

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

Evaluation of the effect of herbal oral product (thyme syrup) in patients with COVID-19

Protocol summary

Study aim

Evaluation of the effect of herbal oral product (thyme syrup) in patients with COVID-19

Design

152 patients between the ages of 30 and 65 with a probable diagnosis of COVID-19 according to the national protocol, after applying the inclusion and exclusion criteria of the study and completing the conscious consent form with block randomization are placed in one of the intervention and control groups.

Settings and conduct

This study is a type of clinical trial that is not blind and patients who refer to Imam Khomeini Hospital in Sari are diagnosed with COVID-19 manifestation will entered. Then, 152 patients between the ages of 30 and 65 with a probable diagnosis of COVID-19 according to the national protocol, after applying the inclusion and exclusion criteria of the study and completing the conscious consent form with block randomization are placed in one of the intervention and control groups.

Participants/Inclusion and exclusion criteria

Patients between 30 and 65 years with Probable diagnosis of COVID-19 based on national Iranian protocol

Intervention groups

Intervention group: Corona standard treatment + herbal syrup (Iranian medicine product made by the research team): 100 cc of the syrup is mixed with 100 cc of hot water and eaten 30 minutes after a meal (three times a day). Control group: Corona standard treatment according to the national protocol of the Ministry of Health of Iran.

Main outcome variables

Blood oxygen saturation, shortness of breath, length of hospital stay

General information

Reason for update

Acronym

COVID-19

IRCT registration information

IRCT registration number: **IRCT20131129015584N2**

Registration date: **2020-05-08, 1399/02/19**

Registration timing: **registered_while_recruiting**

Last update: **2020-05-08, 1399/02/19**

Update count: **0**

Registration date

2020-05-08, 1399/02/19

Registrant information

Name

Assie Jokar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 3324 3117

Email address

arezoo2003dr@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-04-04, 1399/01/16

Expected recruitment end date

2020-06-19, 1399/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effect of herbal oral product (thyme syrup) in patients with COVID-19

Public title

The effect of herbal syrup on patients with corona

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Probable diagnosis of COVID-19 based on national Iranian protocol

Exclusion criteria:

Late 5 days from the onset of symptoms Existence of comorbidity Pregnancy and lactation history of Allergy Complicated with bacterial infection

Age

From **30 years** old to **65 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **152**

Randomization (investigator's opinion)

Randomized

Randomization description

Before intervention, each patient selects one of the 152 envelopes that contain the codes 0001 to 0152, then by having the selected code and using the output table of Block randomization statistical software, it is determined the patient in which group: intervention or controls.

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 Mazandaran University of Medical Sciences

Street address

Moallem square, Sari, Iran.

City

Sari

Province

Mazandaran

Postal code

۴۸۱۵۷۳۳۹۷۱

Approval date

2020-03-11, 1398/12/21

Ethics committee reference number

IR.MAZUMS.REC.1398.1456

Health conditions studied

1

Description of health condition studied

ARDS

ICD-10 code

J80

ICD-10 code description

Acute respiratory distress syndrome

Primary outcomes

1

Description

Blood oxygen saturation level

Timepoint

0,1,2,3,5,7 days after intervention

Method of measurement

Pulse oximetry

Secondary outcomes

1

Description

degree of dyspnea

Timepoint

0,1,2,3,5,7 days after intervention

Method of measurement

Likert,s scale

2

Description

Duration of hospital stay

Timepoint

7days after intervention

Method of measurement

day

Intervention groups

1

Description

Intervention group: standard treatment of COVID-19 + herbal syrup (Iranian medicine product made by the research team): 100 cc of the syrup is mixed with 100 cc of hot water and eaten 30 minutes after a meal (three times a day).

Category

Treatment - Drugs

2

Description

Control group: standard treatment of COVID-19(Kaletra+

Azitromycine)
Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital

Full name of responsible person

Dr Assie Jokar

Street address

Imam Khomeini Hospital of Sari

City

Sari

Province

Mazandaran

Postal code

4816633131

Phone

+98 11 3335 0670

Fax

+98 11 3336 3754

Email

publicrel@mazums.ac.ir

Web page address

<https://imamhospital.mazums.ac.ir/page-NImamSariMain/fa/94/form/pld25046>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Dr Majid Saidi

Street address

Moallem squire

City

Sari

Province

Mazandaran

Postal code

۴۸۱۵۷۳۳۹۷۱

Phone

+98 11 3325 7230

Email

pajhooheshi@mazums.ac.ir

Web page address

<https://pajhooheshi.mazums.ac.ir/page-NPajhooheshiMain/fa/2/form/pld47946>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mazandaran University of Medical Sciences

Proportion provided by this source

70

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

Mazandaran University of Medical Sciences

Full name of responsible person

Assie Jokar

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Traditional Medicine

Street address

Khazar Blvd.

City

Sari

Province

Mazandaran

Postal code

4814878787

Phone

+98 11 3324 3117

Fax

Email

a-jokar@razi.tums.ac.ir

Web page address

<https://scholar.google.com/citations?user=25VPUvwAAA&hl=en>

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Assie Jokar

Position

Associate professor

Latest degree

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Person responsible for updating data**Contact****Name of organization / entity**

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AAAJ&hl=en

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

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

Study Protocol

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be 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

The results of the main and secondary outcomes

When the data will become available and for how long

After the publication of the article

To whom data/document is available

University researchers

Under which criteria data/document could be used

After the publication of the article

From where data/document is obtainable

The person responsible for scientific accountability

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

Communication with the person responsible for scientific accountability

Comments