

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

Dyspnea in Traditional Persian Medicine and evaluation and comparison the effect of camel milk and standard treatment on symptoms in asthma patients

Protocol summary

Summary

Objective: Dyspnea in Traditional Persian medicine and evaluation and comparison the effect of camel milk and standard treatment on symptoms in asthma patients. Design: randomized, single blind phase 2-3 trial study. setting and conduct: a- participants including major eligibility criteria - major inclusion criteria: asthma patients - major exclusion criteria: severe drug reactions; non-compliance with the prescribed milk; smoking or other drug uses; suffering from other underlying diseases; hospital admission; pregnancy; discourage patients from continuing to participate in the plan - sample size: 46 patients b- intervention: 500 cc camel milk daily with standard asthma treatment c- intervention time: 3 months d- main outcome: change of clinical finding, change of spirometry, change of ACT (asthma control test) questionnaire. These parameters will be evaluated again after completing the treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016102930541N1**
Registration date: **2017-01-25, 1395/11/06**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-01-25, 1395/11/06

Registrant information

Name

Mohammad Ravaghi

Name of organization / entity

Persian Traditional Medicine Student

Country

Iran (Islamic Republic of)

Phone

+98 51 3855 2188

Email address

ravaghi911@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences ,Vice chancellor for research

Expected recruitment start date

2016-11-21, 1395/09/01

Expected recruitment end date

2017-08-23, 1396/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Dyspnea in Traditional Persian Medicine and evaluation and comparison the effect of camel milk and standard treatment on symptoms in asthma patients

Public title

The effect of camel milk on asthma

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age 15-40; asthma diagnosis according to spirometry and hystory. Exclusion criteria: severe drug reactions; non-compliance with the prescribed milk; smoking or other drug uses; suffering from other underlying diseases; hospital admission; pregnancy; discourage patients from continuing to participate in the

plan.

Age
From **15 years** old to **40 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **46**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee, Mashhad University of Medical Sciences

Street address

Ethics committee of Mashhad University of Medical sciences, central office of Mashhad University of Medical Sciences, Daneshgah ave., Mashhad, Iran

City

Mashhad

Postal code

Approval date

2016-05-28, 1395/03/08

Ethics committee reference number

IR.MUMS.REC.1395.61

Health conditions studied

1

Description of health condition studied

asthma

ICD-10 code

J45

ICD-10 code description

asthma

Primary outcomes

1

Description

asthma symptoms

Timepoint

before treatment, one and two month after treatment and after treatment

Method of measurement

ACT questionnaire

2

Description

FEV1

Timepoint

before treatment, one and two month after treatment and after treatment

Method of measurement

spirometry

Secondary outcomes

empty

Intervention groups

1

Description

In intervention group we prescribe salbutamol or salmetrol and fluticasone inhaler according to asthma degree and camel milk 250 cc two times a day for 3 months.

Category

Treatment - Drugs

2

Description

In control group we prescribe salbutamol or salmetrol and fluticasone inhaler according to asthma degree for 3 months without placebo.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Faculty of Traditional and Complementary Medicine clinic

Full name of responsible person

Mohammad Ravaghi

Street address

Faculty of Traditional and Complementary Medicine, Razi sharghi ave., 10 Dey sq., Mashhad, Iran

City

Mashad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences ,Vice
chancellor for research

Full name of responsible person

Said Islame

Street address

Ghoreishi building, Daneshgah street, University of
Medical Sciences, Vice chancellor for research,
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City

Mashhad

Grant name**Grant code / Reference number****Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Mashhad University of Medical Sciences ,Vice chancellor
for research

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, Faculty of
Traditional and Complementary Medicine

Full name of responsible person

Mohammad Ravaghi

Position

Persian Traditional Medicine student

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

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Person responsible for scientific inquiries

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Person responsible for updating data

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Full name of responsible person

Mohammad Ravaghi

Position

Persian Traditional Medicine student

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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