Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 May 2026

Comparison of the effectiveness of Turmeric and Ginger on the clinical manifestations and laboratory findings of patients with Covid-19

Protocol summary

Study aim

This study aimed to compare the effectiveness of turmeric and ginger on clinical manifestations and laboratory findings of patients with Covid-19.

Design

Triple blind, randomized clinical trial, with control group, with a parallel group design of 90 patients with Covid-19.

Settings and conduct

This study will be performed in the outpatient clinic of Kowsar hospital in Semnan. In the first group of the test, turmeric (corcoma tablets) in the amount of 500 mg 3 times a day for 5 days will be used. In the second group of the test, ginger (Vomigone tablets) in the amount of 500 mg 3 times a day for 5 days will be used. In the control group, patients will receive placebo tablets 3 times a day for 5 days. Assignment of patients to three groups was done in a simple random method using sealed envelopes. Because the drugs in the same bottles are opaque, marked only in letters, and even the doctor does not know their contents, the participant, the evaluator, and the person analyzing the results will not know how the patients are assigned to the groups (Triple blind).

Participants/Inclusion and exclusion criteria

Inclusion criteria:Definitive diagnosis of disease; Insensitivity to ginger and turmeric; Do not take anti-inflammatory drugs such as colchicine and Actemra. Exclusion criteria: unwillingness to continue participating in research.

Intervention groups

The first intervention group includes patients with Covid who receive turmeric supplement (corcoma pill). The second intervention group includes patients with Covid who receive ginger supplement (Vomigan pill). The control group includes patients with Covid who receive placebo pill.

Main outcome variables

Clinical manifestations (fever, cough, fatigue, sore throat, nasal congestion, diarrhea and dyspnea) and laboratory findings (CBC, ESR, CRP and LDH) of patients with Covid-19

General information

Reason for update

Due to participants were randomly assigned to groups using sealed envelopes containing the letters T, G, and C, each of which identifies intervention or control groups and drugs were identified in similar, opaque, letter-only bottles, and patients were treated on an outpatient basis at home, participants, the outcome assessor, and the data analyst were unaware of the allocation of individuals to experimentals and control groups, hence, study design changed to triple-blind.

Acronym

IRCT registration information

IRCT registration number: **IRCT20120109008665N14**
Registration date: **2021-08-31, 1400/06/09**
Registration timing: **prospective**

Last update: **2025-06-16, 1404/03/26**
Update count: **1**

Registration date

2021-08-31, 1400/06/09

Registrant information

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Hassan Babamohamadi
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Semnan University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date
2021-09-16, 1400/06/25
Expected recruitment end date
2022-03-20, 1400/12/29
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparison of the effectiveness of Turmeric and Ginger on the clinical manifestations and laboratory findings of patients with Covid-19

Public title
Comparison of the effectiveness of Turmeric and Ginger on the clinical manifestations and laboratory findings of patients with Covid-19
Purpose
Health service research
Inclusion/Exclusion criteria
Inclusion criteria:
Age 18 years or older Definitive diagnosis of Covid-19 disease (positive PCR, CT scan) Absence of chronic hepatitis Absence of cirrhosis Absence of cholestatic liver disease Absence of gallbladder inflammation Absence of peptic ulcers Lack of sensitivity to ginger Lack of sensitivity to turmeric Absence of women during pregnancy and lactation Do not take anti-inflammatory drugs such as Colchicine and Actemra
Exclusion criteria:
Reluctance to continue participating in research
Age
From **18 years** old
Gender
Both

Phase
3
Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample size
Target sample size: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
Assignment of samples (to two experimental groups and one control group) will be done by simple random method using sealed envelopes. In this method, the letter T represents the turmeric group, the letter G represents the ginger group and the letter C represents the control group.
Blinding (investigator's opinion)
Triple blinded
Blinding description
Participants are randomly assigned to groups using sealed envelopes containing the letters T, G, and C, each of which identifies intervention or control groups. Because drugs will be identified in similar, opaque, letter-only bottles, and patients will be treated on an outpatient basis at home, participants, the outcome assessor, and the data analyst are unaware of the allocation of individuals to experimentals and control groups.
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Semnan University of Medical Sciences
Street address
Vice Chancellor of Research and Technology, Semnan University of Medical Sciences, Basidj Blv, Semnan, Iran
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Semnan
Province
Semnan
Postal code
3519899951
Approval date
2021-08-24, 1400/06/02
Ethics committee reference number
IR.SEMUMS.REC.1400.105

Health conditions studied

1

Description of health condition studied
COVID-19
ICD-10 code
U07.1
ICD-10 code description
COVID-19

Primary outcomes

1

Description
Fever
Timepoint
From the beginning of the intervention until the fifth day
Method of measurement
Fever will be measured using a mercury thermometer.

2

Description
Cough
Timepoint
From the beginning of the intervention until the fifth day
Method of measurement
Severity of cough will be measured using the visual analog scale (VAS).

3

Description
Fatigue
Timepoint
From the beginning of the intervention until the fifth day
Method of measurement
Severity of fatigue will be measured using the visual analog scale (VAS).

4

Description
Sore throat
Timepoint
From the beginning of the intervention until the fifth day
Method of measurement
Severity of sore throat will be measured using the visual analog scale (VAS).

5

Description
Nasal congestion
Timepoint
From the beginning of the intervention until the fifth day
Method of measurement
Severity of nasal congestion will be measured using the visual analog scale (VAS).

6

Description
Diarrhea
Timepoint
From the beginning of the intervention until the fifth day
Method of measurement
The severity of diarrhea will be assessed by the number of times a day.

7

Description
Dyspnea
Timepoint
From the beginning of the intervention until the fifth day
Method of measurement
Severity of dyspnea will be measured using the visual analog scale (VAS).

Secondary outcomes

1

Description
Complete blood count (CBC)
Timepoint
At the beginning of the study (before the intervention) and at the end of the study (completion of the intervention)
Method of measurement
Using the relevant laboratory kits

2

Description
Erythrocyte sedimentation rate (ESR)
Timepoint
At the beginning of the study (before the intervention) and at the end of the study (completion of the intervention)
Method of measurement
Using the relevant laboratory kits

3

Description
C-reactive protein (CRP)
Timepoint
At the beginning of the study (before the intervention) and at the end of the study (completion of the intervention)
Method of measurement
Using the relevant laboratory kits

4

Description
Lactate dehydrogenase (LDH)
Timepoint
At the beginning of the study (before the intervention) and at the end of the study (completion of the intervention)
Method of measurement
Using the relevant laboratory kits

Intervention groups

1

Description
Intervention group: Group A (turmeric) receives 3 tablets of 500 mg of turmeric (curcuma) daily with standard treatment of Covid-19. The medicine will be given to the person by the therapeutic physician. Pills are taken by people before each meal.The pills are made by Dineh Pharmaceutical Company.
Category
Prevention

2

Description
Intervention group: Group B (Vomigone) receives 3 tablets of 500 mg of ginger (Vomigone) daily with

standard treatment of Covid-19. The medicine will be given to the person by the therapeutic physician. Pills are taken by people before each meal.The pills are made by Dineh Pharmaceutical Company.

Category

Prevention

3

Description

Control group: Group C receives 3 tablets of 500 mg of placebo daily with standard treatment of Covid-19. The medicine will be given to the person by the therapeutic physician. Pills are taken by people before each meal.The pills are made by Dineh Pharmaceutical Company and contain compounds of polyvinyl pyrrolidone (PVP), microcrystalline cellulose (Avicel), starch and colorless.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Kosar hospital affiliated to Semnan University of Medical Sciences

Full name of responsible person

Hassan Babamohamadi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Hassan Babamohamadi

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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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
Not applicable

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
Not applicable

Data Dictionary
Not applicable