

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Jun 2026

### Comparison of the effect of Mentha Piperita and Rosmarinus Officinalis on pain, weakness and fatigue in patients with COVID-19

#### Protocol summary

##### Study aim

Comparison of the effect of Mentha Piperita and Rosmarinus Officinalis on pain, weakness and fatigue in patients with COVID-19

##### Design

A clinical trial with a control group with parallel groups, one-way blind, randomized, on 120 patients. Excel software rand function is used for randomization.

##### Settings and conduct

Patients with Covid-19 are identified through health centers dedicated to receiving and visiting coronary patients. The researcher then contacts the selected samples and, if they are allow, goes to the patients' house to provide the relevant forms as well as herbal sweat and a 100 cc glass and provide the necessary training. The researcher will contact the samples daily and remind them about consuming herbal sweat and completing the forms. The researcher's phone number is also provided to the samples to answer their questions if needed. The researcher returned to the patients' house on the fourth day to collect all the forms.

##### Participants/Inclusion and exclusion criteria

Patients aged 15-70 years who have been diagnosed with Covid-19 disease by PCR or CT scan of the lung and have symptoms of pain, weakness and fatigue. Exclusion criteria include pregnancy or lactation, sensitivity to herbal medicines

##### Intervention groups

Peppermint group: Consume 100 cc of bottled liquid 3 times a day for 3 days, using a graduated glass that is provided with a bottle of peppermint sweat. Rosemary group: Consume 100 cc of bottle liquid 3 times a day for 3 days, using a graduated glass that is provided with a bottle of rosemary sweat. Placebo group: Consume 100 cc of bottle liquid 3 times a day for 3 days, using a graduated glass that is provided with a bottle of water. Control group: No intervention is performed

##### Main outcome variables

pain; Weakness; Fatigue

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20110430006342N11**

Registration date: **2021-06-28, 1400/04/07**

Registration timing: **registered\_while\_recruiting**

Last update: **2021-06-28, 1400/04/07**

Update count: **0**

##### Registration date

2021-06-28, 1400/04/07

##### Registrant information

##### Name

Ali Asghar Ghods

##### Name of organization / entity

Semnan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 23 1335 4192

##### Email address

aaghods@sem-ums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-06-22, 1400/04/01

##### 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

Comparison of the effect of Mentha Piperita and Rosmarinus Officinalis on pain, weakness and fatigue in patients with COVID-19

## Public title

Comparison of the effect of Mentha Piperita and Rosmarinus Officinalis on pain, weakness and fatigue in patients with COVID-19

## Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

Patients with Covid-19 Having body aches Having weakness Having fatigue

### Exclusion criteria:

Pregnant women Breastfeeding women Allergy to herbal medicines

## Age

From **15 years** old to **70 years** old

## Gender

Both

## Phase

3

## Groups that have been masked

- Participant

## Sample size

Target sample size: **120**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Patients are randomly divided into four groups: peppermint, rosemary, placebo and control. For each block of four, one of 24 possible modes is randomly selected

## Blinding (investigator's opinion)

Single blinded

## Blinding description

Patients know that they are randomly given one of herbal sweat or water. Herbal sweat or placebo is provided to patients in identical and unlabeled containers

## Placebo

Used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Research Ethics Committees of Semnan University of Medical Sciences and Health Services

##### Street address

Headquarters of Semnan University of Medical

Sciences, Basij Boulevard

#### City

Semnan

#### Province

Semnan

#### Postal code

3519711111

#### Approval date

2021-05-25, 1400/03/04

#### Ethics committee reference number

IR.SEMUMS.REC.1400.040

## Health conditions studied

### 1

#### Description of health condition studied

covid-19

#### ICD-10 code

U07.1

#### ICD-10 code description

COVID-19, virus identified

## Primary outcomes

### 1

#### Description

Pain score on the visual analog scale of pain

#### Timepoint

Before intervention, 24, 48 and 72 hours after intervention

#### Method of measurement

Visual Analogue Scale

### 2

#### Description

Weakness score on visual analog scale

#### Timepoint

Before intervention, 24, 48 and 72 hours after intervention

#### Method of measurement

Visual Analogue Scale

### 3

#### Description

Fatigue score

#### Timepoint

Before intervention, 24, 48 and 72 hours after intervention

#### Method of measurement

Fatigue severity scale (FSS)

## Secondary outcomes

empty

## Intervention groups

## 1

### Description

Intervention group: Peppermint Sweat Made by Yaghoot Company 100 cc three times a day for three consecutive days

### Category

Treatment - Other

## 2

### Description

Intervention group: Rosmarinus Sweat Made by Yaghoot Company 100 cc three times a day for three consecutive days

### Category

Treatment - Other

## 3

### Description

Intervention group: Placebo. Water is used . Three times a day for three days

### Category

Placebo

## 4

### Description

Control group: No intervention is performed

### Category

N/A

## Recruitment centers

## 1

### Recruitment center

#### Name of recruitment center

Health center of 17-shahrivar

#### Full name of responsible person

Reyhaneh Molakazemi

#### Street address

Headquarters of Semnan University of Medical Sciences, Basij Boulevard

#### City

Semnan

#### Province

Semnan

#### Postal code

3514799442

#### Phone

+98 23 3344 8996

#### Email

noble.1400@gmail.com

## Sponsors / Funding sources

## 1

### Sponsor

#### Name of organization / entity

Semnan University of Medical Sciences

### Full name of responsible person

Parviz Kokhaee

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### Province

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### Phone

+98 23 3344 8996

### Email

p\_kokha@yahoo.com

### Grant name

### Grant code / Reference number

### Is the source of funding the same sponsor organization/entity?

Yes

### Title of funding source

Semnan 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

Semnan University of Medical Sciences

#### Full name of responsible person

Ali Asghar Ghods

#### Position

Faculty Member

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Nursery

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## Person responsible for scientific inquiries

### Contact

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**Position**

Faculty Member

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Ph.D.

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## Person responsible for updating data

### Contact

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**Email**

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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**

Yes - There is 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**

Yes - There is a plan to make this available

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

Statistical results and data analysis will be published

**When the data will become available and for how long**

Six months to one year after sampling

**To whom data/document is available**

The results are published in one of the prestigious journals. Researchers working in academic and scientific institutions can access it

**Under which criteria data/document could be used**

To be aware of research results. Academic researchers can use published material by citing the source

**From where data/document is obtainable**

Information can be obtained by email or mailing address of the responsible author.

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

The applicant can request information by introducing him/herself. The required answer will be given within two weeks.

**Comments**