

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Assessment effects of *Satureja hortensis* L. (savory) in adult gastroesophageal reflux (Randomized, double blind)

#### Protocol summary

##### Summary

The main purpose of this study is assessment of effects of *Satureja hortensis* L. (savory) in adult gastroesophageal reflux (GERD). Design: Double blind randomized clinical trial. This study is done on the 60 patients (18 to 65 years old) that have classic symptoms of GERD (heart burn that sometimes get better after eating food or anti acid drugs, sour taste in the mouth, feeling heavy after or before meal, feeling full while eating food,...). All patients are examined by a gastroenterologist. Patients with risk of peptic ulcer or malignancy, as well as pregnant and breast feeding women are excluded. The patients are divided in two groups randomly. The first group receive *S. hortensis* capsules (one capsule three times a day for 4 weeks), the second group receive placebo capsules (one capsule three times a day for 4 weeks). The patients are visited before and after treatment and their symptoms are scored according the VAS system and the frequency scale for the symptoms of gastroesophageal reflux questionnaire (FSSG). Finally both groups will be compared according to their score.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015072215860N2**

Registration date: **2015-07-30, 1394/05/08**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2015-07-30, 1394/05/08

##### Registrant information

Name

Ghazaleh Heydarirad

##### Name of organization / entity

School of Traditional Medicine, Traditional Medicine and Materia Medica Research Center, Shahid Behe

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8877 6027

##### Email address

dr.ghazalrad@sbmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Colorectal Research Center, Rasoul Akram Hospital

##### Expected recruitment start date

2015-07-23, 1394/05/01

##### Expected recruitment end date

2015-12-22, 1394/10/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Assessment effects of *Satureja hortensis* L. (savory) in adult gastroesophageal reflux (Randomized, double blind)

##### Public title

Assessment effects of savory on treatment of gastroesophageal reflux disease

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: having the classic symptoms of reflux, patients with 18 to 65 years old, the normal examination by a gastroenterologist Exclusion criteria: smoking, ongoing alcohol users, OB positive, risk of peptic ulcer or

cancer, pregnant women, breast feeding women, any digestive disorder which requires new protocols, significant surgical or medical disorders clinically, hospitalization, and do not use of *S. hortensis* capsules for 2 weeks.

#### **Age**

From **18 years** old to **65 years** old

#### **Gender**

Both

#### **Phase**

2-3

#### **Groups that have been masked**

*No information*

#### **Sample size**

Target sample size: **60**

#### **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**

Iran University of Medical Sciences Ethics Committee

##### **Street address**

Iran University of Medical Sciences, West Shahid Hemmat Highway, Intersection of Chamran and Sheikh Fazlollah Noori

##### **City**

Tehran

##### **Postal code**

1449614535

#### **Approval date**

2015-06-30, 1394/04/09

#### **Ethics committee reference number**

IR.IUMS.REC.1394.25868

## **Health conditions studied**

### **1**

#### **Description of health condition studied**

gastroesophageal reflux

#### **ICD-10 code**

K21.9

#### **ICD-10 code description**

gastroesophageal reflux without esophagitis

## **Primary outcomes**

### **1**

#### **Description**

reflux symptoms

#### **Timepoint**

before intervention and four weeks after starting the intervention

#### **Method of measurement**

visual analogue scale, frequency scale for symptoms of gastroesophageal reflux disease

## **Secondary outcomes**

empty

## **Intervention groups**

### **1**

#### **Description**

Case group1: *S. hortensis* capsules (one capsule three times a day for 4 weeks, before meal)

#### **Category**

Treatment - Drugs

### **2**

#### **Description**

Placebo capsules (one capsule three times a day for 4 weeks, before meal)

#### **Category**

Placebo

## **Recruitment centers**

### **1**

#### **Recruitment center**

##### **Name of recruitment center**

Rasaul Akram Hospital

##### **Full name of responsible person**

##### **Street address**

##### **City**

Tehran

## **Sponsors / Funding sources**

### **1**

#### **Sponsor**

##### **Name of organization / entity**

Colorectal Research Center, Rasoul Akram Hospital

##### **Full name of responsible person**

Doctor Shahram Agah

##### **Street address**

Sattarkhan Street, Niayesh Street

##### **City**

Tehran

#### **Grant name**

#### **Grant code / Reference number**

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

Yes

**Title of funding source**

Colorectal Research Center,Rasoul Akram Hospital

**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**

Colorectal Research Center, Rasoul Akram Hospital

**Full name of responsible person**

Ghazaleh Heydarirad

**Position**

MD, PhD

**Other areas of specialty/work**

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Colorectal Research Center, Rasoul Akram Hospital,Niayesh street,Sattarkhan Street

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Colorectal Research Center, Rasoul Akram Hospital

**Full name of responsible person**

Amir Hossein Faghihi Kashani

**Position**

Gastroenterologist and Hepatologist, Associate Professor

**Other areas of specialty/work**

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**Web page address**

**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*