

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

Evaluating thyme extract effect on clinical symptoms of children with allergic rhinitis referred to allergy clinics of Urmia University of Medical Sciences

Protocol summary

Study aim

Determining the effect of thyme extract on the clinical symptoms of children with allergic rhinitis referred to allergy clinics of Urmia University of Medical Sciences.

Design

A community-based, practice-oriented, parallel-group, , randomized controlled clinical trial

Settings and conduct

This study is carried out in the children's department of Taleghani Hospital. This study will be conducted in a double-blind manner, and patients and treatment nurses will be blinded to the type and allocation of interventions. The method of blinding will be the uniformity of shape, size, color and taste in the study group.

Participants/Inclusion and exclusion criteria

Inclusion criteria: children aged 6 to 12 years old with allergic rhinitis referred to allergy clinics of Urmia University of Medical Sciences. Failure to enter: children should receive other medicine for treatment, except for thyme and Mumtazoon intranasal spray; Children whose rhinitis is caused by non-allergic causes, as well as children who experience moderate to severe drug symptoms and complications during the intervention; And also children with other systemic diseases such as sinusitis and vauititis

Intervention groups

Intervention group: 10 cc of oral thyme extract daily for 2 months. Control group: Nasal spray Mometasone.

Main outcome variables

Reduction of hospital stay

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150426021944N3**

Registration date: **2023-03-19, 1401/12/28**

Registration timing: **prospective**

Last update: **2023-03-19, 1401/12/28**

Update count: **0**

Registration date

2023-03-19, 1401/12/28

Registrant information

Name

Hamidreza Houshmand

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3231 7288

Email address

hamidreza.houshmd@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-04-21, 1402/02/01

Expected recruitment end date

2023-09-06, 1402/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating thyme extract effect on clinical symptoms of children with allergic rhinitis referred to allergy clinics of

Urmia University of Medical Sciences

Public title

Evaluating thyme extract effect on clinical symptoms of children with allergic

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Age lower than 12 years old The use of thyme medicine and intranasal spray are excellent

Exclusion criteria:

Not using thyme medicine and Mumtazoon intranasal spray Patients with non-allergic rhinitis Children with moderate to severe drug side effects Children suffering from other systemic diseases such as sinusitis and vaultitis

Age

From **6 years** old to **12 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **42**

More than 1 sample in each individual

Number of samples in each individual: **1**

A child aged 6 to 12 with allergic rhinitis

Randomization (investigator's opinion)

Randomized

Randomization description

Based on the 4 block method, people will be randomly divided into two equal groups

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Urmia University of Medical Sciences, West Azerbaijan

Street address

Vice President of Research and Technology Development, West Azarbaijan University of Medical Sciences and Medical Services, Urmia, Jihad St

City

Urmia

Province

West Azarbaijan

Postal code

5715799313

Approval date

2022-12-27, 1401/10/06

Ethics committee reference number

IR.UMSU.REC.1401.353

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

Allergic rhinitis

ICD-10 code

J30.8

ICD-10 code description

Other allergic rhinitis

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

Duration of hospitalization

Timepoint

Duration of treatment

Method of measurement

Length of hospitalization

Secondary outcomes**1****Description**

Medical allergy

Timepoint

Duration of treatment

Method of measurement

Clinical observations

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

Intervention group: Thyme extract orally at a dose of 10 cc per day for 60 days

Category

Treatment - Drugs

2**Description**

Control group: Nasal spray Mometasone every 12 hours as standard treatment Intervention group: 10 cc thyme extract daily in addition to standard treatment

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Motahhari Hospital, Urmia

Full name of responsible person

Dr. Soheila Sadeghpour

Street address

Kashani street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Oroumia University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

Dr. Sohila Sadeghpour

Position

Specialist assistant in children's diseases

Latest degree

Medical doctor

Other areas of specialty/work

Pediatrics

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Associate Professor

Latest degree

Subspecialist

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

Specialist assistant in children's diseases

Latest degree

Medical doctor

Other areas of specialty/work

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available