

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

The effect of herbal tea (including mallow flower, chicory seeds, sweet violet flower, Melilotus officinalis and Bindii) on improving respiratory symptoms in patients with Covid-19

Protocol summary

Study aim

Determining the effect of herbal tea (including mallow flower, chicory seeds, sweet violet flower, Melilotus officinalis and Bindii) on improving respiratory symptoms in patients with Covid-19

Design

A clinical trial, with the parallel groups, no blinding, randomized

Settings and conduct

This not blind, randomized clinical trial will be performed at shafa hospital. This study will be performed on 40 patients with Covid-19 in two groups. One group is treated with hydroxychloroquine. The other group will receive herbal tea in addition to hydroxychloroquine treatment.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Positive result of PCR or CT scan for COVID-19 disease in accordance with international standards Age 60-15 years Patient consent to participate in the study exclusion criteria: Has diseases such as Alzheimer's, Parkinson's, multiple sclerosis, neuromuscular diseases, myasthenia gravis Pregnant women Patients with blood pressure lower than 40/90 mmHg Breathe more or equal to 30 per minute Blood oxygen saturation less than 93% at rest PaO₂ to FiO₂ ratio less than or equal to 300 mmHg Patients with more than 50% of exudative lesions in 24-48 hours in the lung image

Intervention groups

Control group: Patients in this group will receive only the routine treatment. Intervention group: Patients in this group, in addition to receiving routine treatment, will use the herbal tea including mallow flower, chicory seeds, sweet violet flower, Melilotus officinalis and Bindii. In this way, a jam spoon (equivalent to 5 grams of powdered this herbal composition) with a cup of boiling water (equivalent to 150 cc) is brewed for 25-30 minutes and

after straining it is given to the patient. This herbal tea will be prescribed half an hour after lunch for 5 days.

Main outcome variables

Early signs; Clinical manifestations; Patient outcome

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200806048318N1**

Registration date: **2020-08-20, 1399/05/30**

Registration timing: **prospective**

Last update: **2020-08-20, 1399/05/30**

Update count: **0**

Registration date

2020-08-20, 1399/05/30

Registrant information

Name

Zohreh Vakili

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3331 2755

Email address

z.vakili@resident.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-09-22, 1399/07/01

Expected recruitment end date

2020-12-21, 1399/10/01

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of herbal tea (including mallow flower, chicory seeds, sweet violet flower, Melilotus officinalis and Bindii) on improving respiratory symptoms in patients with Covid-19

Public title
The effect of herbal tea on improving respiratory symptoms in patients with Covid-19

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Positive result of PCR or CT SCAN of COVID-19 disease in accordance with international standards Age 60-15 years Patient consent to participate in the study
Exclusion criteria:
Has diseases such as Alzheimer's, Parkinson's, multiple sclerosis, neuromuscular diseases, myasthenia gravis Pregnant women Patients with blood pressure lower than 40/90 mmHg Breathe more or equal to 30 per minute Blood oxygen saturation less than 93% at rest PaO2 to FIO2 ratio less than or equal to 300 mmHg Patients with more than 50% of exudative lesions in 24-48 hours in the lung image

Age
From **15 years** old to **60 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description
Patients will be divided into two groups of 40 using the random block method with 2 blocks. So that the first two cases are separated and assigned to group one, the second two cases are separated and assigned to group two, and this will be continued two by two in the same way till the ending of samples.

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 Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezar Jerib street

City

Isfahan

Province

Isfahan

Postal code

8174673461

Approval date

2020-08-02, 1399/05/12

Ethics committee reference number

IR.MUI.MED.REC.1399.359

Health conditions studied

1

Description of health condition studied

COVID-19 disease

ICD-10 code

U07.1

ICD-10 code description

COVID-19 disease

Primary outcomes

1

Description

Respiratory rate

Timepoint

Before the intervention and the first to fifth days of treatment

Method of measurement

Observation

2

Description

Number of coughs

Timepoint

Before the intervention and the first to fifth days of treatment

Method of measurement

Observation

3

Description

Percentage of oxygen saturation

Timepoint

Before the intervention and the first to fifth days of treatment

Method of measurement

Pulse Oximeter device

4**Description**

Shortness of breath

Timepoint

Before the intervention and the first to fifth days of treatment

Method of measurement

Observation

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Patients in this group, in addition to receiving routine treatment, will use the herbal tea including mallow flower, chicory seeds, sweet violet flower, Melilotus Officinalis, and Bindii. In this way, a jam spoon (equivalent to 5 grams of powdered this herbal composition) with a cup of boiling water (equivalent to 150 cc) is brewed for 25-30 minutes and after straining it is given to the patient. This herbal tea will be prescribed half an hour after lunch for 5 days.

Category

Treatment - Drugs

2**Description**

Control group: Patients in this group will be received only routine treatment.

Category

N/A

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

Shafa Hospital

Full name of responsible person

Mehdi Akhve

Street address

Shafa Specialized Hospital (Kalishad and Sudarjan), Baharestan, Kalishad, Isfahan.

City

Isfahan

Province

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8456168452

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+98 31 3748 9392

Fax**Email**

--@gmail.com

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

Esfahan University of Medical Sciences

Full name of responsible person

Shaghayegh Haghjoo Javanmard

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Vice Chancellor for Research, School of Medicine, Hezar Jarib Street, Isfahan.

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

No

Title of funding source

Isfahan 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**

Esfahan University of Medical Sciences

Full name of responsible person

Mehdi Akhveh

Position

Non-faculty specialist physician

Latest degree

Specialist

Other areas of specialty/work

Anesthesiology

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Unit 7, First Floor, No. 26, Residence Apartment, Sub-12, West Alley, Telecommunication Street, Shahinshahr.

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arnica.darou@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Mehdi Akhveh
Position
Non-faculty specialist physician
Latest degree
Specialist
Other areas of specialty/work
Anesthesiology
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Person responsible for updating data

Contact

Name of organization / entity
Esfahan University of Medical Sciences

Full name of responsible person
Mehdi Akhveh
Position
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Latest degree
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arnica.darou@gmail.com

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