Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of Medicago Sativa syrup on the platelet count of patients with ITP (Idiopathic Thrombocytopenic Purpura)

Protocol summary

Summary

The main aim of this study is to evaluate the effect of alfalfa (Medicago Sativa) on platelet counts in patients with idiopathic thrombocytopenic purpura. This study will be done as a randomized, double-blind, placebo-controlled, clinical trials phase 2 and single-center. 40 patients with ITP who would like to participate in the study and have the Inclusion criteria will be enrolled with convenience sampling and randomly will be divided into two groups of intervention and control. The intervention group will be received Medicago Sativa syrup and daily intake of patients is 5 ml every eight hours and the control group will be received placebo syrup 5 ml every eight hours for 15 days. Laboratory blood test for platelet count, CBC and BT will be done before and after the intervention. Inclusion criteria are definitive diagnosis of ITP by hematologist, aged 15-50 years with platelet count between 50,000 to 150,000, lack of spontaneous bleeding, lack of systemic diseases such as lupus erythematosus and other blood diseases. The patients with an active and spontaneous bleeding, thrombocytopenia below 50,000, need for hospitalization and pregnancy are excluded. The study intervention is Medicago Sativa syrup containing 650 mg of extract of alfalfa in each 5 ml and daily intake of patients is 5 ml every eight hours. The control group will be received placebo syrup 5 ml every eight hours. Variables for main outcomes are measurment of platelet count, CBC and BT before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017010924993N2**
Registration date: **2017-02-04, 1395/11/16**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2017-02-04, 1395/11/16

Registrant information

Name

Hamideh Naghedi Baghdar

Name of organization / entity

Faculty of Iranian Traditional Medicine and Complementary of Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 3855 2188

Email address

naghedih911@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology Mashhad University of Medical Sciences

Expected recruitment start date

2017-02-03, 1395/11/15

Expected recruitment end date

2018-08-06, 1397/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Medicago Sativa syrup on the platelet count of patients with ITP (Idiopathic Thrombocytopenic Purpura)

Public title

The effect of Medicago Sativa syrup on the platelet count of patients with Idiopathic Thrombocytopenic Purpura

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: the definitive diagnosis of ITP resistant to corticosteroids or corticosteroid dependent by an expert hematologist; platelet count between 50,000 to 150,000; aged between 15 and 50 years; lack of spontaneous bleeding; lack of other blood diseases; lack of systemic disease such as lupus erythematosus; lack of pregnancy; desire to attend the project Exclusion criteria: an active and spontaneous bleeding; need to hospitalization; thrombocytopenia below 50,000; infectious disease; pregnancy

Age

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

Gender

Both

Phase

2

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

Mashhad University of Medical Sciences Ethics Committee

Street address

Research and Technology Vice-Chancellory of Mashhad University of Medical Sciences, Building Qureshi, Daneshgah Ave.

City

Mashhad

Postal code

9138813944

Approval date

2016-12-24, 1395/10/04

Ethics committee reference number

IR.MUMS.REC.1395.470

Health conditions studied

1

Description of health condition studied

Idiopathic Thrombocytopenic Purpura

ICD-10 code

D69.3

ICD-10 code description

Idiopathic Thrombocytopenic Purpura

Primary outcomes

1

Description

Platelet count

Timepoint

Baseline, the end of the study

Method of measurement

Laboratory blood test

Secondary outcomes

1

Description

Complete Blood Count

Timepoint

Baseline, the end of the study

Method of measurement

Laboratory blood test

2

Description

Bleeding Time

Timepoint

Baseline, the end of the study

Method of measurement

Laboratory blood test

Intervention groups

1

Description

In the intervention group, Medicago Sativa syrup containing 650 mg of extract of alfalfa in each 5 ml and daily intake of patients is 5 ml every eight hours.

Category

Treatment - Drugs

2

Description

The control group will be received 5 ml placebo syrup is administered every eight hours.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Isar health clinics affiliated to hospital of Imam Reza

Full name of responsible person
Hamideh Naghedi Baghdar

Street address
Isar health clinics, Sarab alley, Imam Khomeini Ave.

City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Research and Technology Vice-Chancellory of Mashhad University of Medical Sciences

Full name of responsible person
Mohsen Tafaghodi

Street address
Research and Technology Vice-Chancellory of Mashhad University of Medical Sciences, Building Qureshi, Daneshgah Ave.

City
Mashhad

Grant name

Grant code / Reference number

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

Title of funding source
Research and Technology Vice-Chancellory of 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
Faculty of Iranian Traditional Medicine of Mashhad University of Medical Sciences

Full name of responsible person
Hamideh Naghedi Baghdar

Position
Postgraduate Iranian Traditional Medicine

Other areas of specialty/work

Street address
Faculty of Iranian Traditional Medicine, Opposite the Mehran sports hall, East Razi Ave.

City
Mashhad

Postal code

Phone
+98 51 3855 2188

Fax

Email
tim@mums.ac.ir; naghedih911@mums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Faculty of Iranian Traditional Medicine of Mashhad University of Medical Sciences

Full name of responsible person
Zohre Feyzabadi

Position
Associate Professor of Iranian Traditional Medicine

Other areas of specialty/work

Street address
Faculty of Iranian Traditional Medicine, Opposite the Mehran sports hall, East Razi Ave.

City
Mashhad

Postal code

Phone
+98 51 3855 2188

Fax

Email
tim@mums.ac.ir; FeyzabadiZ@mums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Faculty of Iranian Traditional Medicine of Mashhad University of Medical Sciences

Full name of responsible person
Zohre Feyzabadi

Position
Associate Professor of Iranian Traditional Medicine

Other areas of specialty/work

Street address
Faculty of Iranian Traditional Medicine, Opposite the Mehran sports hall, East Razi Ave.

City
Mashhdd

Postal code

Phone
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Fax

Email

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