

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effects of oral nanocurcumin on expression levels of microRNAs and Treg cells and Th17 cells development factors in Multiple Sclerosis patients

Protocol summary

Study aim

To evaluate the effects of oral nanocurcumin, in levels of micro-RNAs expression and Treg and Th17 cell development factors in patients with multiple sclerosis

Design

Clinical trials with control group, with parallel groups, randomized. Patients were randomly assigned into two groups of control (n = 25) receiving placebo capsules and treated group (n = 25) receiving nanocurcumin capsules

Settings and conduct

In this study, patients with multiple sclerosis is studied. These individuals are selected randomly from among referrals to neurologist at Tabriz University of Medical Sciences, based on laboratory findings and medical records content. The treatment group received 80 mg of nanocurcumin The control group also received placebo capsules.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Ranging in age from 28 to 51 years MS diagnosis by neurologist patients in relapse and remitting EDSS<5/5 Exclusion criteria: History of diabetes and other chronic diseases; History of other autoimmune disease; corticosteroid use during illness; the occurrence of relapses during the study phase

Intervention groups

Intervention group: nanocurcumin Patients in intervention group took nanocurcumin capsules on a daily basis over a period of 6 months. Control group: Placebo The control capsule took on a daily basis over a period of 6 months.

Main outcome variables

In this study, the effect of oral nanocurcumin were investigated on the expression of miRNA326, miRNA 106, miRNA25, the frequency of Treg calls and Th17 cells, the expression of the RoRyt, Foxp3, the expression of the IL-23 and IL-17, IL-10 , TGF-b , and the secretion levels of

these cytokines in patients with multiple sclerosis compared with the control group.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT2016042227520N1**

Registration date: **2016-05-29, 1395/03/09**

Registration timing: **prospective**

Last update: **2019-09-04, 1398/06/13**

Update count: **1**

Registration date

2016-05-29, 1395/03/09

Registrant information

Name

Mehdi Yousefi

Name of organization / entity

Department of Immunology, Faculty of Medicine, Tabriz University of Medical Sciences, Tabriz, Iran

Country

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Recruitment status

Recruitment complete

Funding source

Drug Applied Research Center Tabriz University Of Medical Sciences

Expected recruitment start date

2016-06-04, 1395/03/15

Expected recruitment end date

2017-01-19, 1395/10/30
Actual recruitment start date
 2016-06-08, 1395/03/19
Actual recruitment end date
 2016-08-10, 1395/05/20
Trial completion date
 2017-11-07, 1396/08/16

Scientific title
 The effects of oral nanocurcumin on expression levels of microRNAs and Treg cells and Th17 cells development factors in Multiple Sclerosis patients

Public title
 The effects of oral nanocurcumin in Multiple Sclerosis patients

Purpose
 Health service research

Inclusion/Exclusion criteria
Inclusion criteria:
 Willingness to cooperate; Ranging in age from 28 to 51 years MS diagnosis by neurologist patients in relapse and remitting EDSS<5/5
Exclusion criteria:
 Used nutritional supplements and antioxidants and alpha lipoic acid within a month before the study Pregnancy and lactation; History of diabetes and other chronic diseases; History of other autoimmune disease; corticosteroid use during illness; the occurrence of relapses during the study phase; acceptance rate of less than 70% of supplements; not wanting to continue cooperation.

Age
 From **28 years** old to **51 years** old

Gender
 Both

Phase
 2-3

Groups that have been masked

- Participant
- Outcome assessor

Sample size
 Target sample size: **50**
 Actual sample size reached: **41**

Randomization (investigator's opinion)
 Randomized

Randomization description
 Block randomization Blocking were used to balance the number of samples assigned to each study groups . The size of all blocks is equal and the blocks included 25 participants in the intervention group, who receive nanocurcumin capsules and 25 participants in the control group who receive placebo capsules.

Blinding (investigator's opinion)
 Double blinded

Blinding description
 1. Participant 2. Outcome assessor

Placebo
 Used

Assignment
 Parallel

Other design features

Secondary Ids

1

Registry name

ClinicalTrials.gov

Secondary trial Id

NCT03150966

Registration date

2017-05-12, 1396/02/22

Ethics committees

1

Ethics committee

Name of ethics committee

Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences , Golgasht Avenue, Tabriz

City

Tabriz

Province

East Azarbaijan

Postal code

5166614766

Approval date

2016-03-07, 1394/12/17

Ethics committee reference number

TBZMED.REC.1394.1177

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

miRNA-106b

Timepoint

Before interference and six months after interference

Method of measurement

Examined the expression levels of miRNA-106b by using Quantitative Real time PCR

2

Description

miRNA-25

Timepoint

Before interference and six months after interference

Method of measurement

Examined the expression levels of miRNA-25 by using Quantitative Real time PCR

3**Description**

miRNA-326

Timepoint

Before interference and six months after interference

Method of measurement

Examined the expression levels of miRNA-326 by using Quantitative Real time PCR

4**Description**

The frequency of Treg cells

Timepoint

Before interference and six months after interference

Method of measurement

Examined the frequency of Treg cells by using flow cytometry

5**Description**

The frequency of Th17 cells

Timepoint

Before interference and six months after interference

Method of measurement

Examined the frequency of Th17 cells by using flow cytometry

6**Description**

Transcription factor: Foxp3

Timepoint

Before interference and six months after interference

Method of measurement

Examined the expression levels of Foxp3 by using Quantitative Real time PCR

7**Description**

Transcription factor: RoRyt

Timepoint

Before interference and six months after interference

Method of measurement

Examined the expression levels of RoRyt by using Quantitative Real time PCR

8**Description**

Cytokine: TGF- β

Timepoint

Before interference and six months after interference

Method of measurement

Examined the expression levels of TGF- β by using Quantitative Real time PCR

9**Description**

Cytokine: IL-17

Timepoint

Before interference and six months after interference

Method of measurement

Examined the expression levels of IL-17 by using Quantitative Real time PCR

10**Description**

Cytokine: TGF- β

Timepoint

Before interference and six months after interference

Method of measurement

Examined the amount of secreted cytokine TGF- β by using sandwich ELISA method.

11**Description**

Cytokine: IL-17

Timepoint

Before interference and six months after interference

Method of measurement

Examined the amount of secreted cytokine IL-17 by using sandwich ELISA method.

Secondary outcomes

empty

Intervention groups**1****Description**

The control group received placebo capsules once a day for six months.

Category

Treatment - Drugs

2**Description**

Supplementation group received nanocurcumin capsules containing 80 mg nanocurcumin once a day for six months .

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Imam Reza Hospital, Tabriz

Full name of responsible person
Mehdi Yousefi, Ph.D Of Medical Immunology
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Drug Applied Research Center
Full name of responsible person
Hossein Babaei
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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

Drug Applied Research Center

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Tabriz University of Medical Sciences
Full name of responsible person

Mehdi Yousefi
Position
Ph.D Of Medical Immunology / Assistant Professor
Latest degree
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Other areas of specialty/work
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Person responsible for updating data

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Position
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Latest degree

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Other areas of specialty/work

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable