

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Clinical trial to evaluate the effect of Extract zataria multiflora on clinical sign in Prennial Allergic Rhinitis compared with placebo

Protocol summary

Summary

The aim of this study is evaluating the effect of Extract zataria on clinical outcomes in patients with permanent allergic rhinitis. In this study 43 patients with signs and symptoms of allergic rhinitis, approved by the allergist were involved in Phase III double-blinded clinical trial in level of patient, researcher and they were located in groups of Extract zataria and control. Participants completed SNOT-22 forms and treated with placebo and Extract zataria for two months. Primary and secondary consequences according to this questionnaire included sleep disorders, sneezing and nasal congestion Inclusion criteria is affecting Verified allergic rhinitis and Exclusion criteria are taking other drugs with antioxidant or anti-inflammatory effect and any herbal medicine and pregnancy. Then, after the loss of patients during the study clinical and laboratory data processed in Two groups of fifteen (n = 30).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016121823235N6**

Registration date: **2017-03-28, 1396/01/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-03-28, 1396/01/08

Registrant information

Name

Farahzad Jabbari Azad

Name of organization / entity

Allergy Research Center, Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 1801 2770

Email address

jabbarif@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2014-05-22, 1393/03/01

Expected recruitment end date

2015-05-22, 1394/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial to evaluate the effect of Extract zataria multiflora on clinical sign in Prennial Allergic Rhinitis compared with placebo

Public title

Effect of Extract zataria multiflora on controlling the symptoms of Prennial Allergic Rhinitis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: approved clinical perennial allergic rhinitis and laboratory diagnosis; the desire of patients to drug treatment and participation in the project Exclusion criteria: The risk of other causes of rhinitis; affected of systemic diseases; take any other medicines with antioxidant properties; taking anti-inflammatory drug ; taking any herbal medicine; Thyme intolerance side effects (nausea, vomiting, diarrhea, etc.); Pregnancy and

lactation

Age
From **15 years** old to **50 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **40**

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 Mashahd University of Medical Sciences

Street address
Daneshgah Street

City
Mashhad

Postal code

Approval date
2013-03-13, 1391/12/23

Ethics committee reference number
IR.MUMS.REC.1393.74

Health conditions studied

1

Description of health condition studied
Perennial allergic rhinitis

ICD-10 code
J30.3

ICD-10 code description
Other allergic rhinitis

Primary outcomes

1

Description

Clinical symptoms of allergic rhinitis

Timepoint
After two month

Method of measurement
questionnaire

Secondary outcomes

1

Description
Added at 2017-10-31: IL-4 & IL-5 & γ INF

Timepoint
Added at 2017-10-31: After the intervention

Method of measurement
Added at 2017-10-31: Eliza

Intervention groups

1

Description
In Intervention group Thyme Syrup extract give three times a day 150 mg (10 cc) for two month with normal treatment of rhinitis

Category
Treatment - Drugs

2

Description
In control group placebo give once a day for two month with normal treatment of rhinitis

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Allergy Clinic Ghaem Hospital

Full name of responsible person
Dr Farahzad Jabbari Azad

Street address

City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research, Mashhad University of Medical Sciences

Full name of responsible person
Dr. Mohsen Tafaghodi

Street address
Daneshgah Ave, Mashhad

City
Mashhad

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, 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
Mashad University of Medical Sciences

Full name of responsible person
Maryam Paanahi

Position
General Medicine Students

Other areas of specialty/work

Street address
Allergy Research Center, Ghaem Hospital, Ahmadabad Street, Mashhad

City
Mashhad

Postal code

Phone
+98 518012770

Fax

Email
arc@mums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Allergy Research Center, School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Full name of responsible person

Farahzad Jabbari Azad, MD

Position
Associate Professor

Other areas of specialty/work

Street address
Department of Immunology and Allergy, Hospital Ghaem, Ahmadabad streets, Mashhad

City
Mashhad

Postal code

Phone
+98 51 0801 2770

Fax

Email
jabbarif@mums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Jalal Ghorbani

Position
MSc of Immunology

Other areas of specialty/work

Street address

City
Mashhad

Postal code

Phone
00

Fax

Email
GHORBANI.JALAL@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