Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Evaluation the effect of Myrtus Communis L. (Myrtle) syrup in patients with chronic rhinosinusitis

Protocol summary

Summary

Objectives: This study aimed to determine the effect of Myrtle syrup on the chronic rhinosinusitis. Design: This study is a randomized double blind clinical trial with negative control (placebo). Setting and conduct: We will include patients with chronic rhinosinusitis who are enrolled in Masih daneshvari hospital that their diagnosis is confirmed with ENT specialist inspection and CT scan, They randomly placed in two groups. Major Inclusion and exclusion criteria: Inclusion criteria: patients older than 18 years with chronic rhinosinusitis who are enrolled in Masih Daneshvari hospital; Rhinosinusitis symptoms more than 3 month; no acute symptoms such as severe pain, pressure, fever or annoying purulent discharge; no previous use of antibiotics in past 7 day; no use of systemic corticosteroids in last three months. Exclusion criteria: any serious side effects or allergies to medications that is attributable to trial drug; pregnancy; Intervention: 30 patients will receive Myrtle syrup 3% and 30 will receive placebo. Syrup (drug and placebo) is used 2 times daily for a month. 5 cc each half hour after a meal. In this study, patients are not denied of current treatments and therapies. Main outcome measures (variables): Persian SNOT-22 questionnaire and VAS will completed before and after. Para nasal CT scan is performed too before and after treatment. After this time, the drug has been discontinued and relapsing symptoms after 4 weeks will be reviewed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020926465N1**
Registration date: **2016-03-03, 1394/12/13**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-03-03, 1394/12/13

Registrant information

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Mahboobeh Abrishamkar
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research,shahid sadoughi university of medical sciences

Expected recruitment start date

2016-02-20, 1394/12/01

Expected recruitment end date

2016-09-22, 1395/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation the effect of Myrtus Communis L. (Myrtle) syrup in patients with chronic rhinosinusitis

Public title

Effect of Myrtus Communis L. (Myrtle) syrup in patients with chronic rhinosinusitis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Patients with chronic rhinosinusitis; over 18 years old; who come to the Masih Daneshvari hospital; Patients who suffer from rhinosinusitis symptoms for more than three months; Patients with chronic rhinosinusitis according to lund McKay scale criteria approved by an expert; Patients who would like to participate in voluntary and completed informed consent; Do not have sinus surgery; No sensitivity to common antibiotics or herbal remedies; Not pregnant or Plan to become pregnant; No immune deficiency (AIDS, diabetes or transplant); No acute respiratory disease in 7 days; Not have complicated acute sinusitis like an abscess; Not have acute symptoms such as severe pain or pressure, fever and purulent discharge; No ocular or brain complication of Sinusitis; No previous use of antibiotics in 7 days; Not use systemic corticosteroids in the last three months; Not any mental or psychological problem that cannot collaborate in projects. Exclusion criteria: Any type of serious complication or sensitivity to prescription drugs in this study; Pregnancy.

Age

No age limit

Gender

Both

Phase

2

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

Randomization was performed using a random numbers table.

Secondary Ids

1

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee in biomedical research/Shahid Sadoughi University of Medical Sciences and Health Se

Street address

Central department of Shahid Sadoughi University of Medical Sciences, Shahid Bahonar Sq. Yazd

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Approval date

2016-01-18, 1394/10/28

Ethics committee reference number

IR.SSU.REC.1394.148

Health conditions studied

1

Description of health condition studied

chronic rhinosinusitis

ICD-10 code

J32.8

ICD-10 code description

Other chronic sinusitis (chronic) involving more than one sinus but not pansinusitis

Primary outcomes

1

Description

SNOT-22

Timepoint

before/after (after1 month)

Method of measurement

fill questionnaire

Secondary outcomes

1

Description

VAS)visual analog scale)

Timepoint

before, after(after 1 month)

Method of measurement

Self-assessment questionnaire

Intervention groups

1

Description

Control group: placebo syrup/ 5 cc/ twice daily/30 days

Category

Placebo

2

Description
Intervention group: myrtle syrup 3%/ 5 cc/ twice daily/ 30 days
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Masih Daneshvari Hospital
Full name of responsible person
Dr Jahangir Ghorbani
Street address
Tehran/ Darabad/ Shaheed Bahonar avenue/ Masih Daneshvari Hospital
City
tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research, Shahid Sadoughei University of Medical Sciences
Full name of responsible person
Dr. Amir hooshang Mehrparvar
Street address
Building of Shahid Sadoughei Medical University, Shahid Bahonar squer.Yazd
City
yazd
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, Shahid Sadoughei 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

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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