

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

Evaluation of the effect of Thyme and Mint herbal tea on Salivary PH

Protocol summary

Study aim

Evaluation of the effect of Thyme and Mint herbal tea on Salivary PH

Design

Clinical trial with control group, double blind, randomized, phase 2, sample size 60

Settings and conduct

This simple double blind (analyzer, volunteer) clinical trial study performed on 20-30 years-old Zahedan dental students. mint and thyme plant demos are prepared and filtered in specified dilutions. from study subjects asked to refrain from eating and drinking 90 minutes before the test. The minimum interval between consuming mint and thyme is 1 day. the unstimulated saliva were collected before min use for 3 minutes, every 60 seconds. Then re-sampling 1, 5 and 10 min after consuming 150 ml of non-sweetening juice in separate tubes and assessed the pH of the saliva by PH meter. Then stop mint use, on the second day, the unstimulated saliva were collected before using thyme demon, within 3 minutes and every 60 seconds, and half hour later re-sampling 1, 5 and 10 min after 150 ml of non-sweetening deminus in separate tubes and assessed salivary pH. Data is recorded.

Participants/Inclusion and exclusion criteria

dental students aged 20 - 30 year old Inclusion criteria : No systemic disease, no history of drug use in the past 3 months No infection or acute or chronic dental or periodontal abscess No salivary gland disorders such as sjogren, stones, infection, neoplasm No histories of radiotherapy, tobacco use and drugs Do not use intraoral devices such as orthodontic plaque No oral lesions and no periodontal problems Exclusion criteria: uncooperate the age under 20 and over 30 years

Intervention groups

Mint consumer group and thyme consumer group

Main outcome variables

The Effect of mint and thyme consumption on the dental caries decreasing-salivary ph

General information

Reason for update

Acronym

-

IRCT registration information

IRCT registration number: **IRCT20191012045067N6**

Registration date: **2022-12-09, 1401/09/18**

Registration timing: **retrospective**

Last update: **2022-12-09, 1401/09/18**

Update count: **0**

Registration date

2022-12-09, 1401/09/18

Registrant information

Name

masoomeh shirzaiy

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3321 1135

Email address

shirzaiy@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-11-01, 1401/08/10

Expected recruitment end date

2022-12-01, 1401/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effect of Thyme and Mint herbal tea on Salivary PH

Public title

Evaluation of the effect of Thyme and Mint herbal tea on Salivary PH

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

No systemic disease, , no history of drug use in the past 3 months, no infection or acute or chronic dental or periodontal abscesses no salivary gland disorders such as, stones, infection, neoplasms, no intravenous radiotherapy, no history of smoking and drug use no history of Oral plaque use such as orthodontic plaque, no oral lesions no periodontal problems

Exclusion criteria:

Unwillingness to cooperate Age over 30 years

Age

From **20 years** old to **30 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Participant
- Data analyser

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Random assignment of participants to two groups is done by simple randomization method. In this way, the samples of eligible clients are assigned to the desired group based on blocks of 4 (consisting of two groups A and B and two repetitions for each) that will be randomly selected from among all the possible states of permutations. These blocks were created using statistical software R version 4.0.2 (Table 1). Table 1: The practical method of assigning students to two groups with a simple randomization method BAAB AAB BBA ABBA BBAA ABAB AAB BBA ABBA AAB BBA ABAB AAB BBA ABBA BBAA AAB BBA ABBA BBAA AAB BBA

Blinding (investigator's opinion)

Double blinded

Blinding description

The participant and analyzer do not know the type of consumables and the consumables are numbered as 1 , 2.The substance is given to the participant in a glass with a coding matte lid and the analyzer records information only based on the desired code

Placebo

Not used

Assignment

Parallel

Other design features

-

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

دانشگاه علوم پزشکی زاهدان

Street address

azadegan street-dental school

City

zahedan

Province

Sistan-va-Balouchestan

Postal code

98176996930

Approval date

2022-07-26, 1401/05/04

Ethics committee reference number

IR.ZAUMS.REC.1401.146

Health conditions studied

1

Description of health condition studied

The effect of mint and thyme tea consumption on salivary pH

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

salivary PH rate

Timepoint

Before use, 1.5 and 10 minutes after use

Method of measurement

ph meter

Secondary outcomes

1

Description

salivary ph change

Timepoint

Before starting the study - 1, 5 and 10 minutes after the intervention

Method of measurement

Digital ph meter device

Intervention groups

1

Description

Intervention mint group In this group ,the participant receives mint tea(the composition of 100 grams of Saharkhiz mint powder in 250cc boiled water) in 1 dose (once)

Category

Other

2

Description

Intervention group: thyme(the composition of 100 grams of Saharkhiz thyme powder in 250 cc boiled water)-In this group, the participant receives thyme tea in 1 dose(once)

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Zahedan dental school

Full name of responsible person

masoomeh shirzaiy

Street address

Azadegan street- Zahedan dental school

City

zahedan

Province

Sistan-va-Balouchestan

Postal code

9817699693

Phone

+98 54 3344 1814

Email

shirzaiy@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

somaye ansari moghaddam

Street address

Azadegan street -Zahedan dental school

City

zahedan

Province

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9817699693

Phone

+98 54 3344 1824

Email

ma_sarani2000@yahoo.com

Grant name

Grant code / Reference number

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

No

Title of funding source

no

Proportion provided by this source

1

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

معصومه شیرزایی

Position

هیات علمی

Latest degree

Specialist

Other areas of specialty/work

Dentistry

Street address

Azadegan-dental school

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9817699693

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Email

shirzaiy@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

masoomeh shirzaiy

Position

faculty

Latest degree

Specialist

Other areas of specialty/work

Dentistry

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Person responsible for updating data**Contact****Name of organization / entity**

Zahedan University of Medical Sciences

Full name of responsible person

masoomeh shirzaiy

Position

faculty

Latest degree

Specialist

Other areas of specialty/work

Dentistry

Street address

azadegan street-dental school

City**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