Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Evaluation of the effects of Trigonella foenum graecum seed extract on the hs-CRP level in patients with myocardial infarction

Protocol summary

Study aim
Evaluation of the effectiveness of Trigonella foenum graecum seed extract on the hs-CRP level in patients with myocardial infarction

Design
Phase 2 randomized double-blinded placebo parallel clinical trial on 60 patients Randomization using Randomaization.com

Settings and conduct
This study will perform in the heart ward of Ghaem Hospital in Mashhad. Patients are randomly assigned to Trigonella foenum graecum seed extract and placebo groups. Patients and the main researcher are unaware of groups assignation.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Patients with myocardial infarction based on the American Heart Association criteria; Consent to admission to the study; Age over 18 years; No kidney failure under hemodialysis; No severe liver failure with liver enzymes more than 3 times normal; No history of allergy to Trigonella foenum graecum or peas; No history of using medicinal products containing Trigonella foenum graecum seed extract Exclusion criteria: Lack of consent to continue the study

Intervention groups
Patients with myocardial infarction receiving Ţrigonella foenum graecum seed extract twice a day for one month along with common treatments

Main outcome variables
Changes in the hs-CRP levels

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220516054874N9**
Registration date: **2023-07-06, 1402/04/15**
Registration timing: **prospective**
Last update: **2023-07-06, 1402/04/15**
Update count: **0**

Registration date
2023-07-06, 1402/04/15

Registrant information

Name
Vafa Baradaran Rahimi

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 51 3800 2301

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baradaranrv@mums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-07-23, 1402/05/01

Expected recruitment end date
2025-07-23, 1404/05/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation of the effects of Trigonella foenum graecum seed extract on the hs-CRP level in patients with myocardial infarction

Public title
Evaluation of the effects of Trigonella foenum graecum seed extract on patients with myocardial infarction

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Patients with myocardial infarction according to the American College of Heart criteria Consent to admission to the study Age more than 18 years old
Exclusion criteria:
Kidney failure under hemodialysis Severe liver failure with liver enzymes three times more than normal History of allergy to Trigonella foenum graecum or peas History of using medicinal products containing Trigonella foenum graecum seed extract

Age
From **18 years** old

Gender
Both

Phase
2

Groups that have been masked

- Participant
- Investigator
- Outcome assessor
- Data analyser

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
The blocked randomization method is used. The volume of each block will be four. Then the list of blocks is written and numbers assigned to them, for example (AABB(1)- BBAA(2)- BABA(3)- BAAB(4)), which will be 15 blocks according to the sample size of 60. Then random numbers between 1 and 15 are selected according to the randomization site Randomaization.com and finally, the treatment allocation list is determined based on the random numbers.

Blinding (investigator's opinion)
Triple blinded

Blinding description
Using sealed envelopes Due to the use of a placebo similar to the intervention treatment, the investigator and the participants will not be informed of the assigned treatment, and the analyst will also be unaware of the assigned treatment for the two groups. Finally, after analyzing the data, the researcher who prepared the packages will reveal the codes A and B.

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research Ethics Committee of Imam Reza Hospital Educational, Research and Treatment Center, Mashhad

Street address
Imam Reza Hospital educational complex building, Imam Reza Hospital, Mashhad

City
Mashhad

Province
Razavi Khorasan

Postal code
۹۱۳۷۹۱۳۳۱۶

Approval date
2023-04-10, 1402/01/21

Ethics committee reference number
IR.MUMS.IRH.REC.1402.019

Health conditions studied

1

Description of health condition studied
Myocardial infarction

ICD-10 code
I21

ICD-10 code description
ST elevation (STEMI) and non-ST elevation (NSTEMI) myocardial infarction

Primary outcomes

1

Description
Changes in hs-CRP serum level

Timepoint
At the beginning of the study and after 4 weeks of treatment

Method of measurement
Laboratory kit

Secondary outcomes

1

Description
Changes in CBC diff

Timepoint
At the beginning of the study and after 4 weeks of treatment

Method of measurement
Laboratory kit

2

Description
Changes in lipid profile

Timepoint
At the beginning of the study and after 4 weeks of treatment

Method of measurement

Laboratory kit

Intervention groups

1

Description
Intervention group: Patients with myocardial infarction receiving Trigonella foenum graecum seed extract (335 mg, prepared by Barij essence company) twice a day for one month along with standard treatment

Category
Treatment - Drugs

2

Description
Control group: Patients with myocardial infarction receiving placebo tablet with the same shape and size twice a day for one month along with standard treatment

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Ghaem Hospital in Mashhad

Full name of responsible person
Dr. Bahram Shahri

Street address
Ghaeem hospital, Ahmadabad Blvd, Mashhad

City
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Razavi Khorasan

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13944-91388

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+98 51 3801 2739

Email
ShahriB@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Dr. Majid Ghayour-Mobarhan

Street address
Qurashi Building, Next to Hoveyzeh Cinema, University Street, Mashhad

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9138813944

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Ramresearch@mums.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Mashhad University of Medical Sciences

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
Mashhad University of Medical Sciences

Full name of responsible person
Dr. Vafa Baradaran Rahimi

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
Medical Pharmacy

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Ghaeem hospital, Ahmadabad Blvd, Mashhad

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Person responsible for scientific inquiries

Contact

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Position
Assistant professor

Latest degree
Ph.D.

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available