

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effects of Moringa Oleifera plant powder on infertility in men a randomized clinical trial

Protocol summary

Study aim

Determining the effect of Moringah plant powder capsule on spermogram parameters (sperm motility, sperm morphology, sperm volume, sperm, sperm viscosity, Ph, sperm concentration) before and after the study

Design

Selection of 60 male patients referred to the clinic with infertility who are eligible for the study are randomly divided into two groups (group receiving capsules containing Moringa plant and group receiving: vitamin E, L-arginine and HCG ampules. It should be noted that the randomization method is done in a block method so that the size of the blocks is taken to hide the heterogeneous state.

Settings and conduct

HOSPITAL

Participants/Inclusion and exclusion criteria

Inclusion criteria: - Age 55-30 years - obtained informed consent - Sperm concentration below 15 million per milliliter Exclusion criteria: Lack of treatment in the last 3 months - Sperm concentration below 5 million per milliliter - Varicocele grade 3 - Diabetes - Infertility problem in a recent year

Intervention groups

Selection of 60 male patients referred to the clinic with infertility who are eligible for the study are randomly divided into two groups (group receiving capsules containing Moringa plant (3gr per day) and group receiving: vitamin E, L-arginine and HCG ampules.

Main outcome variables

Sperm motility, Sperm morphology, Sperm volume, Sperm concentration, Sperm count, Sperm viscosity, PH, Testosterone concentration

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210209050309N1**

Registration date: **2021-02-21, 1399/12/03**

Registration timing: **registered_while_recruiting**

Last update: **2021-02-21, 1399/12/03**

Update count: **0**

Registration date

2021-02-21, 1399/12/03

Registrant information

Name

keshvad hedayatyanfard

Name of organization / entity

Alborz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 26 3428 7425

Email address

keshvad_tam@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-02-19, 1399/12/01

Expected recruitment end date

2022-02-20, 1400/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Moringa Oleifera plant powder on infertility in men a randomized clinical trial

Public title

Effects of Moringa Oleifera plant powder on infertility in men

IR.ABZUMS.REC.1399.227

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

age: 30-55 years old obtain informed consent Sperm concentration below 15 million per ML

Exclusion criteria:

Treatment of the disease in the last 3 months Sperm concentration below 5 million per milliliter Varicocele grade 3 Diabetes Infertility in a recent year addiction chemical therapy (cancer) Corticosteroid therapy Systemic diseases

Age

From **30 years** old to **55 years** old

Gender

Male

Phase

0

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Among the patients referred to the clinic, each patient received a code or a number, which were randomly distributed in two groups receiving herbal powder and the group receiving Chemical treatment treatment.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

alborz university of medical sciences

Street address

alborz university of medical sciences

City

karaj

Province

Alborz

Postal code

3149779453

Approval date

2020-11-21, 1399/09/01

Ethics committee reference number

Health conditions studied

1

Description of health condition studied

infertility

ICD-10 code

N46

ICD-10 code description

Male infertility

Primary outcomes

1

Description

Sperm motility, Sperm morphology, Sperm volume, Sperm concentration, Sperm count, Sperm viscosity, PH, Testosterone concentration

Timepoint

Before and after the intervention with an interval of 2 months

Method of measurement

Spermatogram

Secondary outcomes

empty

Intervention groups

1

Description

A group of 30 patients receiving capsules containing Moringa (3 grams per day) and another group of 30 receiving common treatment protocols include: Vitamin E, L-arginine and HCG ampoules.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

madani hospital

Full name of responsible person

dr.mohammad shahi

Street address

alborz university of medical sciences, school of medicine

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
alborz university of medical sciences
Full name of responsible person
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research@abzums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
alborz 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
alborz university of medical sciences
Full name of responsible person
davood mohammad shahi
Position
assistant professor
Latest degree
Specialist
Other areas of specialty/work
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Person responsible for scientific inquiries

Contact

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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

According to ethical protocols, patients' information is confidential.

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Only information about the main outcome of the study can be published.

When the data will become available and for how long

2021-2022

To whom data/document is available

only university researchers

Under which criteria data/document could be used

For statistical analysis

From where data/document is obtainable

authors of study

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

Formal application letter to the university

Comments