Clinical Trial Protocol
Iranian Registry of Clinical Trials

13 Jun 2026

Effect of Zataria Multiflora (Shirazi Thyme) on gastric residual volume in mechanically ventilated patients hospitalized in the Intensive Care Units.

Protocol summary

Summary

This study aimed to determine the effect of the essential oil on gastric residual volume in patients with mechanical ventilation in the intensive care unit will be admitted. 50 patients 18 to 60 years with problems of medical-surgical intensive care unit were included in this study and were randomly divided into two groups as well. All patients were treated for 4 days based on a physician's prescription. From the first day to 20 drops of essential oil to the intervention group with 40 ml of water and 40 ml of water will be given to the control group. Daily gastric residual volume measurement and the two groups will be compared with each other.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015080523521N1**
Registration date: **2016-01-16, 1394/10/26**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-01-16, 1394/10/26

Registrant information

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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences, School of Nursing and Midwifery

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2017-02-15, 1395/11/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Zataria Multiflora (Shirazi Thyme) on gastric residual volume in mechanically ventilated patients hospitalized in the Intensive Care Units.

Public title

Effect of Zataria Multiflora (Shirazi Thyme) on gastric residual volume

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 18 -60 years mechanically ventilated patients requiring oral feeding. lack of gallstones, active bleeding, gastrointestinal cancers, gastrointestinal ulcers, diabetes, pancreatitis and gastrointestinal surgeries Lack of pregnancy and lactation patient with no history of food allergies, according to the document duodenal nutrition Exclusion criteria: oral feeding apart from mechanical ventilation fatal withdrawing from continued study or transfer him to the operating room for any kind of emergency surgery

Age

From **18 years** old to **60 years** old

Gender

Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
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
Arak University of Medical Sciences
Street address
Arak University of Medical Sciences, Alamoll Huda Street, Railroad Street, Arak، Iran
City
Arak
Postal code
3848176941
Approval date
2015-09-14, 1394/06/23
Ethics committee reference number
Ir.arakmu.rec.1394.174

Health conditions studied

1

Description of health condition studied
gastric residual volume
ICD-10 code
k20، k21،
ICD-10 code description
Diseases of oesophagus, stomach and duodenum

Primary outcomes

1

Description
gastric residual volume
Timepoint
Every 3 hours for 4 days
Method of measurement
60 ml syringe

Secondary outcomes

empty

Intervention groups

1

Description
Patients in the intervention group, from the first day for four days and 20 drops of essential oil daily 3 times with 40 ml of water under the brand name Gastrolit be treated. Essential oil and placebo treated innings just before 6 am, 3 pm and 9 pm is indicated. Volume and frequency based on the doctor treated is determined and recorded. Before each treated and residual volume measured during the study.
Category
Treatment - Drugs

2

Description
The control group only 40 ml of water each time as given placebo. Essential oil and placebo treated innings just before 6 am, 3 pm and 9 pm is indicated. Volume and frequency based on the doctor treated is determined and recorded. Before each treated and residual volume measured during the study.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
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Full name of responsible person
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Deputy of Arak University of Medical Sciences
Full name of responsible person
Reza baghery
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Faculty of Nursing and Midwifery, Arak University of Medical Sciences, Alamoll Huda Street, Railroad Street, Arak، Iran

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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
Research Deputy of Arak 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

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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