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

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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
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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