Clinical Trial Protocol
Iranian Registry of Clinical Trials

20 Aug 2026

Investigating the effect of Lavender (Lavandula angustifolia L.) syrup on improving the severity of cough in patients with definite or highly suspicious COVID-19

Protocol summary

Study aim
Investigating Lavender syrup efficacy to improve cough severity in definite or highly suspected COVID-19 patients

Design
Clinical trial with control group; with parallel groups; not blinded; randomized; phase 3 on 30 patients. Blocks of size 4 was used for randomization.

Settings and conduct
The study site is Kordkuy Amir-al-Momenin hospital affiliated to Golestan University of Medical Sciences.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Detection of mild to moderate COVID19. Non-inclusion criteria: Need to be hospitalized; Sensitivity to lavender.

Intervention groups
Both groups receive supportive therapies based on conventional classical medicine protocols. Patients in the intervention group will be given lavender syrup twice a day for 2 weeks. Patients in the control group will not be prescribed any medication other than routine treatments.

Main outcome variables
Respiratory rate; Cough; Lethargy; body pain; Fever; Satisfaction with treatment; Anxiety

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20110907007511N4**
Registration date: **2020-07-25, 1399/05/04**
Registration timing: **registered_while_recruiting**

Last update: **2020-07-25, 1399/05/04**
Update count: **0**

Registration date
2020-07-25, 1399/05/04

Registrant information

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Name of organization / entity
Golestan University of Medical sciences

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-05-16, 1399/02/27

Expected recruitment end date
2020-09-17, 1399/06/27

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating the effect of Lavender (Lavandula angustifolia L.) syrup on improving the severity of cough in patients with definite or highly suspicious COVID-19

Public title
Effect of Lavender syrup on COVID-19

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Age between 18 and 65 years Conscious consent to participate in the study Fever greater than 38 degrees or a feeling of hot flashes with at least one clinical sign of a dry cough, 24% number of breaths per minute, headache or body aches, feeling weak and lethargic, anosmia (olfactory disturbance) or taste disturbances, nausea Seven days or less after the onset of symptoms at the first visit or relapse within 6 weeks of previous treatment Absence of respiratory distress Candidate for outpatient treatment

Exclusion criteria:
Need to be hospitalized Pregnancy and lactation Smoking Underlying heart / liver /kidney disease / high blood pressure Use other herbal medicines to control the symptoms of the disease Sensitivity to lavender

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: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization: According to the random list resulting from block randomization using blocks of size 4 is done.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Fall criteria: - Sensitivity to lavender - Lack of proper use of prescribed drugs (less than 80%) - Drug side effects - Exacerbation of symptoms and the need for hospitalization

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Golestan University of Medical Sciences

Street address
Shadravan Falsafi Higher Education Complex; at the beginning of Shast Kola road

City
Gorgan

Province
Golestan

Postal code
14395-477

Approval date
2020-05-03, 1399/02/14

Ethics committee reference number
IR.GOUMS.REC.1399.025

Health conditions studied

1

Description of health condition studied
COVID-19

ICD-10 code
U07.1

ICD-10 code description
COVID-19, virus identified

2

Description of health condition studied
COVID-19

ICD-10 code
U07.2

ICD-10 code description
COVID-19, virus not identified

Primary outcomes

1

Description
Changes in the severity of cough

Timepoint
Follow-up of patients in zero step (at the beginning of the study as a face-to-face visit), the first step (7 days after entering the study by telephone follow-up), the second step (14 days after entering the study by telephone follow-up), the third time (21 days after entering the study by telephone follow-up), the fourth time (14 days after the end of the study by telephone follow-up) and the fifth time (28 days after the end of the study by telephone follow-up)

Method of measurement
Checklist of patient and disease characteristics, satisfaction with treatment by asking general questions, assessment of patient symptoms based on Visual Analogue Scale (10 points)

2

Description
Changes in the severity of fever

Timepoint
Follow-up of patients in zero step (at the beginning of the study as a face-to-face visit), the first step (7 days after entering the study by telephone follow-up), the second step (14 days after entering the study by telephone follow-up), the third time (21 days after entering the study by telephone follow-up), the fourth time (14 days after the end of the study by telephone follow-up) and

the fifth time (28 days after the end of the study by telephone follow-up)

Method of measurement

Checklist of patient and disease characteristics, satisfaction with treatment by asking general questions, assessment of patient symptoms based on Visual Analogue Scale (10 points)

3

Description

Change in the severity of shortness of breath

Timepoint

Follow-up of patients in zero step (at the beginning of the study as a face-to-face visit), the first step (7 days after entering the study by telephone follow-up), the second step (14 days after entering the study by telephone follow-up), the third time (21 days after entering the study by telephone follow-up), the fourth time (14 days after the end of the study by telephone follow-up) and the fifth time (28 days after the end of the study by telephone follow-up)

Method of measurement

Checklist of patient and disease characteristics, satisfaction with treatment by asking general questions, assessment of patient symptoms based on Visual Analogue Scale (10 points)

Secondary outcomes

1

Description

Quality of Life

Timepoint

Follow-up of patients in zero step (at the beginning of the study as a face-to-face visit), the first step (7 days after entering the study by telephone follow-up), the second step (14 days after entering the study by telephone follow-up), the third time (21 days after entering the study by telephone follow-up), the fourth time (14 days after the end of the study by telephone follow-up) and the fifth time (28 days after the end of the study by telephone follow-up)

Method of measurement

Short questionnaire 12 questions SF12

2

Description

Satisfaction with treatment

Timepoint

Follow-up of patients in zero step (at the beginning of the study as a face-to-face visit), the first step (7 days after entering the study by telephone follow-up), the second step (14 days after entering the study by telephone follow-up), the third time (21 days after entering the study by telephone follow-up), the fourth time (14 days after the end of the study by telephone follow-up) and the fifth time (28 days after the end of the study by telephone follow-up)

Method of measurement

Asking general questions

3

Description

Anxiety

Timepoint

Follow-up of patients in zero step (at the beginning of the study as a face-to-face visit), the first step (7 days after entering the study by telephone follow-up), the second step (14 days after entering the study by telephone follow-up), the third time (21 days after entering the study by telephone follow-up), the fourth time (14 days after the end of the study by telephone follow-up) and the fifth time (28 days after the end of the study by telephone follow-up)

Method of measurement

Based on the Hamilton Questionnaire

Intervention groups

1

Description

Intervention group: Supportive treatments related to the control of fever, pain, cough and other symptoms will be prescribed according to the common COVID-19 protocols in classical medicine. Also, in the intervention group receive 9 mL of lavender syrup twice a day for 14 days in addition to routine treatments (18 mL daily). Lavender syrup is prepared as follows:100 g of dried lavender branch (Lavandula angustifolia L.) is washed, then soaked in 1000 mL of water for 3 hours. It is then boiled for 10 min and the resulting liquid is cooled in the laboratory. After cooling, the contents of the container are concentrated with a smooth filter and the resulting product is concentrated. From the obtained dry extract, we make 5 g to 100 g using the USP syrup making model with 66.7 g of honey and 28.5 g of water. The resulting syrup is poured into 120 mL sterile jars, sealed and sterilized by autoclave.

Category

Treatment - Drugs

2

Description

Control group:Supportive treatments related to the control of fever, pain, cough and other symptoms will be prescribed according to the common COVID-19 protocols in classical medicine.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Golestan Medical Sciences Hospitals

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor
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Full name of responsible person
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Gorgan 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
Gorgan University of Medical Sciences
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Dr. Marzieh Qaraati
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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
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available