

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

The effect of diet on the clinical symptoms of COVID-19 outpatients with the attitude of traditional medicine

Protocol summary

Study aim

The effect of diet on the clinical symptoms of COVID-19 outpatients with the attitude of traditional medicine

Design

The present study is a clinical trial with a control group, with parallel, randomized group, phase 3 over 80 patients

Settings and conduct

The project is being performed at a rehabilitation center for patients with coronavirus. In this study, 80 patients eligible to enter the project are divided into two groups receiving pomegranate juice and sumac and routine care. The control group (group 2) receive routine care.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1- Outpatients with clinical symptoms of covid 19 and RT-PCR testing or chest CT positive for the disease that referred home for treatment 2- Age under 60 years 3- Relative stability of cardiovascular status Exclusion criteria: 1- Pregnant and lactating women 2- COVID-19 patients in hospital or admitted to hospital

Intervention groups

The first group: receiving diet containing pomegranate juice and sumac The second group: receive routine treatment

Main outcome variables

Anorexia Nausea

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190406043175N3**

Registration date: **2020-07-12, 1399/04/22**

Registration timing: **prospective**

Last update: **2020-07-12, 1399/04/22**

Update count: **0**

Registration date

2020-07-12, 1399/04/22

Registrant information

Name

fatemeh forouzanfar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3761 7318

Email address

forouzanfarf@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-08-22, 1399/06/01

Expected recruitment end date

2021-08-23, 1400/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of diet on the clinical symptoms of COVID-19 outpatients with the attitude of traditional medicine

Public title

The effect of diet based on traditional medicine on COVID-19

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Outpatient patients with clinical symptoms of covid 19

and RT-PCR testing or chest CT positive for the disease that referred home for treatment. Under 60 years of age
Relative stability of cardiovascular status

Exclusion criteria:

Pregnant and lactating women COVID-19 patients in hospital or admitted to hospital

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: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

The numbers from 1 to 80 is written on 80 papers and placed inside a bag. Even numbers are for intervention group and odd numbers are for control group. Each time a patient enters the study according to entry criteria, a paper is removed from the bag and the number written on the paper is the base of entering to 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

Mashhad University of Medical Sciences

Street address

Faculty of medicine, Ferdowsi complex, Azadi Sq.

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948564

Approval date

2020-06-20, 1399/03/31

Ethics committee reference number

IR.MUMS.REC.1399.313

Health conditions studied

1

Description of health condition studied

COVID-19 Disease

ICD-10 code

U07.02

ICD-10 code description

COVID-19, virus not identified

Primary outcomes

1

Description

Anorexia Nausea

Timepoint

Every two weeks for up to a month

Method of measurement

Examination by a physician

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In addition to routine treatment, pomegranate juice is prescribed 3 glasses a day and 2 grams of sumac packs at noon and at night on food for four weeks.

Category

Treatment - Drugs

2

Description

Control group: Routine treatment

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza Hospital

Full name of responsible person

Hassan Rakhshandeh

Street address

Emam Reza Blvd, Emam Reza Hospital

City

Mashhad

Province

Razavi Khorasan

Postal code

9137913316

Phone

+98 51 3854 3031

Email

Rakhshandehh@mums.ac.ir

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Mohsen Tafaghodi

Street address

Deputy of Research and Technology of the University
, Qurashi Building, Next to Hoveyzeh Cinema,
University Street

City

Mashhad

Province

Razavi Khorasan

Postal code

9138813944

Phone

+98 51 3841 1538

Email

vcresraech@mums.ac.ir

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

Yes

Title of funding source

Mashhad 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**

Mashhad University of Medical Sciences

Full name of responsible person

Hassan Rakhshandeh

Position

Assistant professor

Latest degree

Medical doctor

Other areas of specialty/work

Medical Pharmacy

Street address

Faculty of Medicine, Azadi sq

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948564

Phone

+98 51 3800 2000

Email

Rakhshandehh@mums.ac.ir

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Hassan Rakhshandeh

Position

Assistant professor

Latest degree

Medical doctor

Other areas of specialty/work

Medical Pharmacy

Street address

Faculty of Medicine, Azadi sq

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948564

Phone

+98 51 3800 2000

Email

Rakhshandehh@mums.ac.ir

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

Mashhad University of Medical Sciences

Full name of responsible person

Hassan Rakhshandeh

Position

Assistant professor

Latest degree

Medical doctor

Other areas of specialty/work

Medical Pharmacy

Street address

Faculty of Medicine, Azadi sq

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948564

Phone

+98 51 3800 2000

Email

Rakhshandehh@mums.ac.ir

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

Undecided - It is not yet known if there will be 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

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

Title and more details about the data/document

Dissemination of information after completing the clinical trial and publication of the article taken from the plan

When the data will become available and for how long

After publishing the article

To whom data/document is available

Researchers

Under which criteria data/document could be used

For research reasons

From where data/document is obtainable

Sending Email to the researchers

What processes are involved for a request to access data/document

Sending Email to the researchers

Comments