Clinical Trial Protocol
Iranian Registry of Clinical Trials

30 May 2026

Evaluation efficacy of "Curcumin and Resveratrol" capsule in controlling symptoms in patients with COVID-19

Protocol summary

Study aim
Evaluation efficacy of 'Curcumin and Resveratrol" Capsule in controlling symptoms in patients with COVID-19

Design
This study is a single-center, prospective, randomized, open-labeled, controlled, parallel phase 3 clinical trial.

Settings and conduct
Patients who is admitted to Baqiyatallah hospital, and is met the inclusion criteria, will be participated to the study, and randomly be assigned into intervention and control group.

Participants/Inclusion and exclusion criteria
Inclusion criteria: age equal or more than 18 years; The patient have written consciously and freely consent to participate in the study. The patient's clinical symptoms (dry cough, shortness of breath, fever) confirm COVID-19. Confirmed diagnosis of COVID-19, with either lung CT-Scan result, which is typical for COVID-19 pulmonary involvement,or RT-PCR confirmation. Less than 7 days have passed since the onset of symptoms Exclusion criteria: history of allergy to ingredients; hypersensitivity reaction while taking drug; The patient is participated in another clinical trial at the same time; The patient needs to receive medical care from the intensive care unit.

Intervention groups
Intervention group: "Curcumin and Resveratrol" Capsule 500 mg, 1 Cap. every 12 hours for 7 days (In addition to routine treatment according to the latest national guideline for the treatment of new corona-virus). Control group: routine treatment according to the latest national guideline for the treatment of new corona-virus.

Main outcome variables
Clinical symptoms changes (dry cough, respiratory distress, fever)

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20080901001165N56**
Registration date: **2020-05-23, 1399/03/03**
Registration timing: **registered_while_recruiting**

Last update: **2020-05-23, 1399/03/03**
Update count: **0**

Registration date
2020-05-23, 1399/03/03

Registrant information

Name
Yunes Panahi

Name of organization / entity
Baqiyatallah University of Medical Sciences

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

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

Expected recruitment end date
2020-07-17, 1399/04/27

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation efficacy of "Curcumin and Resveratrol" capsule in controlling symptoms in patients with COVID-19

Public title
Evaluation efficacy of "Curcumin and Resveratrol" capsule in controlling symptoms in patients with COVID-19

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Age: equal or more than 18 years; The patient have written consciously and freely consent to participate in the study. The patient's clinical symptoms (dry cough, shortness of breath, fever) confirm COVID-19. Confirmed diagnosis of COVID-19, with either lung CT-Scan result, which is typical for COVID-19 pulmonary involvement,or RT-PCR confirmation. Less than 7 days have passed since the onset of symptoms.

Exclusion criteria:
History of allergy to the ingredients; Hypersensitivity reaction while taking this herbal nasal spray; The patient is in another clinical trial at the same time; The patient needs to receive medical care from the intensive care unit; Pregnancy; Lactation.

Age
From **18 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
Block Randomization method is used to randomized the patients. In this method, the number of people assigned to each group is usually almost equal. Blocks are formed based on the considered variables and within each block, half of the people are involved and half are considered as witnesses. The main goal in this method is to balance the number of participants in each group.

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 Baqiyatallah University of Medical Science

Street address
Baqiyatallah University of Medical Science, south Sheikh-Bahaei St., Mollasadra St., Vanak Sq., Tehran, Iran

City
Tehran

Province
Tehran

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1435916471

Approval date
2020-05-02, 1399/02/13

Ethics committee reference number
IR.BMSU.REC.1399.129

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
Clinical symptoms (dry cough)

Timepoint
Daily monitoring, but the result of baseline (before the initiation of intervention), and day 7 from the initiation, is recorded.

Method of measurement
Physical examination,questionnaire

2

Description
Clinical symptoms (respiratory distress)

Timepoint
Daily monitoring, but the result of baseline (before the initiation of intervention), and day 7 from the initiation, is recorded.

Method of measurement
Pulse-oxymetery device

3

Description
Clinical symptoms (fever)

Timepoint
Daily monitoring, but the result of baseline (before the initiation of intervention), and day 7 from the initiation, is recorded.
Method of measurement
Thermometer

Secondary outcomes

1

Description
Lab. tests changes
Timepoint
Daily monitoring, but the before the intervention initiation (baseline) and day 7 results will recorded on designed checklist.
Method of measurement
Blood sample, laboratory analysis

2

Description
Side effects
Timepoint
Daily monitoring
Method of measurement
Clinical examination

Intervention groups

1

Description
Intervention group: "Curcumin and Resveratrol" Capsule (Each capsule contains 200 mg of curcumin, 200 mg of resveratrol as active ingredients, and 100 mg of lactose as filler), 1 Cap. every 12 hours, for 7 days (In addition to routine treatment according to the latest national guideline for the treatment of new corona-virus).
Category
Treatment - Drugs

2

Description
Control group: routine treatment according to the latest national guideline for the treatment of new corona-virus.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Baqiyatallah hospital
Full name of responsible person
Morteza Izadi
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Baqiyatallah hospital, Mollasadra St., Vanak Sq., Tehran, Iran.
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Bagheiat-allah University of Medical Sciences
Full name of responsible person
Gholamhosein Alishiri
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Baqiyatallah University of Medical Science, south Sheikh-Bahaei St., Mollasadra St., Vanak Sq., Tehran, Iran.
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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
Bagheiat-allah 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
Bagheiat-allah University of Medical Sciences
Full name of responsible person
Rouhollah Ahmadiyan
Position

Student

Latest degree

A Level or less

Other areas of specialty/work

Medical Pharmacy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Professor

Latest degree

Specialist

Other areas of specialty/work

Critical Care Pharmacotherapy

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Person responsible for updating data

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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

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