

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 Jul 2026

### Effects of an herbal supplement containing *Allium sativum*, *Panax ginseng*, *Curcuma longa* and green tea on quality of life in patients with common upper gastrointestinal cancers

#### Protocol summary

##### Summary

Objective: Evaluating the effects of an herbal supplement containing *Allium sativum*, *Panax ginseng*, *Curcuma longa* and green tea on quality of life in patients with common upper gastrointestinal cancers. Inclusion criteria: Patients with cancer of esophagus or stomach, normal liver enzymes, and creatinine less than 1.5 mg/dl. Exclusion criteria: Patients with severe complication of cancer and Induction of toxicity by the herbal supplement. Population and sample size: This randomized clinical trial will perform on 60 patients with cancer of esophagus or stomach who received adjuvant therapy. Intervention: Patients are randomly divided into 2 groups: (1) treatment group which received syrup (30 ml, three times daily) containing the polyherbal supplement for 60 days, and (2) control group which received the same dose of placebo syrup (saccharose 70%) for 60 days. All subjects in two groups also continuously received their standard cancer therapy. Primary outcome measure: Quality of life is determined before and after treatment using a standard questioner.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017030416776N2**  
Registration date: **2017-09-20, 1396/06/29**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2017-09-20, 1396/06/29

##### Registrant information

Name

Ahmad Ghorbani

##### Name of organization / entity

Mashhad University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 1800 2262

##### Email address

ghorbania@mums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Mashhad University of Medical Sciences

##### Expected recruitment start date

2017-03-20, 1395/12/30

##### Expected recruitment end date

2018-03-20, 1396/12/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effects of an herbal supplement containing *Allium sativum*, *Panax ginseng*, *Curcuma longa* and green tea on quality of life in patients with common upper gastrointestinal cancers

##### Public title

Effects of an herbal supplement on quality of life in patients with gastrointestinal cancers

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Patients with cancers of esophagus or stomach; Normal liver enzymes; Hb more than 9 g/dL;

Platelet more than 100000; Creatinine less than 1.5 mg/dl. Exclusion criteria: Patients with severe complication of cancer; Induction of toxicity by the herbal supplement; Pregnancy; Consumption of anticoagulant drugs

**Age**

No age limit

**Gender**

Both

**Phase**

1-2

**Groups that have been masked**

No information

**Sample size**

Target sample size: 30

**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**

Mashhad University of Medical Sciences

**Street address**

Ghoreishi Building, Daneshgah Street

**City**

Mashhad

**Postal code**

9177948564

**Approval date**

2016-01-02, 1394/10/12

**Ethics committee reference number**

IR.MUMS.REC.1394.598

**Health conditions studied****1****Description of health condition studied**

Cancers of oesophagus and stomach

**ICD-10 code**

C15.9 and

**ICD-10 code description**

Oesophagus, unspecified; Stomach, unspecified

**Primary outcomes****1****Description**

quality of life

**Timepoint**

30 days and 60 days after beginning of study

**Method of measurement**

Questionnaire

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Patients in control group are given placebo solution (sacrose 65%) 20 cc three times a day for 60 consecutive days. All subjects will receive conventional treatments for cancer.

**Category**

Placebo

**2****Description**

Patients in intervention group are given polyherbal solution (containing extracts of garlic, green tea and Curcuma longa and powder of Panax ginseng) 20 cc three times a day for 60 consecutive days. All subjects will receive conventional treatments for cancer.

**Category**

Treatment - Drugs

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Mashhad University of Medical Sciences

**Full name of responsible person**

Dr Azar Fani Pakdel

**Street address**

Oncology Department, Emam-Reza Hospital, Ebne-Sina Street

**City**

Mashhad

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Mashhad University of Medical Sciences

**Full name of responsible person**

Dr Saeed Eslami

**Street address**  
Ghoreyshi Building, Daneshgah Street

**City**  
Mashhad

**Grant name**

**Grant code / Reference number**

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

**Title of funding source**  
Mashhad 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**  
Mashhad University of Medical Sciences

**Full name of responsible person**  
Dr. Ahmad Ghorbani

**Position**  
Ph.d. in Physiology, Research Associate Professor

**Other areas of specialty/work**

**Street address**  
Faculty of Medicine, Azadi Square

**City**  
Mashhad

**Postal code**

**Phone**  
+98 51 3800 2256

**Fax**

**Email**  
ghorbania@mums.ac.ir

**Web page address**

## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**  
Mashhad University of Medical Sciences

**Full name of responsible person**  
Dr. Azar Fani Pakdel

**Position**  
Oncologist, Assistant Professor

**Other areas of specialty/work**

**Street address**  
Oncology Department, Emam-Reza Hospital, Ebn\_Sina Street

**City**  
Mashhad

**Postal code**

**Phone**  
+98 51338543031

**Fax**

**Email**  
FaniPA@mums.ac.ir

**Web page address**

## Person responsible for updating data

**Contact**

**Name of organization / entity**

**Full name of responsible person**  
Dr. Ahmad Ghorbani

**Position**

**Other areas of specialty/work**

**Street address**

**City**

**Postal code**

**Phone**  
00

**Fax**

**Email**  
ghorbania@mums.ac.ir

**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*