Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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)

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+98 21 8889 2334

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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.

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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

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

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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

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

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences

Full name of responsible person
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Position
Physician, PhD student

Latest degree
Medical doctor

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Person responsible for updating data

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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