

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

05 Jun 2026

### The effect of *Achillea millefolium* on the duration of diarrhea in patients with gastroenteritis

#### Protocol summary

##### Summary

**Objectives:** To assess the effect of *Achillea millefolium* on the duration of diarrhea in patients with gastroenteritis.  
**Design:** A double blind randomized clinical trial. Setting and conduct: The eligible patients with complaints of diarrhea referred to Shahid Beheshti Hospital will be enrolled into the trial. Inclusion criteria: Age more than 2 years, gastroenteritis, PO. Exclusion criteria: NPO, Drug intolerance, Severe malnutrition, Immune deficiency, Diabetes, Heart disease, Using of anti-diarrheal drugs.  
**Intervention group:** Oral administering of *Achillea millefolium* 5 milliliters every 8 hours for 3 days. **Control group:** Oral administering of placebo 5 milliliters every 8 hours for 3 days. **Primary outcome:** Duration of diarrhea by asking from patient or mother, frequency of diarrhea by asking from patient or mother.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015070817985N3**

Registration date: **2015-07-20, 1394/04/29**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2015-07-20, 1394/04/29

##### Registrant information

###### Name

Alireza Sharif

###### Name of organization / entity

Kashan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 31 5554 0026

###### Email address

sharif\_a@kaums.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Vice chancellor for research, Kashan University of Medical Sciences

###### Expected recruitment start date

2015-07-23, 1394/05/01

###### Expected recruitment end date

2016-10-22, 1395/08/01

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The effect of *Achillea millefolium* on the duration of diarrhea in patients with gastroenteritis

###### Public title

The effect of *Achillea millefolium* on improvement of gastroenteritis

###### Purpose

Treatment

###### Inclusion/Exclusion criteria

Inclusion criteria: Age more than 2 years; gastroenteritis; PO Exclusion criteria: NPO; Drug intolerance; Severe malnutrition; Immune deficiency; Diabetes; Heart disease; Using of anti-diarrheal drugs

###### Age

From **2 years** old to **60 years** old

###### Gender

Both

###### Phase

2-3

## Groups that have been masked

No information

## Sample size

Target sample size: 50

## 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 Kashan University of Medical Sciences

##### Street address

Kashan University of Medical Sciences, Ghotbe Ravandi Blvd, Kashan, Iran

##### City

Kashan

##### Postal code

#### Approval date

2015-07-06, 1394/04/15

#### Ethics committee reference number

IR.KAUMS.REC.1394.55

## Health conditions studied

### 1

#### Description of health condition studied

Gastroenteritis

#### ICD-10 code

A09.9

#### ICD-10 code description

Gastroenteritis and colitis of unspecified origin

## Primary outcomes

### 1

#### Description

Duration of diarrhea

#### Timepoint

Daily

#### Method of measurement

Asking from patient or mother

### 2

#### Description

Frequency of diarrhea

#### Timepoint

Daily

#### Method of measurement

Asking from patient or mother

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Oral administering of Achillea millefolium 5 milliliters every 8 hours for 3 days.

#### Category

Treatment - Drugs

### 2

#### Description

Control group: Oral administering of placebo 5 milliliters every 8 hours for 3 days.

#### Category

Treatment - Drugs

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shahid Beheshti Hospital

##### Full name of responsible person

Dr. Alireza Sharif

##### Street address

Shahid Beheshti Hospital, Ghotbe Ravandi Blvd, Kashan, Iran

##### City

Kashan

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research, Kashan University of Medical Sciences

##### Full name of responsible person

Dr. Gholam Ali Hamidi

##### Street address

Kashan University of Medical Sciences, Ghotbe Ravandi Blvd, Kashan, Iran

##### City

Kashan

#### 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, Kashan 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**

Kashan University of Medical Sciences

**Full name of responsible person**

Dr. Alireza Sharif

**Position**

Associate Professor, Infectious Diseases Specialist

**Other areas of specialty/work****Street address**

Kashan University of Medical Sciences, Ghotbe Ravandi Blvd, Kashan, Iran

**City**

Kashan

**Postal code**

8715981151

**Phone**

+98 31 5554 0026

**Fax**

+98 31 5554 8900

**Email**

arsharifmd@yahoo.com

**Web page address****Other areas of specialty/work****Street address**

Kashan University of Medical Sciences, Ghotbe Ravandi Blvd, Kashan, Iran

**City**

Kashan

**Postal code**

8715981151

**Phone**

+98 31 5554 0026

**Fax**

+98 31 5554 8900

**Email**

mrsharifmd@yahoo.com

**Web page address**

www.drsharif.ir

**Person responsible for updating data****Contact****Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

Masoomeh Abdi

**Position**

MS in Nursing

**Other areas of specialty/work****Street address**

Kashan University of Medical Sciences, Ghotbe Ravandi Blvd, Kashan, Iran

**City**

Kashan

**Postal code**

+98 55540021

**Phone****Fax****Email**

abdi.masoom@yahoo.com

**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***Person responsible for scientific inquiries****Contact****Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

Dr. Mohammad Reza Sharif

**Position**

Associate Professor, Pediatric Infectious Diseases Subspecialist