

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Study the effects of anti-inflammatory capsules (containing three of ginger, turmeric and black pepper) in 60 patients with active rheumatoid arthritis according to DAS28 criteria

Protocol summary

Summary

The aim of this study was to evaluate the effect of anti-inflammatory capsules containing three of ginger, turmeric and black pepper in patients with active rheumatoid arthritis. The assumption is appropriate in the event of proven effectiveness of this drug in the treatment of rheumatoid arthritis is helping to accelerate and also due to the numerous complications of corticosteroids may be that these drugs are corticosteroids or it can be replaced in the future as far as possible to reduce the dosage of corticosteroids in these patients. The study is double-blind. All patients enrolled in this study, people over 18 years old and suffering rheumatoid arthritis based on ACR 2010 criteria by expert rheumatologists and their patients entering the study had proven and criteria. Exclusion criteria: 1) age younger than 18 years old. 2) disease duration more than 5 years. 3) existence of any type of cancer. 4) pregnancy. Individuals with the inclusion criteria were randomly divided into two groups of 30. Study duration is almost 9 months.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016112530817N1**
Registration date: **2017-01-07, 1395/10/18**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-01-07, 1395/10/18

Registrant information

Name

Mahak Ahmad Fakhroodin

Name of organization / entity

Jondi Shapour University of Medical Sciences

Country

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Email address

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Recruitment status

Recruitment complete

Funding source

Ahvaz Jondi Shapour University of Medical Sciences

Expected recruitment start date

2015-07-27, 1394/05/05

Expected recruitment end date

2016-04-24, 1395/02/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study the effects of anti-inflammatory capsules (containing three of ginger, turmeric and black pepper) in 60 patients with active rheumatoid arthritis according to DAS28 criteria

Public title

Study the effects of anti-inflammatory capsules (containing three of ginger, turmeric and black pepper) in patients with active rheumatoid arthritis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age over 18 years old and people with

rheumatoid arthritis. Exclusion criteria: age under 18 years old; disease duration more than 5 years; pregnancy; cancer.

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

N/A

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

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ahwaz Jondi Shapour University of Medical Sciences

Street address

Ahwaz Jondi Shapour University of Medical Sciences,
Golestan

City

Ahwaz

Postal code

Approval date

2015-08-10, 1394/05/19

Ethics committee reference number

IR.AJUMS.REC.1394.721

Health conditions studied

1

Description of health condition studied

Rheumatoid Arthritis

ICD-10 code

M06.9

ICD-10 code description

Rheumatoid arthritis, unspecified

Primary outcomes

1

Description

DAS28

Timepoint

The first blood before the onset of drug use to be. Then the end of 8 weeks, blood samples were taken at the end of the intervention.

Method of measurement

Through the blood

Secondary outcomes

1

Description

CRP

Timepoint

The first blood before the onset of drug use to be. Then the end of 8 weeks, blood samples were taken at the end of the intervention.

Method of measurement

Through the blood

Intervention groups

1

Description

The intervention group for 8 weeks receive anti-inflammatory capsules (containing three of ginger, turmeric and black pepper)2 times a day

Category

Treatment - Drugs

2

Description

The control group received placebo for 8 weeks to receive 2 times a day

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Golestan hospital

Full name of responsible person

Dr Elham Rajaei

Street address

Golestan hospital

City

Ahwaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice President of Research Jondishapour University of Medical Sciences

Full name of responsible person

Dr. Behzad Sharif Makhmalzadeh

Street address

Ahwaz Jondi Shapour University of Medical Sciences

City

Ahwaz

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

Yes

Title of funding source

Vice President of Research Jondishapour 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**

Ahwaz Jondi Shapour University of Medical Sciences

Full name of responsible person

Dr Ali Asghar Hemmati

Position

Professor of Pharmacology PhD

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

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Full name of responsible person

Dr Mahak Ahmad Fakhroodin

Position

Pharmacist

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Fax**Email****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