Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effect of Portulaca oleracea seeds on indicators of inflammation,8-isoprostane and lung function in women with asthma : a randomized controlled trial

Protocol summary

Summary

This study aimed to determine the effect of Portulaca oleracea seeds on indicators of inflammation, 8 - Isoprostane and lung function in women with asthma. In this study, women with age 18 years who having moderate asthma for at least 1 year as diagnosed by a physician according the Gina guideline include and Poeple with lung disorders and respiratory tract infections, kidney, liver or cardiovascular diseases, any change in medication type and dosage, having a history of oxalate stones and having a exacerbation in last month that led to hospitalization will be exclude then 70 patients randomly divided into two groups. In the intervention group,patients have treatment protocol and daily take 10 g Portulaca oleracea seeds in two doses (5 gm) in morning (fasting) and before dinner with a glass of water.In control group, Patients have their treatment protocol and drink two glasses of water in a day for 8 weeks. 8 - Isoprostane, inflammatory factors including IL-4, TNF_α and nitric oxide metabolites (nitrite and nitrate) will be measure in sputum samples that collected at first and end of study. In order to determine the pulmonary function tests, FEV1 and PEF are measured by the spirometer.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201206094105N7**
Registration date: **2012-07-05, 1391/04/15**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2012-07-05, 1391/04/15

Registrant information

Name

Beit Allah Alipour

Name of organization / entity

Health & Nutrition Faculty

Country

Iran (Islamic Republic of)

Phone

+98 41 1335 7580

Email address

alipourb@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tabriz University of Medical Sciences

Expected recruitment start date

2012-06-25, 1391/04/05

Expected recruitment end date

2012-11-21, 1391/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Portulaca oleracea seeds on indicators of inflammation,8-isoprostane and lung function in women with asthma : a randomized controlled trial

Public title

Effect of Portulaca oleracea seeds on indicators of inflammation,8-isoprostane and lung function in women with asthma

Purpose

Treatment

Inclusion/Exclusion criteria
Inclusion criteria: • female • Age 18 years and above •having Moderate asthma for at least 1 year as diagnosed by a physician according the Gina guideline Exclusion criteria: • Smoking • having other lung disorders and respiratory tract infections • Pregnant or lactating • kidney, liver or cardiovascular disease • taking any multivitamin and mineral and dietary supplements containing antioxidants and omega-3 in 2 months ago • Any change in drug type and dosage • having a history of oxalate stones • having a exacerbation in last month that led to hospitalization • follow a diet • taking contraceptive pills

Age
From **18 years** old to **80 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Tabriz University of Medical Sciences

Street address
Golbad Ave

City
Tabriz

Postal code

Approval date
2012-06-25, 1391/04/05

Ethics committee reference number
9145

Health conditions studied

1

Description of health condition studied
Asthma

ICD-10 code
J45

ICD-10 code description
moderate asthms

Primary outcomes

1

Description
IL-4, TNF_α and nitric oxide metabolites (nitrite and nitrate)

Timepoint
before and after of intervention

Method of measurement
sputum sample

2

Description
8 - Isoprostane

Timepoint
before and after of intervention

Method of measurement
sputum sample

3

Description
PEF and FEV1

Timepoint
before and after of intervention

Method of measurement
spirometer

Secondary outcomes

1

Description
Food intake

Timepoint
Before and after of intervention

Method of measurement
24-hour dietary recall

2

Description
BMI

Timepoint
Before and after of intervention

Method of measurement
Scales and meters

Intervention groups

1

Description
In the interventional group,patients have treatment protocol and daily take 10 g Portulaca oleracea seeds in two doses (5 gm) in morning (fasting) and before dinner with a glass of water .
Category
Treatment - Drugs

2

Description
In control group, Patients have their treatment protocol and drink two glasses of water in a day for 8 weeks.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Clinic
Full name of responsible person
Dr, khalil ansarin
Street address
Corner of Ostadan alley, Golgasht street, Azadi street,
City
Tabriz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for Research, Tabriz University of Medical Sciences
Full name of responsible person
Mohammadreza Rashidi
Street address
Golbad Street
City
Tabriz
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, Tabriz 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

Person responsible for scientific inquiries

Contact
Name of organization / entity
Tabriz University of Medical Sciences
Full name of responsible person
Dr. Beit Allah Alipour
Position
Assistant Professor
Other areas of specialty/work
Street address
Attar Neyshabouri Street, Golgasht Street
City
Tabriz
Postal code
5166614711
Phone
+98 41 1335 7580
Fax
Email
balipoor@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Tabriz University of Medical Sciences
Full name of responsible person
Seyyedeh Zahra Hosseini
Position
MSc student in community nutrition
Other areas of specialty/work
Street address
Attar Neyshabouri Street, Golgasht
City
Tabriz
Postal code
5166614711
Phone
+98 41 1335 7580
Fax
Email
z_hosseini64@yahoo.com
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