

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

31 May 2026

### Evaluation of the efficacy of eucalyptus essence inhalation in hospitalized patients with COVID-19: a clinical trial study

#### Protocol summary

##### Study aim

Comparison of the effectiveness of eucalyptus essence inhalation in the intervention and control groups in hospitalized patients with COVID-19

##### Design

A randomized controlled clinical trial, phase 3 on 40 patients, a random sequence is created by an epidemiologist by running an online program on the website (<https://www.sealedenvelope.com>), due to the use of codes The specialization created by the website also guarantees the allocation hiding

##### Settings and conduct

Study place: General ward of Kamkar Martyrs Hospital in Qom; Study population: hospitalized patients with COVID-19 ; Type of blinding: In this study blinding was not performed

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: patients with COVID-19; Ability to participate in the study; Age between 18 and 70; Lung tissue involvement according to CT scan; Signing informed consent form. Non-inclusion criteria: use of drugs affecting airway obstruction such as salbutamol spray; Pregnancy and lactation; Previous medical history; Cardiopulmonary disease; Blood pressure above 160 mm Hg; Sensitivity to medicinal plants

##### Intervention groups

Intervention group: Patients with COVID-19 who in addition to receiving routine hospital care will receive eucalyptus essence every 12 hours for 5 days with a nebulizer mask. Control group: Patients with COVID-19 who receive only routine hospital care

##### Main outcome variables

respiratory rate; blood pressure; heart rate ;Number of coughs; white blood cells (WBC); Arterial blood saturation; Fever

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20201127049507N1**  
Registration date: **2021-08-22, 1400/05/31**  
Registration timing: **prospective**

Last update: **2021-08-22, 1400/05/31**

Update count: **0**

##### Registration date

2021-08-22, 1400/05/31

##### Registrant information

##### Name

Iman Khahan-Yazdi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 25 3661 7321

##### Email address

antenen@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-09-01, 1400/06/10

##### Expected recruitment end date

2022-09-01, 1401/06/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Evaluation of the efficacy of eucalyptus essence inhalation in hospitalized patients with COVID-19: a clinical trial study

**Public title**

The efficacy of eucalyptus essence inhalation in hospitalized patients with COVID-19

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

People with a diagnosis of COVID -19 and hospitalization in general wards Having the necessary ability to conduct studies Involvement of lung tissue according to CT scan In both sexes men and women in the age group of 18 to 70 years who have recently been admitted Have signed the informed consent form to participate in the study They do not participate in another clinical trial at the same time

**Exclusion criteria:**

History of previous illness Pregnancy and lactation Serious heart and lung disease Blood pressure above 160 mm Hg history of allergic symptoms Consumption of herbal perfumes as well as synthetic sprays effective on airway obstruction

**Age**

From **18 years** old to **70 years** old

**Gender**

Both

**Phase**

3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **40**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

patients will be allocated into two groups using apermuted balanced block randomization method with the size of blocks 4 and 6 . random sequence will be generated by an epidemiologist by running an online program in sealed envelope website(<https://www.sealedenvelope.com>) . concealment is also guaranteed due to the use of specific codes that are obtained by the website

**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 Qom University of Medical

Sciences

**Street address**

Qom University of Medical Sciences; Qadir Blvd.

**City**

Qom

**Province**

Ghous

**Postal code**

3713649373

**Approval date**

2021-03-13, 1399/12/23

**Ethics committee reference number**

IR.MUQ.REC.1400.003

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

COVID -19 disease

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Arterial oxygen saturation

**Timepoint**

Every 24 hours

**Method of measurement**

With pulse oximetry device

**2****Description**

respiratory rate

**Timepoint**

every 24 hours

**Method of measurement**

By monitoring device

**3****Description**

blood pressure

**Timepoint**

every 24 hours

**Method of measurement**

By monitoring device

**4****Description**

heart rate

**Timepoint**

every 24 hours

**Method of measurement**

By monitoring device

## 5

### Description

white blood cells

### Timepoint

every 24 hours

### Method of measurement

Perform a complete blood count test

## 6

### Description

fever

### Timepoint

every 24 hours

### Method of measurement

By thermometer device

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: The intervention group will receive routine ward care as well as 2cc essence of Eucalyptus, that will be prepared in the Jihad Agricultural Unit of University of Tehran, after being diluted with 3cc of distilled water to a concentration of 0.125%, delivered via a nebulizer mask, every 12 hours per day for a duration of 10 minutes, that is, 10 times in 5 days at times, not coinciding with the time of other medications. Arterial blood saturation and all other parameters will be measured and recorded, before and after the intervention, by monitoring device, pulse oximetry and thermometer. Relevant blood investigations carried out during routine hospital workup, will also be recorded from the patient's file.

#### Category

Treatment - Drugs

### 2

#### Description

Control group: Receive routine hospital care and do not receive extra intervention

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Kamkar Hospital

##### Full name of responsible person

Dr. Javad Khodadadi

##### Street address

19 Dey street

#### City

Qom

#### Province

Ghous

#### Postal code

3713649373

#### Phone

+98 25 3771 3511

#### Email

mail@muq.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Ghous University of Medical Sciences

##### Full name of responsible person

Dr. Mohammad Reza Qadir

##### Street address

Shahid Lavasani St

##### City

Qom

##### Province

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##### Postal code

3713649373

##### Phone

+98 25 3107 1111

##### Email

mail@muq.ac.ir

##### Web page address

https://muq.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Ghous 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

Ghous University of Medical Sciences

##### Full name of responsible person

Iman Khahan Yazdi

##### Position

student

**Latest degree**

A Level or less

**Other areas of specialty/work**

Nursery

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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**

student

**Latest degree**

A Level or less

**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**

Undecided - It is not yet known if there will be a plan to make this available