

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 2026

### The Effect of Manual Acupuncture along with Conventional Therapies on the Treatment of Allergic Rhinitis

#### Protocol summary

##### Study aim

Determining and comparing the effect of manual acupuncture along with conventional therapies on the treatment of allergic rhinitis

##### Design

Open-label clinical trial, Parallel-Group, Randomized

##### Settings and conduct

This study is a randomized, open-label clinical trial; in order to evaluate the effect of manual acupuncture along with conventional therapies on the treatment of allergic rhinitis on 54 patients with allergic rhinitis referred to the ENT clinic of Kashani and Alzahra hospitals in Isfahan will be performed.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria include having allergic rhinitis, having positive skin allergy test determined by Skin Prick Test, and declaring satisfaction to participate in the study. Exclusion criteria include having any previous rhinoplasty surgery, nasal anatomical abnormalities such as nasal polyps or septal abnormalities, a refractory asthma, a long-term use of corticosteroids, tuberculosis, diabetes, and any other chronic systemic diseases as well as being suspicious for malignancy.

##### Intervention groups

In the first group, in addition to the routine treatment, patients will be treated with manual acupuncture twice a week for three weeks. In the second group, only conventional treatment will be performed for patients.

##### Main outcome variables

Runny nose; Sneezing

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20200825048515N8**

Registration date: **2020-10-18, 1399/07/27**

Registration timing: **retrospective**

Last update: **2020-10-18, 1399/07/27**

Update count: **0**

##### Registration date

2020-10-18, 1399/07/27

##### Registrant information

###### Name

Asieh Maghami Mehr

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 31 0000 0000

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asimaghami@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-08-22, 1399/06/01

##### Expected recruitment end date

2020-09-22, 1399/07/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effect of Manual Acupuncture along with Conventional Therapies on the Treatment of Allergic Rhinitis

##### Public title

The Effect of Manual Acupuncture on the Treatment of Allergic Rhinitis

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

**Inclusion criteria:**

Having Allergic Rhinitis Positive skin allergy test determined by Skin Prick Test (SPT) Declaring satisfaction to participate in the study

**Exclusion criteria:**

Having any previous rhinoplasty surgery Having nasal anatomical abnormalities such as nasal polyps or septal abnormalities Having a refractory asthma Having a long-term use of corticosteroids Having tuberculosis Having diabetes, and any other chronic systemic diseases as well as being suspicious for malignancy

**Age**

From **18 years** old to **65 years** old

**Gender**

Both

**Phase**

3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **54**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

First, eligible patients will be randomly selected. Then, random numbers are generated and divided into two groups using computer random allocation software. A number will be randomly assigned to each patient; that this number indicates what group should be patient assigned.

**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**

Street address Isfahan University of Medical Sciences, Hezar Jarib Ave., Azadi Sq

**City**

Isfahan

**Province**

Isfahan

**Postal code**

8179964167

**Approval date**

2020-02-23, 1398/12/04

**Ethics committee reference number**

IR.MUI.MED.REC.1398.716

**Health conditions studied****1****Description of health condition studied**

Allergic Rhinitis

**ICD-10 code**

J30.9

**ICD-10 code description**

Allergic rhinitis, unspecified

**Primary outcomes****1****Description**

Runny nose

**Timepoint**

Based on Visual analog scale

**Method of measurement**

Before, 2 and 6 weeks after treatment

**2****Description**

Sneezing

**Timepoint**

Before, 2 and 6 weeks after treatment

**Method of measurement**

Based on Visual analog scale

**Secondary outcomes**

empty

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

Intervention group: For patients, in addition to conventional treatment, they will be treated with manual acupuncture twice a week for three weeks. Before starting the acupuncture treatment, patients will be examined to specify traditional Chinese medicine pattern recognition. Basic points for acupuncture including Tinghui (GB2, depth 0.5 cun), Tinggong (SI19, depth: 0.5cun), Ermen (TE21, depth 0.5cun), and Yifeng (TE17, depth 0,5cun ) will be selected according to the World Health Organization guidelines. Other points are selected according to guidelines on Chinese medicine diagnosis. A maximum of five points of the most active points will be selected by point selector devise. patients are placed in the sitting position and the acupoint area will be disinfected twice with iodine. The acupuncturist places his/her left index finger immediately above the acupoint, holds the needle between his/her right thumb and index finger, and quickly pierces the skin of the patient.

**Category**

Treatment - Other

## 2

### Description

Intervention group: For patients, only the conventional treatment is performed. Conventional treatment for allergic rhinitis will include the use of 10 mg Cetirizine tablets daily, and the use of normal saline nasal spray to rinse the nose, as well as the daily Beconase spray inside each nose.

### Category

Treatment - Drugs

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

Ear Nose and Throat Clinic of Al-Zahra Hospital

**Full name of responsible person**

Sayed Mostafa Hashemi

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Hezar Jarib Street.

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### 2

#### Recruitment center

**Name of recruitment center**

Ear Nose and Throat Clinic of Al-Zahra Hospital

**Full name of responsible person**

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## 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, Isfahan University of Medical Sciences and Health Services, Hezar Jarib Street

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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**

Sayed Mostafa Hashemi

**Position**

Professor

**Latest degree**

Specialist

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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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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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

There is no further information

**Study Protocol**

No - There is not a plan to make this available

**Statistical Analysis Plan**

No - There is not a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available

**Clinical Study Report**

No - There is not a plan to make this available

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

No - There is not a plan to make this available