

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

Investigating the effect of wet cupping therapy on general health, blood cell count and expression of transcription factors genes T lymphocyte subsets in healthy men

Protocol summary

Study aim

Evaluation of the effect of wet cupping on health, hematologic parameters, and immune system

Design

The study will be conducted on healthy men between 20 and 40 years old. The samples will be divided into two groups of wet cupping and cupping by simple randomization. The blood sample will be taken before the intervention and 1 week and 1 month after the intervention. The gene expression of lymphocytes T will be measured. The sample size is measured by previous studies on gene expression. After the initial interview and obtaining consent form and random sampling, interventions will be conducted in sterile conditions

Settings and conduct

Clinic of Faculty of Traditional Medicine and Supplement-Mashhad University of Medical Sciences,

Participants/Inclusion and exclusion criteria

Inclusion criteria 1-Demographic criteria Healthy men age range 25 to 40 Weight above 50 kilograms and BMI up to 30 2-Common health test score under 60 3-Biologic and clinical criteria Blood Hemoglobin minimum 12.5 gram per deciliter and 38% hematocrit Oral temperature up to 37.5 centigrade degree Blood pressure: systolic blood pressure between 100 to 140 mm Hg and diastolic blood pressure between 70 to 100 mm Hg is acceptable 4-Without confirmed background of chronic diseases
Exclusion criteria 1. Infected with the acute infectious disease during the study 2. No completion of the study by the participant

Intervention groups

In the intervention group, the area between the shoulders first anointment, and then the wet cupping is done. In the control group, the shoulder area only anoint

Main outcome variables

Health level-CBC-Expression of transcription factors genes of T lymphocyte subsets

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170806035515N2**

Registration date: **2018-09-01, 1397/06/10**

Registration timing: **retrospective**

Last update: **2018-09-01, 1397/06/10**

Update count: **0**

Registration date

2018-09-01, 1397/06/10

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3609 9364

Email address

soleimanir911@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-11-22, 1396/09/01

Expected recruitment end date

2018-03-20, 1396/12/29

Actual recruitment start date

2017-11-21, 1396/08/30

Actual recruitment end date

2018-03-19, 1396/12/28

Trial completion date

empty

Scientific title

Investigating the effect of wet cupping therapy on general health, blood cell count and expression of transcription factors genes T lymphocyte subsets in healthy men

Public title

The effect of cupping on health, blood and immune system

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria:

Healthy men aged 25 to 40 years old Weight over 50 kg and BMI below 30 The general health questionnaire score is below 60 Hemoglobin levels are higher than 12.5 g / dl and the hematocrit is more than 38%. Oral temperature is less than 37.5 ° C. Systolic blood pressure between 100-140 mm Hg and Diastolic blood pressure is between 100-70 mm Hg are acceptable. There is no confirmed history of chronic diseases

Exclusion criteria:

Infected with acute infectious disease including common colds and ... during the study Contributor does not cooperate until the end of the study

Age

From **20 years** old to **40 years** old

Gender

Male

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **40**

Actual sample size reached: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization between two groups is simple and using a random number table by computer

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

1

Registry name

Thai Clinical Trials Registry

Secondary trial Id

TCTR20160609004

Registration date

2016-08-26, 1395/06/05

Ethics committees

1

Ethics committee

Name of ethics committee

The Ethics Committee of Mashhad University of Medical Sciences

Street address

Vice Chancellery for Research of Mashhad University of Mashhad

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948974

Approval date

2016-04-30, 1395/02/11

Ethics committee reference number

IR.MUMS.REC.1395.44

Health conditions studied

1

Description of health condition studied

health

ICD-10 code

ICD-10 code description

2

Description of health condition studied

blood parameters

ICD-10 code

ICD-10 code description

3

Description of health condition studied

Immune System

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

health level

Timepoint

Before intervention-One week after the intervention-4 weeks after intervention

Method of measurement

General Health Questionnaire 28 questions(GHQ-28)

2

Description

Gene expression of GATA-3 transcription factors

Timepoint

Before intervention-One week after the intervention- 4 weeks after intervention

Method of measurement

Real time-PCR

3

Description

CBC parameters

Timepoint

Before intervention-One week after the intervention-4 weeks after intervention

Method of measurement

By cell counting machine

4

Description

Gene expression of T-bet transcription factor

Timepoint

Before intervention-One week after the intervention-4 weeks after intervention

Method of measurement

Real time-PCR

5

Description

Gene expression of RORyt transcription factor

Timepoint

Before intervention-One week after the intervention-4 weeks after intervention

Method of measurement

Real time-PCR

6

Description

Gene expression of Foxp-3 transcription factor

Timepoint

Before intervention-One week after the intervention-4 weeks after intervention

Method of measurement

Real time-PCR

7

Description

Gene expression of GATA-3 transcription factor

Timepoint

Before intervention-One week after the intervention-4 weeks after intervention

Method of measurement

Real time-PCR

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:wet cupping between two shoulders

Category

Treatment - Other

2

Description

Control group: anoint between two shoulders

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Faculty of Traditional Medicine and Supplement

Full name of responsible person

Dr. Reza soleimani

Street address

Emamreza Hospital

City

Mashhad

Province

Razavi Khorasan

Postal code

91185799900

Phone

+98 51 3609 9364

Email

soleimanir911@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research,Mashhad University of Medical

Full name of responsible person

Dr. Mohsen Tafaghodi, Research Vice Chancellor

Street address

Vice Chancellery for Research of Mashhad University of Mashhad

City

Mashhad

Province

Razavi Khorasan

Postal code

91375345

Phone

+98 51 3841 1538

Email

Vcresearch@mums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

Vice Chancellor for Research, Mashhad University of Medical

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Mashhad University of Medical Sciences, Faculty of Traditional Medicine and Supplement Mashhad

Full name of responsible person

Rezasoleimani

Position

Phd student of Traditional Iranian Medicine

Latest degree

Medical doctor

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

Azadi Square, Ferdowsi University, Pardis, Mashhad University of Medical Sciences

City

Mashhad

Province

Razavi Khorasan

Postal code

9179155453

Phone

+98 51 3609 9364

Fax**Email**

soleimanir911@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Mashhad University of Medical

Full name of responsible person

Dr. Jalil Tavakoli Afshar

Position

Professor

Latest degree

Ph.D.

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

Vice Chancellery for Research of Mashhad University of Mashhad

City

Mashhad

Province

Razavi Khorasan

Postal code

91375345

Phone

+98 51 3609 9364

Fax**Email**

Tavakolaj@mums.ac.ir

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

Mashhad University of Medical

Full name of responsible person

Dr.Reza soleimani

Position

Phd Student of Traditional Medicine

Latest degree

Medical doctor

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

Azadi Square, Ferdowsi University, Pardis, Mashhad University of Medical Sciences

City

Mashhad

Province

Razavi Khorasan

Postal code

9110799888

Phone

+98 51 3609 9364

Fax**Email**

soleimanir911@mums.ac.ir

Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Changes in health, blood parameters, and gene expression

When the data will become available and for how long

After publishing the article in the journal

To whom data/document is available

Everyone

Under which criteria data/document could be used

In studies on complementary medicine

From where data/document is obtainable

to the master of the project

What processes are involved for a request to access data/document

An email will be sent to the master responsible for the project, with personal details and academic status and ongoing study

Comments