

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Efficacy of persian carrot (Parsnip) syrup on fatigue in multiple sclerosis patients; a triple blinded randomized controlled trial

#### Protocol summary

##### Summary

The main aim of this study is to determine the effects of Parsnip syrup (a product based on Persian carrot and composed from anise, honey, saffron, dianthus, Green cardamom and Nardosthacys Jatamansi) on fatigue of multiple sclerosis (MS) patients. The practical purpose of it is to introduce an effective drug with low side effects for treatment of fatigue based on Iranian traditional medicine. Type of the study is the third phase of triple-blinded randomized clinical trial, one central and controlled with placebo. The study population is selected randomly from the MS patients who referred to traditional medicine clinics of Tehran University of Medical Sciences having fatigue complaint, after filling consent form. The sample size in each group is 48 people. Group A & B Receiving Parsnip syrup or placebo twice a day each time 10 cc respectively. Inclusion criteria: 18 - 50 years old, definite MS patients, not been in a new attack during the intervention period or the recent month. Exclusion criteria: Severe depression, pregnancy, history of skin allergy to Apiaceae family, taking drug for depression or fatigue or anticoagulant drugs, starting the disease modifying drugs within the recent 3 months or suffering from diabetes mellitus. Intervention duration is from Khordad 1395 to Khordad 1396 (May 2016- May 2017). Based on valid Persian forms of Fatigue Severity Scale (FSS), Modified Fatigue Impact Scale (MFIS) and Analogue visual scale (VAS) questionnaires fatigue severity will be determined before and after the intervention and possible side effects will be recorded.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016031127013N1**

Registration date: **2016-06-12, 1395/03/23**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2016-06-12, 1395/03/23

##### Registrant information

###### Name

Maryam Abasi

###### Name of organization / entity

Traditional Iranian Medicine, Tehran University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 6675 4151

###### Email address

m.abbasi@razi.tums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice Chancellor for Research of Traditional Medicine  
Faculty of Tehran University of Medical Sciences

##### Expected recruitment start date

2016-06-21, 1395/04/01

##### Expected recruitment end date

2017-06-22, 1396/04/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Efficacy of persian carrot (Parsnip) syrup on fatigue in multiple sclerosis patients; a triple blinded randomized controlled trial

##### Public title

Efficacy of persian carrot in multiple sclerosis

patients'fatigue

## **Purpose**

Treatment

## **Inclusion/Exclusion criteria**

Inclusion criteria: Definite diagnosis of multiple sclerosis (MS): No evidence or symptom of new attack of MS: Age between 18 to 50 years: One month after last attack, at least. Exclusion criteria: Severe depression: Pregnancy: History of skin allergy to Apiaceae family (carrot, anise...): Taking drug for depression or fatigue such as amantadine, pemoline, modafinil, bupropion, fluoxetine... during or until 2 weeks from the entrance to the study. (Washout period = 2 weeks): Starting the disease modifying drugs (such as interferon) within the recent 3 months: Using the energy drinks: Taking the anticoagulant drugs such as warfarin, heparin, low molecular heparins or aspirin: Diabetes mellitus.

## **Age**

From **18 years** old to **50 years** old

## **Gender**

Both

## **Phase**

3

## **Groups that have been masked**

*No information*

## **Sample size**

Target sample size: **96**

## **Randomization (investigator's opinion)**

Randomized

## **Randomization description**

## **Blinding (investigator's opinion)**

Triple 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 Tehran University of Medical Science

##### **Street address**

Tehran University of Medical Science,Poursina Avenue,Qods street,Enqelab street,Tehran

##### **City**

Tehran

##### **Postal code**

#### **Approval date**

2016-02-22, 1394/12/03

#### **Ethics committee reference number**

IR.TUMS.REC.1394.2044

## **Health conditions studied**

### 1

#### **Description of health condition studied**

Multiple Sclerosis

#### **ICD-10 code**

G35

#### **ICD-10 code description**

Multiple sclerosis

## **Primary outcomes**

### 1

#### **Description**

Fatigue

#### **Timepoint**

at the begining of drug usage and after 4 weeks of the drug usage

#### **Method of measurement**

MFIS, FSS AND VAS QuestionareS

### 2

#### **Description**

depression severity

#### **Timepoint**

at the begining of drug usage

#### **Method of measurement**

short form of Beck depression inventory

## **Secondary outcomes**

### 1

#### **Description**

side effects

#### **Timepoint**

after 4 weeks of drug usage

#### **Method of measurement**

questionare for side effects that developed by the researcher

## **Intervention groups**

### 1

#### **Description**

taking oral Parsnip syrup 10 cc, at morning and evening, for 4 weeks

#### **Category**

Treatment - Drugs

### 2

#### **Description**

taking oral placebo syrup 10 cc, at morning and evening, for 4 weeks

#### **Category**

Placebo

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**

Traditional Iranian Medicine Clinic of Tehran  
University of Medical Sciences

**Full name of responsible person**

Maryam Abbasi

**Street address**

Khark Avenue, Enghelab Street

**City**

Tehran

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Vice Chancellor for research of Traditional Medicine  
Faculty of Tehran University of Medical Science

**Full name of responsible person**

Dr Roja Rahimi

**Street address**

NO 67, Gity Alley, Vafamanesh Avenue, Heravy  
Square, Pasdaran

**City**

Tehran

**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 of Traditional Medicine  
Faculty of Tehran University of Medical Science

**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**

Traditional Iranian medicine clinic of Tehran  
University of Medical Sciences

**Full name of responsible person**

Maryam Abbasi

**Position**

PHD student

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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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## Person responsible for updating data

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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*