Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effectiveness of a homeopathic remedy (Rhus-tox) in the prevention and treatment of delayed onset muscle soreness (DOMS) after an exhaustive exercise

Protocol summary

Summary

(1) Purposes: The purpose of this study is to evaluate the effectiveness of a homeopathic remedy (Rhus-tox or poison ivy) in the treatment and prevention of Delayed Onset Muscle Sourness (DOMS) after an exhaustive workout. (2) Design: The population of volunteers is selected among students of Islamic Azad University, Jahrom branch. Volunteers will be randomly divided into 4 equal groups by block randomization. The sample size is 32; this study is a double- blinded survey which both volunteers and prescriber don't know the solutions. The control group will receive placebo. The study is a single center survey. (3)Setting and conduct: All volunteers run 20 meters go and back repeatedly (Shuttle run) till exhausted. (4) Inclusion and exclusion criteria: The volunteers should be in health and don't have any acute diseases and don't use any corticosteroid during 3 months and any NSAIDs during last week. The exclusion criteria are any musculoskeletal injury and drinking coffee during study. (5)Intervention: The cases received 10 ml of 120 ml of homeopathic Rhus-tox remedy from 30th centesimal dilution potency which the 1st group received before, 2nd group received after ,and 3rd one received before and after exhaustive exercise and control group received only 10 ml distilled water before shuttle run. (6) Main outcome measures: Blood samples to determine the levels of CPK and LDH in time before the start, immediately after training and 24, 48 and 72 hours after that are taken.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015072319073N2**
Registration date: **2015-11-18, 1394/08/27**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2015-11-18, 1394/08/27

Registrant information

Name
Ali Mazaherinezhad
Name of organization / entity
IUMS
Country
Iran (Islamic Republic of)
Phone
+98 21 6435 2446
Email address
mazaherinezhad.a@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Islamic Azad University of Jahrom

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2015-12-06, 1394/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of a homeopathic remedy (Rhus-tox) in the prevention and treatment of delayed onset muscle soreness (DOMS) after an exhaustive exercise

Public title

The effect of a homeopathic remedy on muscle soreness after exhaustive exercise

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria: lack of acute disease; don't use of corticosteroid medication in the last three months; Do not use of NSAIDs in the last week. Exclusion criteria: Athletes don't wanting to continue study; injury during exercise; use of coffee during the study.

Age
From **19 years** old to **30 years** old

Gender
Male

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **32**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
Block randomization will be used in the our study for randomizing the volunteers in four equal groups

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Jahrom University of Medical Sciences

Street address
Islamic Azad University of Jahrom, Ostad Motahary St., Jahrom, Fars province

City
Jahrom

Postal code

Approval date
2015-07-15, 1394/04/24

Ethics committee reference number
IR.JUMS.REC.1394.044

Health conditions studied

1

Description of health condition studied
Delayed onset Muscle Soreness

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Blood levels of CPK

Timepoint
Immediately before and after intervention and 24, 48 and 72 hour after that

Method of measurement
blood sampling

2

Description
Blood levels of LDH

Timepoint
Immediately before and after intervention and 24, 48 and 72 hour after that

Method of measurement
blood sampling

Secondary outcomes

1

Description

Timepoint

Method of measurement

Intervention groups

1

Description
Intervention group 1: using of 10 ml of 120 ml of homeopathic Rhus-tox that is made by DHU in Germany, remedy from 30th centesimal dilution potency before shuttle run

Category
Prevention

2

Description
control group: receiveing 10 ml distited water before exercise

Category
Placebo

3

Description
Intervention group 2: using of 10 ml of 120 ml of homeopathic Rhus-tox that is made by DHU in Germany, remedy from 30th centesimal dilution potency after exercise
Category
Prevention

4

Description
Intervention group 3: using of 10 ml of 120 ml of homeopathic Rhus-tox that is made by DHU in Germany, remedy from 30th centesimal dilution potency before and after exercise
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University of Jahrom
Full name of responsible person
Ali asghar Sarvi
Street address
Islamic Azad University of Jahrom, Ostad Motahary St., Jahrom, Fars province
City
Jahrom

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Islamic Azad University of Jahrom
Full name of responsible person
Dr. Kazoos Ayazpour
Street address
Islamic Azad University of Jahrom, Ostad Motahary St., Jahrom, Fars province
City
Jahrom
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, Islamic Azad University of Jahrom
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
Islamic Azad University of Jahrom
Full name of responsible person
Ali Asghar Sarvi
Position
Master of Science
Other areas of specialty/work
Street address
Islamic Azad University of Jahrom, Ostad Motahary St., Jahrom, Fars province
City
Jahrom
Postal code
Phone
+7 154226122
Fax
Email
sarvi79@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Dr.Ali Mazaherinezhad
Position
Sports medicine specialist
Other areas of specialty/work
Street address
Rasool-e-Akram Hospital, Niyayesh Ave, Sattarkhan St., Tehran, Iran.
City
Tehran
Postal code
Phone
+98 21 6435 2446
Fax
Email
Mazaherinezhad@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Dr.Ali Mazaherinezhad

Position
Sports medicine specialist
Other areas of specialty/work
Street address
Rasool-e-Akram Hospital, Niyayesh Ave, Sattarkhan St., Tehran, Iran.
City
Tehran
Postal code
Phone
+98 21 6435 2446
Fax
Email
mazaherinezhad@gmail.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