Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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

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Name of organization / entity

Jondi Shapour University of Medical Sciences

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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
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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