Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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
IR.ABZUMS.REC.1399.227

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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d.shahi@abzums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
alborz university of medical sciences
Full name of responsible person
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Street address
safarian Ave, golshar, karaj
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3198764653
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Email
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
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Person responsible for updating data

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Email
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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