

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 May 2026

Assessing the effect of thyme-honey nasal spray on chronic rhinosinusitis

Protocol summary

Summary

Study design: randomized, double-blind, placebo-controlled, single, trial phase:0. Inclusion criteria: patients referred to Besat Hospital clinic with chronic rhinosinusitis (according to AAO-HNS) who have not responded to medical therapy and are candidated for FESS. Exclusion criteria: age under 18 years and above 65 years; hypersensitivity to honey, pollen, thyme, bees; systemic diseases such as cystic fibrosis, immotile cilia syndrome, granulomatous diseases and diabetes mellitus. Sample size:60. Study objective: finding a better and more cost-effective way to treat chronic rhinosinusitis

General information

Acronym

thyme-honey, chronic rhinosinusitis, FESS

IRCT registration information

IRCT registration number: **IRCT201204303186N2**
Registration date: **2012-12-05, 1391/09/15**
Registration timing: **na**

Last update:

Update count: **0**

Registration date

2012-12-05, 1391/09/15

Registrant information

Name

Farnaz Hashemian

Name of organization / entity

Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 3827 9001

Email address

hashemian@umsha.ac.ir

Recruitment status

Not enough for processing

Funding source

Hamedan university of medical sciences

Expected recruitment start date

2012-09-22, 1391/07/01

Expected recruitment end date

2012-09-21, 1391/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effect of thyme-honey nasal spray on chronic rhinosinusitis

Public title

Assessing the effect of thyme-honey nasal spray on chronic rhinosinusitis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criterion: patients referred to Besat Hospital clinic with chronic rhinosinusitis (according to AAO-HNS) who have not responded to medical therapy and are candidated for FESS. Exclusion criteria: age under 18 years and above 65 years; hypersensitivity to honey, pollen, thyme, bees; systemic diseases such as cystic fibrosis, immotile cilia syndrome, granulomatous diseases and diabetes mellitus.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

0

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

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Hamedan university of medical sciences

Street address

Hamedan university of medical sciences, Shahid Fahmideh street, Hamedan.

City

Hamedan

Postal code

65178

Approval date

2012-05-16, 1391/02/27

Ethics committee reference number

16/35/9/625/د/پ

Health conditions studied

1

Description of health condition studied

Chronic rhinosinusitis

ICD-10 code

J32

ICD-10 code description

Chronic sinusitis

Primary outcomes

1

Description

chronic rhinosinusitis

Timepoint

before, 1 week, 1 month, 2 months after intervention

Method of measurement

Snot-22 questionnaire, CT-scan score, Philpott-Javer endoscopic score

Secondary outcomes

1

Description

hypersensitivity

Timepoint

1 week, 1 month and 2 months after intervention

Method of measurement

questionnaire, physical examination

2

Description

burning sensation

Timepoint

1 week, 1 month, 2 months after intervention

Method of measurement

questionnaire

3

Description

epistaxis

Timepoint

1 week, 1 month and 2 months after intervention

Method of measurement

questionnaire, physical examination

Intervention groups

1

Description

intervention group: thyme honey/ spray/ twice a day/ 3 puffs each nasal cavity control group: distilled water/ spray/ twice a day/ 3 puffs each nasal cavity

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Besat hospital, ENT clinic

Full name of responsible person

Street address

City

Hamedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan university of medical sciences

Full name of responsible person

Tavilani Heydar

Street address

Hamedan
City
Hamedan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Hamedan 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
Hamedan university of medical sciences
Full name of responsible person
Farnaz Hashemian
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Other areas of specialty/work
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Person responsible for updating data

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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