

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,
Mashhad

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**

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

City

Mashhad

Postal code**Phone**

+98 51385521889

Fax

+98 51 3853 5980

Email

ravaghim911@mums.ac.ir; dr_ravaghi@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Internal Medicine Department, Ghaem hospital,
Mashhad University of Medical Sciences

Full name of responsible person

Seyyd Musa Al-Reza Hosseini

Position

Subspecialist of Gastroenterology

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

Department of Internal Medicine, Ghaem hospital,
Ahmadabad street, Mashhad

City

Mashhad

Postal code**Phone**

+98 51384000009

Fax

+98 51 3801 2742

Email

hoseinimr@mums.ac.ir

Web page address

Person responsible for updating data

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**

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

City

Mashhad

Postal code**Phone**

+98 51 3855 2188

Fax

+98 51 3853 5980

Email

ravaghim911@mums.ac.ir; dr_ravaghi@yahoo.com

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