

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

The effect of garlic and cinnamon essential oil on the treatment of patients with corona (COVID-19)

Protocol summary

Study aim

The effect of garlic and cinnamon on the treatment of corona (COVID-19) patients

Design

Due to the fact that no study has been done in this field so far, 45 people are divided into 3 groups of 16 people, so that from 1 to 45, it is already determined that they are a drug or placebo group. Then, in order of entering the study, people select the numbers and are placed in their group.

Settings and conduct

The study is performed on coronary patients admitted to Sabzevar Vasei Hospital. Sampling is based on the target and participants are randomly assigned a 1: 1: 1 ratio in two treatment groups: garlic, cinnamon, and without intervention. The criteria for evaluating treatment is: VAS scale (100 mm standard) .The amount of headache and body pain of the patient before the intervention, during and at the end of the study will be measured. Each 10 drops of Garlic contains 250 grams of garlic extract. And three times a day, 10 drops are taken with food or water each time. Consumption of cinnamon drops twice a day, each time 7 drops of this product is poured into a glass of water or tea and consumed.

Participants/Inclusion and exclusion criteria

Inclusion criteria include all patients with coronavirus who had a positive RT-PCR test, and Exclusion criteria for patients with allergies to garlic and cinnamon, patients with anticoagulants, diabetes, insomnia, pemphigus, organ transplantation, asthma, pregnancy.

Intervention groups

Garlic and Cinnamon

Main outcome variables

Reduce the symptoms of the disease

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200705048011N1**

Registration date: **2020-08-16, 1399/05/26**

Registration timing: **prospective**

Last update: **2020-08-16, 1399/05/26**

Update count: **0**

Registration date

2020-08-16, 1399/05/26

Registrant information

Name

nasrin fazel

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4401 8301

Email address

shohreh1368@yahoo.co.uk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-08-22, 1399/06/01

Expected recruitment end date

2021-03-19, 1399/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of garlic and cinnamon essential oil on the treatment of patients with corona (COVID-19)

Public title

Garlic and cinnamon on the treatment of patients with corona

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Inclusion criteria include all patients with corona virus who had a positive RT-PCR test.

Exclusion criteria:

Exclusion criteria for patients with corona negative test Those who are not willing to continue participating in the study. Patients with allergies to garlic and cinnamon, Patients taking anticoagulants, having diabetes, Insomnia, Pemphigus, asthma, Transplantation, Pregnancy.

Age

From **10 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Not randomized

Randomization description

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 Sabzevar University of Medical sciences

Street address

No. 2, Tohid Shahr Ave, Campus University Building, Sabzevar

City

Sabzevar

Province

South Khorasan

Postal code

9613873136

Approval date

2020-07-08, 1399/04/18

Ethics committee reference number

ir.medsab.rec.1399.072

Health conditions studied

1

Description of health condition studied

Covid-19

ICD-10 code

B34.2

ICD-10 code description

Coronavirus infection, unspecified

Primary outcomes

1

Description

Headache

Timepoint

The first day and the last day of the intervention

Method of measurement

Visual Analogue Scale

2

Description

Body pain

Timepoint

The first day and the last day of the intervention

Method of measurement

Visual Analogue Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Recipient of garlic essential oil. Patients in the intervention group will take the drug prepared from garlic for 1 week. A drop of garlic made by Amin Pharmaceutical Company is consumed ten drops daily for a week. Each 10 drops of Garlic contains 250 grams of garlic extract. It should be noted that patients will receive routine medication for coronary artery disease. The trained nurse will perform the intervention.

Category

Other

2

Description

Control group: No intervention

Category

Other

3

Description

Intervention group: Intervention group: Recipients of

cinnamon essential oil. Patients of the second intervention group will take cinnamon medicine for 1 week. Cinnamon drops made by Zardband pharmaceutical company .It will be use three times a day and 5 drops in a glass of water, tea each time. It should be noted that patients will receive routine medication for the treatment of coronary heart disease.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Vasei hospital

Full name of responsible person

Nasrin Fazel

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No 2.Tohid Shahr Ave, Campus University
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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Sabzevar University of Medical Sciences

Full name of responsible person

Dr.Fereshte Ghorat

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vc.education@medsab.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

Sabzevar Medical University

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**

Sabzevar University of Medical Sciences

Full name of responsible person

Nasrin Fazel

Position

Academic member

Latest degree

Master

Other areas of specialty/work

Gynecology and Obstetrics

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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

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Latest degree

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Other areas of specialty/work

Midwifery

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Latest degree

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Other areas of specialty/work

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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

No - There is not a plan to make this available