Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The Effectiveness of Combined Extract of 8 Medicinal Plants on the Control of Mild to Moderate Symptoms of Covid-19 Disease: A Clinical Trial

Protocol summary

Study aim
Evaluation and presentation of an uncomplicated herbal medicine and a simple and limited treatment in controlling and reducing the outward and vital signs of patients with coronavirus.

Design
1. A placebo group that uses common medicines and boiled water. 2. A group of patients who use only common medications. 3. A group of patients who use common medications with the extract of the plant under study

Settings and conduct
Ali Asghar hospital; Strong clinical diagnosis of patients based on lung scan sciatica. This procedure is quick and easy, with a 98% chance of success, however, it is still a definitive test with RT PCR testing. Therefore, both factors will be evaluated for the final diagnosis and confirmation of the disease. CBC, CRP, ESR, blood pressure, heart rate and blood oxygen concentration will also be assessed and recorded for patients.

Participants/Inclusion and exclusion criteria
Positive corona testing or confirmation of symptoms such as fever, muscle and bone pain, cough and sore throat. In a paraclinical study, platelet counts, white blood cell counts, and ESR and CRP levels were significantly increased. In the blood gas test, the saturation of O2 is less than 93%. In contrast, patients with a history of allergies to herbal remedies or those with liver, kidney, heart, and vascular insufficiency will be excluded from the study. Patients with diabetes or other endocrine diseases, as well as people who are constantly under the control and treatment of neuroleptic drugs, are not included in the study. Normally, pregnant and lactating mothers will not be included in the study due to the lack of sufficient evidence on the safety of herbal medicine. Patients who are unable to swallow or have NPO are removed and patients are mechanically ventilated.

Intervention groups
2 groups of drugs and control

Main outcome variables
Low production costs, low side effects

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200508047345N1**
Registration date: **2020-06-14, 1399/03/25**
Registration timing: **prospective**

Last update: **2022-01-25, 1400/11/05**
Update count: **1**

Registration date
2020-06-14, 1399/03/25

Registrant information

Name
Mohammad Jamal Saharkhiz

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 71 3731 7109

Email address
saharkhiz@shirazu.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-06-21, 1399/04/01

Expected recruitment end date
2020-06-21, 1399/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Combined Extract of 8 Medicinal Plants on the Control of Mild to Moderate Symptoms of Covid-19 Disease: A Clinical Trial

Public title

Combined effects of Extracts on Covid-19

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Positive corona testing or confirmation of symptoms such as fever, muscle and bone pain, cough and sore throat In the paraclinical study of these patients, platelet counts, white blood cell counts, as well as ESR and CRP levels were significantly increased In the blood gas test, the saturation of O2 is less than 93%

Exclusion criteria:

Patients who have a history of allergies to herbal medicines or have insufficiency and underlying liver, kidney, heart and vascular diseases Patients with diabetes or other endocrine diseases Normally, pregnant and lactating mothers also have insufficient evidence of the safety of herbal medicine due to the lack of evidence Patients who are unable to swallow or are NPO Patients under mechanical ventilation People who are constantly under the control and treatment of neuroleptic drugs

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

8Km, Nasr Blvd.

City

Shiraz

Province

Fars

Postal code

7148863664

Approval date

2020-05-05, 1399/02/16

Ethics committee reference number

IR.SUMS.REC.1399.179

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

Percentage of people with normal breathing (oxygen saturation value)

Timepoint

Measurement of oxigenesis at the beginning of the study and 1, 2, 3, 4 and 5 days after starting to use the medicinal extract

Method of measurement

Pulse Oximeter instrument

Secondary outcomes

empty

Intervention groups

1

Description

Control group: Uses common medicines and boiled water

Category

Treatment - Drugs

2

Description

Intervention group: Due to the fact that the resulting extract is prepared at a temperature of less than 100. C

(70) C) and is in fact a kind of drink, the amount of consumption of the rules of consumption of the drink is followed by a slight change in consumption time. Typically, herbal teas are prescribed 3 times a day and 100 cc each time. In this study, people with the disease are prescribed 5 cc of the extract at intervals of 30 minutes. The total amount of extracted in 24 hours for each patient is 240 cc.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Ali Asghar hospital
Full name of responsible person
Mohammad Jamal Saharkhiz
Street address
Meshkin fam Ave.
City
Shiraz
Province
Fars
Postal code
7143918796
Phone
+98 71 3228 8602
Email
saharkhiz@shirazu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Kamyar Zomorodian
Street address
Ṡhirin Darou Company, 8th Km, Nasr Blvd., Shiraz, Fars, I.R. Iran, P.O.Box 71455-375.
City
Shiraz
Province
Fars
Postal code
71455-375
Phone
+98 71 3744 2301
Fax
Email
saharkhiz@shirazu.ac.ir

Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz 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
Shiraz University of Medical Sciences
Full name of responsible person
Mohammad Jamal Saharkhiz
Position
Professor
Latest degree
Ph.D.
Other areas of specialty/work
Others
Street address
8 Km Nasr Blvd.
City
Shiraz
Province
Fars
Postal code
7148863664
Phone
+98 71 3723 0235
Email
saharkhiz@shirazu.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Mohammad Jamal Saharkhiz
Position
Professor, Science Committee
Latest degree
Ph.D.
Other areas of specialty/work
Others
Street address
8 Km Nasr Blvd.
City
Shiraz
Province
Fars
Postal code
7148863664
Phone

+98 71 3723 0235

Email

saharkhiz@shirazu.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Mohammad Jamal Saharkhiz

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Others

Street address

8 Km, Nasr Blvd.

City

Shiraz

Province

Fars

Postal code

7148863664

Phone

+98 71 3723 0235

Email

saharkhiz@shirazu.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

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

Undecided - It is not yet known if there will be 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