Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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 criteriaHealthy men age range 25 to 40Weight above 50 kilograms and BMI up to 30 2-Common health test score under 60 3-Biologic and clinical criteriaBlood Hemoglobin minimum 12.5 gram per deciliter and 38% hematocritOral temperature up to 37.5 centigrade degreeBlood 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 RORɣt 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

۹۱۸۵۷۹۹۹۵۵

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
Mashhed
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 Studentof 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
۹۱۸۵۷۹۹۸۸۸
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