Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Evaluation of therapeutic potential of deep tissue foot massage with or without jasmine oil in hypertensive and diabetic patients

Protocol summary

Study aim

Therapeutic deep tissue foot massage with jasmine oil in diabetes and hypertensive patients and their effects on blood pressure, heart rate, oxygen saturation, insulin level, temperature, respiration rate, lipid profile.

Design

Lottery method, community based, parallel group, double blinded, randomized control trial and 290 patients will be enrolled.

Settings and conduct

Study will be conducted at Muhammad Institute of Medical and Allied Sciences Multan after approval from Institutional ethical committee.

Participants/Inclusion and exclusion criteria

Incision criteria : Age group of 23-70 years ,Both Genders (Male, Female), Educated and uneducated Diabetic patient, Hypertensive patients,Married and unmarried.Exclusion criteria: Any type of mental disability,Lactating females,Having any type of physical disability,Pregnant females,Any type of major surgery.

Intervention groups

The three treatment groups will be treated with therapeutic deep tissue massage with three ways: first group will be treated with jasmine oil manually massage, second group will be treated electric palm massage with jasmine oil massage and third group will be treated with electric palm massager with-out jasmine oil. The deep tissue foot massage will be applied by three ways on the feet of diabetics and hypertensive patients for 20 consecutive days. Each session will be 40 minutes per day. Massage will be applied for 20 minutes on each foot. After 20 days we will compare per and post blood pressure and glucose level in hypertensive and diabetics patients. We will measure objective data heart rate, respiration rate, blood pressure, and glucose level and oxygen saturation.

Main outcome variables

Increasing insulin and blood circulation in diabetic patients and will help in reducing mean of arterial pressure (MAP), heart rate, respiratory rate, and increases oxygen saturation in hypertensive patients.

General information

Reason for update

We want to update title by simply placing one word (patients) at the last of line Plus also updating the position of the person responsible for scientific inquiries

Acronym

IRCT registration information

IRCT registration number: **IRCT20230103057033N2**
Registration date: **2023-02-25, 1401/12/06**
Registration timing: **registered_while_recruiting**

Last update: **2023-03-17, 1401/12/26**
Update count: **2**

Registration date

2023-02-25, 1401/12/06

Registrant information

Name

Ujala Hameed

Name of organization / entity

Ali ul Murtaza Departement of Rehabilitation Multan

Country

Pakistan

Phone

+92 316 6484756

Email address

ujalahameed947@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-11-10, 1401/08/19

Expected recruitment end date

2023-04-10, 1402/01/21

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Evaluation of therapeutic potential of deep tissue foot massage with or without jasmine oil in hypertensive and diabetic patients

Public title
Deep tissue foot massage with or without jasmine oil in hypertensive patients and diabetic
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Age group of 23-70 years Diabetic patients Educated and uneducated Married and unmarried Hypertensive patients Both Genders (Male, Female)
Exclusion criteria:
Any type of mental disability MI Pregnant females Chronic illness related to cardiorespiratory ailments Any type of major surgery Having any type of physical disability Asthma Angina History of chest pain Bronchitis Lactating females
Age
From **23 years** old to **70 years** old
Gender
Both

Phase
1
Groups that have been masked

- Investigator
- Data analyser

Sample size
Target sample size: **290**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple randomization. We will use sealed envelops for lottery method and randomization of participants will be done. Randomization of participants in groups by lottery method and statistical analysis without biasness.
Blinding (investigator's opinion)
Double blinded
Blinding description
Double blinded study will be done by keeping blind i-e the physiotherapist as Investigator and data analyser
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Muhammad Institute of Medical and Allied Sciences Multan
Street address
Hbl street
City
Multan
Postal code
66000
Approval date
2022-10-20, 1401/07/28
Ethics committee reference number
MIMAS/22/IRB/IAK.Durrani

Health conditions studied

1

Description of health condition studied
Diabetes Mellitus
ICD-10 code
E08
ICD-10 code description
Diabetes mellitus due to underlying condition

2

Description of health condition studied
Hypertension
ICD-10 code
I15.9
ICD-10 code description
Secondary hypertension, unspecified

Primary outcomes

1

Description
Increase in Blood circulation and insulin secretion in diabetic patients
Timepoint
before intervention and 3 weeks after intervention
Method of measurement
Blood glucose level by glucometer

2

Description
Mean arterial pressure
Timepoint
3 weeks
Method of measurement
Mercury manometer

3

Description
Heart rate
Timepoint
3 weeks
Method of measurement
Heart rate measuring device

4

Description
Oxygen saturation
Timepoint
3 weeks
Method of measurement
Pulse oximeter

5

Description
Respiration rate
Timepoint
3 weeks
Method of measurement
Manually

Secondary outcomes

empty

Intervention groups

1

Description
Control group: Will be treated with jasmine oil.Diabetics and hypertensive patients will receive therapeutic deep tissue foot massage with jasmine oil. A glucometer will be used to monitor blood glucose levels in patients (both diabetic and hypertensive) via finger-prick testing. And blood pressure will be measured by mercury manometer, blood cholesterol (lipid profile) will be measured by lipid measuring device, oxygen saturation by pulse oximeter and temperature by thermometer will be monitored and body mass index (height, weight, body fat) of both diabetics and hypertensive patients will be measured by BMI scale before massage and after massage will be measured. After 3 weeks all these parameters will be measured again.
Category
Treatment - Drugs

2

Description
Intervention group 1: Will be treated with electrical massager and jasmine oil. Therapeutic deep tissue foot massage with jasmine oil manually , electric palm massager with jasmine oil, and electric palm massager without jasmine oil will be applied in diabetics and hypertensive patients. A glucometer will be used to monitor blood glucose levels in patients (both diabetic and hypertensive) via finger-prick testing. And blood pressure will be measured by mercury manometer, blood cholesterol (lipid profile) will be measured by lipid measuring device, oxygen saturation by pulse oximeter and temperature by thermometer will be monitored and body mass index (height, weight, body fat) of both diabetics and hypertensive patients will be measured by BMI scale before massage and after massage will be measured. After 3 weeks all these parameters will be measured again.
Category
Treatment - Drugs

3

Description
Intervention group 2: Will be treated with electrical massager without jasmine oil.electric palm massager without jasmine oil will be applied in diabetics and hypertensive patients. A glucometer will be used to monitor blood glucose levels in patients (both diabetic and hypertensive) via finger-prick testing. And blood pressure will be measured by mercury manometer, blood cholesterol (lipid profile) will be measured by lipid measuring device, oxygen saturation by pulse oximeter and temperature by thermometer will be monitored and body mass index (height, weight, body fat) of both diabetics and hypertensive patients will be measured by BMI scale before massage and after massage will be measured. After 3 weeks all these parameters will be measured again.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Ali-Ul-Murtaza Department of Rehabilitation Sciences,Muhammad Institute
Full name of responsible person
Maliha Khalid Khan
Street address
Hbl Street
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Muhammad Institute of Medical and Allied Sciences

Full name of responsible person
Imran Ahmad Khan
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Grant name
Student fund

Grant code / Reference number
26012023

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

Title of funding source
Muhammad Institute of Medical and Allied Sciences

Proportion provided by this source
50

Public or private sector
Private

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
Muhammad Institute of Medical and Allied Sciences
Full name of responsible person
Maliha Khalid Khan
Position
Demonstrator
Latest degree
Medical doctor
Other areas of specialty/work
Physiotherapy
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Person responsible for scientific inquiries

Contact

Name of organization / entity
Muhammad Nawaz Shareef University of Agriculture, Multan
Full name of responsible person
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Position
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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
Ujala Hameed
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Master
Other areas of specialty/work
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ujalahameed947@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be 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

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

Title and more details about the data/document

There is no further formation

When the data will become available and for how long

There is no further formation

To whom data/document is available

There is no further formation

Under which criteria data/document could be used

There is no further formation

From where data/document is obtainable

There is no further formation

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

There is no further formation

Comments

Please evaluate