

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 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