Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effect of edible olibanum, and curcumin on blood and inflamatory factors in rheumatoid arthritis patients

Protocol summary

Summary

Objectives: Survey and compare effect of Olibanum and Curcumin supplementation on blood and inflammatory factors in rheumatoid arthritis patients Design: Double blind Clinical trial Procedure: Ninety patients with rheumatoid arthritis will be enrolled and divided randomly based on random numbers tables into three groups (Olibanum and Curcumin) and placebo. Blinding will be done for patients and researchers. Inclusion criteria: Diagnosis of rheumatoid arthritis specialist according 1987 ACR (ACR); Lack of pregnancy and lactation Exclusion criteria: Diseases that require special treatment and the intervention disrupts (such as accidents, trauma or exacerbation for reasons such as extreme stress); alcoholic; allergic to Olibanum and curcumin Intervention: The first group for three months, three capsules of 500 mg per day, and to the second group, 3 capsules of curcumin 40, and to the third group (control), 3 capsules of 500 mg of placebo were given in terms of apparent characteristics, which are quite similar to the intervention material. The main outcome variables: Blood tests including cholesterol, triglyceride, HDL, LDL, TFN-alpha and HS-CRP, antioxidant, fasting blood sugar and insulin factors before and after the intervention will be measured

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017011614925N2**
Registration date: **2017-11-07, 1396/08/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-11-07, 1396/08/16

Registrant information

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Maryam Javadi
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Qazvin University of Medical Sciences, Department of Health
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Recruitment status

Recruitment complete

Funding source

Qazvin University of Medical Sciences

Expected recruitment start date

2017-03-20, 1395/12/30

Expected recruitment end date

2017-03-20, 1395/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of edible olibanum, and curcumin on blood and inflamatory factors in rheumatoid arthritis patients

Public title

Comparing the effect of edible olibanum, and curcumin on blood and inflamatory factors in rheumatoid arthritis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Willing to participate in study; Clinical

diagnosis of rheumatoid arthritis (meeting the American college of rheumatology 1987 criteria); No smoking or addiction; No drug type and dose fluctuation since 1 month prior to the study and during intervention period ; Not having severe cardiovascular; Hepatic; Kidney; Gastrointestinal; Thyroid; Parathyroid diseases; Diabetes and inflammation; Not using medications except for AR conventional drugs; No pregnancy or lactation Exclusion criteria: Developing illnesses which need particular cures or interfere with intervention such as increasing the disease activity or trauma; alcoholic; sensitivity to olibanum and turmeric

Age
From **20 years** old to **60 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Qazvin University of Medical Sciences

Street address
Qazvin, Shahid Bahonar Blvd., Qazvin University of Medical Sciences

City
Qazvin

Postal code
3419759811

Approval date
2017-05-13, 1396/02/23

Ethics committee reference number
IR.QUMS.REC.1396.117

Health conditions studied

1

Description of health condition studied
Rheumatoid arthritis

ICD-10 code
M05

ICD-10 code description
Seropositive rheumatoid arthritis

Primary outcomes

1

Description
Hs- CRP

Timepoint
Befor intervention, End of the intervention

Method of measurement
ELISA

2

Description
Blood lipid

Timepoint
Befor intervention, End of the intervention

Method of measurement
Laboratory

3

Description
Fasting insulin

Timepoint
Befor intervention, End of the intervention

Method of measurement
HOMA-IR

Secondary outcomes

1

Description
Serum levels of Total Antioxidant Capacity

Timepoint
Befor intervention, End of the intervention

Method of measurement
Laboratory ELISA

2

Description
Rheumatoid factor

Timepoint
Befor intervention, End of the intervention

Method of measurement
Laboratory

Intervention groups

1

Description
Second intervention group: Three capsules of 500 mg olibanum, Daily, for 3 months
Category
Treatment - Drugs

2

Description
First intervention group 1: Three capsules of Nano curcumin 40 mg, daily for 3 months
Category
Treatment - Drugs

3

Description
Control group: Three 500 mg capsol of wheat flour daily, for 3 months
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Rheumatology Clinic of Qazvin University of Medical Sciences
Full name of responsible person
Dr mahnaz Abasi
Street address
Qazvin University of Medical Sciences, Shahid Bahonar Ave., Qazvin, Iran
City
Qazvin

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Qazvin University of Medical Sciences
Full name of responsible person
Dr. Peymani
Street address
Qazvin University of Medical Sciences, Shahid Bahonar Ave., Qazvin, Iran
City
Qazvin
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, Qazvin 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
Qazvin University of Medical Sciences
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Associate Professor, Ph.D. in Nutrition
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code
empty

Data Dictionary
empty