

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

Effect of *Boswellia serrata* on blood glucose, insulin, fasting insulin resistance index, fructose amine and lipid profile in type (II) diabetes patients

Protocol summary

Summary

Objective: Purpose of this study, is investigation of antidiabetic and hypolipidemic effect of *Boswellia serrata* on type 2 diabetic patients. Design: In this clinical trial study, sixty diabetic patients (males and females) in the age range of 30-48 years from Ahvaz Golestan hospital were investigated. The patients divided into 2 groups: 1. control group, 2. test group. Setting and conduct: Test group received oral hypoglycemic agents and *Boswellia serrata* for 4 weeks (300 mg, three times, chewing and package form) administrated daily. blood samples before and after 4 weeks of it being done. control group randomized selected from Type 2 diabetic patients during trial, has been treated only with oral hypoglycaemic agents. blood samples before and after 4 weeks of it being done. Participant including major eligibility criteria: Including criteria to study: age range between 30-65 years; only use the oral hypoglycemic agents; type 2 diabetic patients. Exclusion criteria to study: have Hepatic cirrhosis; pregnant and lactating women; active Proliferative Diabetic Retinopathy (PDR); Chronic Kidney Disease (CKD); Congestive Heart Failure (CHF); Myocardial Infarction (MI) in recent 6 mont. Intervention: *Boswellia serrata* (300 mg, three times, chewing and package form) administrated daily and control group oral agents alone. Main outcome measures (variables): investigation of below variables before and after treatment and comparison with control group. 1. Serum Lipid profiles 2. Serum insulin 3. Serum Fasting glucose 4. Insulin resistance (HOMA-IR) 5. Serum SGPT 6. Serum fructose Amine

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112258515N1**

Registration date: **2013-10-18, 1392/07/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-10-18, 1392/07/26

Registrant information

Name

Akram Ahangarpour

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Diabetes Research Center, vice chancellore for research, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

Expected recruitment start date

2012-01-21, 1390/11/01

Expected recruitment end date

2012-03-19, 1390/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Boswellia serrata on blood glucose, insulin, fasting insulin resistance index, fructose amine and lipid profile in type (II) diabetes patients

Public title

Effect of Boswellia serrata on diabetes

Purpose

Treatment

Inclusion/Exclusion criteria

Including criteria to study: age range between 30-65 years; only use the oral hypoglycemic agents; type 2 diabetic patients Exclusion criteria to study: have Hepatic cirrhosis; pregnant and lactating women; active Proliferative Diabetic Retinopathy (PDR); Chronic Kidney Disease (CKD); Congestive Heart

Age

From **30 years** old to **65 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

Street address

45 plaque, postal code 61335189, Ethics committee of Ahvaz Jundishapur University of Medical Sciences, Department of physiology, Ahvaz, Iran.

City

Ahvaz

Postal code

Approval date

2011-12-03, 1390/09/12

Ethics committee reference number

eth299

Health conditions studied

1

Description of health condition studied

type (II) diabetes patients

ICD-10 code

E10, E11,

ICD-10 code description

Insulin-dependent diabetes mellitus, Non-insulin-dependent diabetes mellitus, Malnutrition-related diabetes mellitus, Other specified diabetes mellitus, Unspecified diabetes mellitus

Primary outcomes

1

Description

blood glucose

Timepoint

before and 45 days after intervention

Method of measurement

glucose kit

Secondary outcomes

1

Description

insulin

Timepoint

before and 45 days after intervention

Method of measurement

insulin kit

Intervention groups

1

Description

Test group received oral hypoglycemic agents and Boswellia serrata for 4 weeks (300 mg, three times, chewing and package form) administrated daily. blood samples before and after 4 weeks of it being done.

Category

Treatment - Drugs

2

Description

control group randomized selected from Type 2 diabetic patients during trial,has been treated only with oral hypoglycaemic agents. blood samples before and after 4 weeks of it being done.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Diabetes Research Center, vice chancellor for research, ahvaz jundishapur university of medical science

Full name of responsible person

Hajia Shabazian

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Ahvaz, Golestan Hospital, Western Esfand Street.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Ahvaz Jundishapur University of Medical Sciences.

Full name of responsible person

Mostafa Feghi

Street address

45 plaque, 61335189, Vice Chancellor for Research, Ahvaz Jundishapur University of Medical Sciences.

City

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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

Vice Chancellor for Research, Ahvaz Jundishapur University of Medical Sciences.

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

61335189, Department of Physiology, Diabetes Research Center and Physiology Research Center, Ahvaz J

Full name of responsible person

Akram Ahangarpour

Position

Associated prof

Other areas of specialty/work

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Person responsible for scientific inquiries

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

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Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty