

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

23 Feb 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

### **Postal code**

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

#### **City**

Kerman

#### **Province**

Kerman

#### **Postal code**

7616913555

#### **Phone**

+98 34 3226 3855

#### **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

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Kerman

**Province**

Kerman

**Postal code**

7618843883

**Phone**

+98 34 3211 0860

**Email**

dr.azimm@gmail.com

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Kerman University of Medical Sciences

**Full name of responsible person**

Maryam Azimi

**Position**

Assistant professor

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**Person responsible for updating data**

**Contact**

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Kerman University of Medical Sciences

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dr.azimm@gmail.com

**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**