# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

10 Jun 2026

## The effect of wet cupping on clinical manifestation of the adult asthma 18-60 years

## Protocol summary

**Study aim**
Comparison of the effect of cupping on clinical symptoms of 18-60 years old adult asthma

**Design**
A clinical trial with a control group, parallel, without blinding, randomized sample size: 76

**Settings and conduct**
Patients between the ages of 18 and 60 with mild to moderate asthma who are referred to an outpatient clinic at Loghman Hospital are randomly divided into two groups: intervention and control. The disease is confirmed by a pulmonary subspecialty with a history and clinical examination. The sample size in each group is 36 people. Before entering the study, a written consent form and background information will be obtained. The Standard Questionnaire (ACT) is completed before the intervention, at the end of the first, second, fourth, sixth and end of the eighth week after the intervention. At the end of the study and sampling, the relevant information is extracted and the necessary analyzes are performed. .

**Participants/Inclusion and exclusion criteria**
Entry criteria: patients with mild to moderate asthma between the ages of 18 and 60 old; patients with stable conditions The satisfaction of the person to enter the study. Criteria for not entering the study: patients with severe asthma and need hospitalization; the person has conditions such as CF, bronchopulmonary, dysplasia, heart failure, pulmonary embolism, bronchotracheomalacia, bronchiectasis, sarcoidosis, and diabetes. A consumer of drugs such as aspirin, beta-blockers, and NSAIDs; cupping less than a month; patients with a history of coagulation disorders; history of anemia; weak immune system; smokers; breastfeeding or pregnancy.

**Intervention groups**
Patients are divided into control group (only for asthma routines) and intervention group (which, in addition to veterinarians, is a cupping session).

**Main outcome variables**
Assess the patient's quality of life

## General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20181110041600N1**
Registration date: **2020-07-15, 1399/04/25**
Registration timing: **prospective**

Last update: **2020-07-15, 1399/04/25**
Update count: **0**

**Registration date**
2020-07-15, 1399/04/25

**Registrant information**

**Name**
Abbas Joushan

**Name of organization / entity**

**Country**
Iran (Islamic Republic of)

**Phone**
+98 21 8889 2334

**Email address**
dr.a.joushan@sbmu.ac.ir

**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2020-07-22, 1399/05/01

**Expected recruitment end date**
2021-01-09, 1399/10/20

**Actual recruitment start date**
empty

**Actual recruitment end date**
empty

**Trial completion date**
empty

**Scientific title**
The effect of wet cupping on clinical manifestation of the adult asthma 18-60 years

**Public title**
Evaluation of the effect of cupping on clinical symptoms of adult asthma 18-60 years

**Purpose**
Supportive

**Inclusion/Exclusion criteria**

**Inclusion criteria:**
Patients with mild to moderate asthma are diagnosed by a pulmonary specialist. Patients with stable conditions. The patient's age is 18 to 60 years old.

**Exclusion criteria:**
Patients with severe asthma and need hospitalization Patients with underlying conditions such as CF, bronchopulmonary, dysplasia, heart failure, pulmonary embolism, bronchotracheomalacia, bronchiectasis, sarcoidosis, and diabetes Consumer of drugs such as aspirin, beta-blockers and NSAIDs Cupping less than a month Patients with a history of coagulation disorders Patients with a history of anemia Weak immune system Smokers Breastfeeding Pregnancy Inability to speak Persian

**Age**
From **18 years** old to **60 years** old

**Gender**
Both

**Phase**
N/A

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **72**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**
In this study, after calculating the final sample size of the study, random chains are generated on the basis of simple random series using quadratic random blocks for both intervention and control groups. For the generated random chain, a corresponding code will be generated for each sequence. This code contains two letters of the alphabet and one number. Anonymous codes will be posted on the forms before the study begins. During the study, patients were divided into two groups according to the order of entry of patients and randomization sheets (merely including anonymous codes). Patients in the intervention group will receive wet cupping in addition to routine treatment. Patients in the control group will receive only routine treatment.

**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 Shahid Beheshti University of Medical Sciences

**Street address**
Shahid Beheshti University of Medical Sciences, Tehran, Iran

**City**
Tehran

**Province**
Tehran

**Postal code**
1985717443

**Approval date**
2020-07-07, 1399/04/17

**Ethics committee reference number**
IR.SBMU.RETECH.REC.1399.351

## Health conditions studied

### 1

**Description of health condition studied**
Mild to moderate asthma

**ICD-10 code**
J45

**ICD-10 code description**
Asthma

## Primary outcomes

### 1

**Description**
Evaluation of clinical symptoms of patients with mild to moderate asthma

**Timepoint**
At week zero and at the end of weeks one, two, four, six and eight

**Method of measurement**
Asthma Control Test

## Secondary outcomes

### 1

**Description**
Evaluation of clinical symptoms of patients with mild to moderate asthma

**Timepoint**
In the week of zero and at the end of the first, second,

fourth, sixth and eighth weeks

**Method of measurement**

Asthma control questionnaire

## Intervention groups

### 1

**Description**

Intervention group: The intervention group is being treated with standard asthma medications, which will use 25.25 micrograms of 2 puff serum sprays every 12 hours, and if needed, they can also use salbutamol spray with more cupping (cupping between the two shoulders) cupping in It is performed on one of the 17th, 19th and 21st lunar months. The intervention is performed only once. Each cupping period involves 3 stages of blood sampling and lasts approximately 10 minutes.

**Category**

Treatment - Devices

### 2

**Description**

Control group: The control group is only treated with standard asthma medications, using a 25.25 microgram 2-puff serum spray every 12 hours, and they can also use salbutamol spray if needed.

**Category**

Treatment - Other

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**

Loghman Hakim Hospital

**Full name of responsible person**

Abbas Joushan

**Street address**

Loghman Hakim Hospital, Lashkar Ave.

**City**

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## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Somayeh Esmaili

**Street address**

Faculty of Traditional Medicine, Shahid Beheshti University of Medical Sciencesm No.8 Shams Alley, Vali-e-Asr Street

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sesmaeili@sbmu.ac.ir

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Shahid Beheshti 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**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Abbas Joushan

**Position**

Physician, PhD student

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Traditional Medicine

**Street address**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**Latest degree**
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## 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**
Yes - There is 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**
Yes - There is a plan to make this available

**Data Dictionary**
Yes - There is a plan to make this available

**Title and more details about the data/document**
Publishing results in the form of a PhD thesis and an article indexing in ISI

**When the data will become available and for how long**
after PhD thesis defence

**To whom data/document is available**
Public

**Under which criteria data/document could be used**
for research reasons

**From where data/document is obtainable**
Shahid Beheshti University of Medical Sciences

**What processes are involved for a request to access data/document**
approving by the responsible officer

**Comments**