

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

The effect of hydro - alcoholic extracts of Zataria multiflora on patients with chronic obstructive pulmonary disease

Protocol summary

Summary

Objective: The effect of hydro - alcoholic extracts of Zataria multiflora on patients with chronic obstructive pulmonary disease
Study design: Randomize, Double blind, control with placebo, second phase of clinical trial
Method: In this study, sixty COPD patients were randomly divided into three groups (each group of twenty people). In the first group five mg/kg of hydro - alcoholic extracts of Zataria multiflora, in the second group ten mg/kg of hydro - alcoholic extracts of Zataria multiflora and in the third group placebo daily as oral syrup in three servings for two month will be prescribed. Blood and sputum samples of patients collected at baseline, one month after the start and end of the two months. Main conditions of entry and departure of participants: Inclusion criteria: Diagnosis of chronic obstructive pulmonary disease based on spirometry test and clinical symptoms Exclusion criteria: Having other lung diseases, cardiovascular diseases, chronic inflammatory diseases, acute infections, malignancies, autoimmune diseases and immunodeficiency
Interventions: five mg/kg of hydro - alcoholic extracts of Zataria multiflora, ten mg/kg of hydro - alcoholic extracts of Zataria multiflora and also placebo
Main outcome variables: The evaluation of clinical symptoms, wheezing rate by chest auscultation, measurement of lung function tests, measurement of inflammatory mediators in serum and sputum

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016112729191N2**

Registration date: **2017-01-07, 1395/10/18**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-01-07, 1395/10/18

Registrant information

Name

Vahideh Ghorani Sirjani

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 3882 8565

Email address

ghoranisv921@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2016-12-21, 1395/10/01

Expected recruitment end date

2017-03-20, 1395/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of hydro - alcoholic extracts of Zataria multiflora on patients with chronic obstructive pulmonary disease

Public title

The effect of Zataria in the treatment of chronic obstructive pulmonary disease

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Diagnosis of chronic obstructive pulmonary disease based on spirometry test; clinical symptoms
Exclusion criteria: Having other lung diseases; cardiovascular diseases; chronic inflammatory diseases; acute infections; malignancies; autoimmune diseases; immunodeficiency

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

Secondary Ids

1

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Mashhad University of Medical Sciences

Street address

Building Ghoreshi, Central Organization of Mashhad University of Medical Sciences, Daneshgah Avenue

City

Mashhad

Postal code

1394491388

Approval date

2016-01-16, 1394/10/26

Ethics committee reference number

IR.MUMS.REC.1394.610

Health conditions studied

1

Description of health condition studied

Chronic obstructive pulmonary disease

ICD-10 code

J44

ICD-10 code description

Other chronic obstructive pulmonary disease

Primary outcomes

1

Description

Evaluation of clinical symptoms including cough, breathlessness, wheeze

Timepoint

Before the intervention, one month after the start of intervention and the end of two months

Method of measurement

Standard questionnaire

2

Description

Wheezing rate

Timepoint

Before the intervention, one month after the start of intervention and the end of two months

Method of measurement

Chest auscultation

3

Description

Lung function tests

Timepoint

Before the intervention, one month after the start of intervention and the end of two months

Method of measurement

Spirometry

4

Description

Inflammatory mediators in blood serum and sputum

Timepoint

Before the intervention, one month after the start of intervention and the end of two months

Method of measurement

Standard kits

Secondary outcomes

1

Description

-

Timepoint

-

Method of measurement

-

Intervention groups

1

Description

Hydro – alcoholic extracts of Zataria multiflora, 5 mg/kg daily as oral syrup (made by the Faculty of Pharmacy, Mashhad University of Medical Sciences), three times a day for two months

Category

Treatment - Drugs

2

Description

Hydro – alcoholic extracts of Zataria multiflora, 10 mg/kg daily as oral syrup (made by the Faculty of Pharmacy, Mashhad University of Medical Sciences), three times a day for two months

Category

Treatment - Drugs

3

Description

Placebo daily as oral syrup (made by the Faculty of Pharmacy, Mashhad University of Medical Sciences), three times a day for two months

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam Reza Hospital

Full name of responsible person

Vahideh Ghorani Sirjani

Street address

Emam Reza Hospital, Emam Reza square, Doktora intersection

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor of Mashhad University of Medical Sciences

Full name of responsible person

Mohsen Tafaghodi

Street address

Department of Pharmaceutics and Nanotechnology, Faculty of Pharmacy, Ferdowsi University campus,

Azadi square

City

Mashhad

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Vice chancellor 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

Mashhad University of Medical Sciences

Full name of responsible person

Vahideh Ghorani Sirjani

Position

Pharmaceutical sciences PhD student

Other areas of specialty/work

Street address

Department of Physiology, School of Medicine, Ferdowsi University campus, Azadi square

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Person responsible for scientific inquiries

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Full name of responsible person

Mohammad Hossein Boskabady

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MD, PhD, Physiology

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

Vahideh Ghorani Sirjani

Position

Pharmaceutical sciences PhD student

Other areas of specialty/work**Street address**

Department of Physiology, School of Medicine,
Ferdowsi University campus, Azadi square

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