

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 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

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 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**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**Phone**

+98 55540021

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