

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Investigation effect of Silybum marianum and Panax ginseng on clinical signs and symptoms of allergic rhinitis.

Protocol summary

Summary

The aim of this study is investigation effect of Silybum marianum and Panax ginseng on clinical signs and symptoms of allergic rhinitis. This is a randomized double blind clinical trial. This study is down on patients with allergic rhinitis that are visited in Emam Ali clinic in Shahrekord. Inclusion criteria: 18-55 year old patients with allergic rhinitis for two last years. Exclusion criteria: Patients with cardiac disease, asthma, high blood pressure, diabetes mellitus. Pregnancy and lactation. Patients that use aspirin, warfarin, anti hypertensive drugs and anti psychotic drugs. Sample size is 180. The patients are divided to three groups: The first group are prescribed Panax ginseng capsule 500mg two times daily and standard medication, the second group are prescribed Silybum marianum capsule 140mg two times daily and standard medication and third group are prescribed standard medication only. This study is down in 2015/7/23 to 2015/12/21. The primary outcomes are nasal discharge, nasal itching and sneeze. The secondary outcomes are nasal obstruction or congestion and ocular itching.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201511206252N10**

Registration date: **2015-12-17, 1394/09/26**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-12-17, 1394/09/26

Registrant information

Name

Soroush Amani

Name of organization / entity

Shahrekord University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

samani@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahrekord University of Medical Sciences.

Expected recruitment start date

2015-07-23, 1394/05/01

Expected recruitment end date

2015-12-21, 1394/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation effect of Silybum marianum and Panax ginseng on clinical signs and symptoms of allergic rhinitis.

Public title

Investigation effect of Silybum marianum and Panax ginseng on allergic rhinitis.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 18-55 year old patients with allergic rhinitis for two last years. Exclusion criteria: Patients with cardiac disease, asthma, high blood pressure, diabetes mellitus. Pregnancy and lactation. Patients who use aspirin, warfarin, anti hypertensive drugs and anti

phsycotic drugs.

Age
From **18 years** old to **55 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **180**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shahrekord University of Medical Scienices

Street address
Kashani Avenue, Shahrekord

City
Shahrekod

Postal code
8815713471

Approval date
2015-03-01, 1393/12/10

Ethics committee reference number
93-7-28

Health conditions studied

1

Description of health condition studied
Allergic rhinitis

ICD-10 code
J30.4

ICD-10 code description
Allergic rhinitis, unspecified

Primary outcomes

1

Description

sneezing

Timepoint
first day,seventh day,forteenth day,thirtieth day

Method of measurement
clinical evaluation

2

Description
nasal discharge

Timepoint
first day,seventh day,forteenth day,thirtieth day

Method of measurement
clinical evaluation

3

Description
nasal itching

Timepoint
first day,seventh day,forteenth day,thirtieth day

Method of measurement
clinical evaluation

Secondary outcomes

1

Description
Nasal obstruction or congestion

Timepoint
first day,seventh day, fourteenth day, thirtieth day

Method of measurement
clinical evaluation

2

Description
ocular itching

Timepoint
first day,seventh day, fourteenth day, thirtieth day

Method of measurement
clinical evaluation

Intervention groups

1

Description
The intervention group 2 are prescribed Silybum marianum capsule 140mg two times daily and standard medication.

Category
Treatment - Drugs

2

Description
The control group are prescribed standard medication only.

Category
Treatment - Drugs

3

Description

The intervention group 1 are prescribed Panax ginseng capsule 500mg two times daily and standard medication.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashani Hospital

Full name of responsible person

Soroush Amani MD

Street address

Shariati Avenue, Shahrekord

City

Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chansellor for Research, Shahrekord University of Medical Sciences

Full name of responsible person

Mahmood Mobasheri MD

Street address

Kashani Avenue, Shahrekord

City

Shahrekord

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chansellor for Research, Shahrekord University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Shahrekord University of Medical Sciences

Full name of responsible person

Soroush Amani MD

Position

Otolaryngologist

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty