

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

Efficacy of the myrtle (*Myrtus Communis*) syrup in the treatment of suspected novel coronavirus pneumonia (COVID-19)

Protocol summary

Study aim

Determination the efficacy of the myrtle syrup in the treatment of suspected novel coronavirus pneumonia (COVID-19)

Design

A randomized controlled clinical trial with parallel groups

Settings and conduct

Eligible patients with mild to moderate disease according to Fifth Edition of the Novel Corona Virus Guidelines who visit the clinics designated by the Kerman department of Health for Covid-19, and candidate for quarantine and receive home treatment will enter to the study. Patients in both groups receive classical medicine according to the Fifth Edition of the Novel Corona Virus Guidelines. Patients in the intervention group receive myrtle syrup as well as classical medicine. Clinical status of the patients will be assess 0-1-2-3-4-7-14 days after intervention.

Participants/Inclusion and exclusion criteria

Patients with 18-65 years old, developing mild to moderate COVID-19 based on Ministry of Health protocol and candidate for outpatient treatment include to this study and those with Allergy to myrtle, asthma or allergy, hypertension, diabetes, pregnancy/lactation, Congestive heart failure, chronic renal failure, chemotherapy, taking Corticosteroid, immune deficiency do not include.

Intervention groups

Intervention group: Receiving medication for treatment of Covid-19 based on Fifth Edition of the Novel Corona Virus Guidelines with myrtle syrup for 5 days (Patients daily boil the contents of a pack containing 10 grams of myrtle fruit and 10 grams of sugar in 3 glasses of water gently to stay 2 glasses, then smooth it and drink one glass in the morning and one glass in the evening.)
Control group: receive medication for treatment of Covid-19 according to Fifth Edition of the Novel Corona Virus Guidelines.

Main outcome variables

Respiratory rate; cough (severity and frequency); temperature; weakness; and muscular pain

General information

Reason for update

Editing sample size

Acronym

IRCT registration information

IRCT registration number: **IRCT20180923041093N3**

Registration date: **2020-03-28, 1399/01/09**

Registration timing: **prospective**

Last update: **2020-06-03, 1399/03/14**

Update count: **1**

Registration date

2020-03-28, 1399/01/09

Registrant information

Name

Fatemeh sadat Hasheminasab

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5333 8547

Email address

hashemifa67@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-04-02, 1399/01/14

Expected recruitment end date

2020-05-03, 1399/02/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Efficacy of the myrtle (Myrtus Communis) syrup in the treatment of suspected novel coronavirus pneumonia (COVID-19)

Public title
Efficacy of the myrtle syrup in the treatment of novel corona

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
18-65 years old Developed mild to moderate COVID-19 based on Fifth Edition of the Novel Corona Virus Guidelines Candidate for outpatient treatment
Exclusion criteria:
Allergy to myrtle Asthma or allergy Hypertension Diabetes Pregnancy/lactation Congestive heart failure Chronic renal failure Chemotherapy Taking Corticosteroid Immune deficiency

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

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description
Patients will be selected according to the inclusion criteria and then randomly assigned to the experimental and control groups according to the random sequence obtained through random allocation software.

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 Kerman University of Medical Sciences

Street address

Beginning of Ibn Sina Street, Beginning of Jihad Blvd., Somayeh Road (Tahmasebad), Kerman

City

Kerman

Province

Kerman

Postal code

7616913555

Approval date

2020-02-23, 1398/12/04

Ethics committee reference number

IR.KMU.REC.1399.015

Health conditions studied

1

Description of health condition studied

COVID-19

ICD-10 code

U07.1

ICD-10 code description

COVID-19

Primary outcomes

1

Description

Temperature

Timepoint

0-1-2-3-4-7-14 days after starting intervention

Method of measurement

Termometer

2

Description

Cough (severity-frequency)

Timepoint

0-1-2-3-4-7-14 days after starting intervention

Method of measurement

Fisman Cough Severity Score

3

Description

Weakness

Timepoint

0-1-2-3-4-7-14 days after starting intervention

Method of measurement

Asking patients using visual analog scale (VAS)

4

Description

Muscular pain

Timepoint

0-1-2-3-4-7-14 days after starting intervention

Method of measurement

Asking patients using visual analog scale (VAS)

5

Description

Respiratory rate

Timepoint

0-1-2-3-4-7-14 days after starting intervention

Method of measurement

Counting the number of breaths per minute

Secondary outcomes

1

Description

Hospital admission

Timepoint

0-1-2-3-4-7-14 days after starting intervention

Method of measurement

Ratio of the number of admission to total patients in each group

2

Description

Mortality

Timepoint

0-1-2-3-4-7-14 days after starting intervention

Method of measurement

Ratio of the number of deaths to total patients in each group

Intervention groups

1

Description

Intervention group: Patients in this group receive medication for treatment of Covid-19 based on Fifth Edition of the Novel Corona Virus Guidelines, in addition they receive myrtle syrup for 5 days (Patients daily boil the contents of a pack containing 10 grams of myrtle fruit and 10 grams of sugar in 3 glasses of water gently to stay 2 glasses, then smooth it and drink one glass in the morning and one glass in the evening.)

Category

Treatment - Drugs

2

Description

Control group: Patients in this group receive medication according to the novel Corona virus country guideline version 5

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Afzalipour Hospital

Full name of responsible person

Maryam Azimi

Street address

AfzaliPour Hospital, Adjacent to Bahonar University, AfzaliPour Landscape, Imam highway, Kerman

City

Kerman

Province

Kerman

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7616913911

Phone

+98 34 3132 8000

Email

dr.azimm@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Abbas Pardakhti

Street address

Kerman university of medical sciences, Haft-Bagh Highway

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Province

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7616913555

Phone

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Email

abpardakhty@kmu.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kerman University of Medical Sciences

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

Kerman University of Medical Sciences

Full name of responsible person

Maryam Azimi

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Traditional Medicine

Street address

Crossroad Amir kabir, Jomhuri eslami Blvd

City

Kerman

Province

Kerman

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7618843883

Phone

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Email

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Maryam Azimi

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Maryam Azimi

Position

Assistant professor

Latest degree

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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

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

After the completion of the study, the information on the main outcome will be shared.

When the data will become available and for how long

10 months after printing

To whom data/document is available

All researchers can take action.

Under which criteria data/document could be used

Data and results will be available to all researchers for research on diabetes.

From where data/document is obtainable

dr.azimm@gmail.com

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

The data will be provided to the applicant after a review and approval of the request within a month.

Comments