehr

City

Bushehr

Province

Boushehr

Postal code

7516794754

Phone

+98 77 3344 7040

Fax

Email

m-bandarrigi@stu.scu.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

The university of Ahvaz
Full name of responsible person
Mohadeseh Bandarrigi

Position
Coach and teacher

Latest degree
Master

Other areas of specialty/work
Exercise physiology

Street address
Sadat 7 Alley, Estakhr Ave, Sabzabad street, Bushehr

City
Bushehr

Province
Boushehr

Postal code
7516794754

Phone
+98 77 3344 7040

Fax
Email
m-bandarrigi@stu.scu.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
The university of Ahvaz

Full name of responsible person
Mohadeseh Bandarrigi

Position
Coach and teacher

Latest degree
Master

Other areas of specialty/work
Exercise physiology

Street address
Sadat 7 Alley, Estakhr Ave, Sabzabad street, Bushehr

City
Bushehr

Province
Boushehr

Postal code
7516794754

Phone

+98 77 3344 7040

Fax

Email
m-bandarrigi@stu.scu.ac.ir

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

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Only a part of the data, such as the information related to the main result or the like, can be shared.

When the data will become available and for how long

The access period starts 6 months after the results are published

To whom data/document is available

The resulting data will be available only to researchers working in academic and scientific institutions

Under which criteria data/document could be used

Candidates present in the study and people for further research can access the data, and the data can also be used to participate in congresses or other articles.

From where data/document is obtainable

To the first author or the responsible author

What processes are involved for a request to access data/document

Each of the parts of the documents that are allowed to be accessed will be reviewed by announcing the request, after clarifying and receiving the necessary documents.

Comments