Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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 paitients with allergic rhinitis that are visited in Emam Ali clinic in Shahrecord. Inclusion criteria: 18-55 year old paitients with allergic rhinitis for two last years. Exclusion criteria: Paitients with cardiac diseasis, asthma, high blood pressure, diabet melitus. Pregnancy and lactation. Paitients that use asprin, varfarin, anti hypertensive drugs and anti phsycotic drugs. Sample size is 180. The paitiens 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 pimary outcomes are nasal discharg, nasal ichting and sneeze.The secondry outcoms are nasal obstrution or congestion and occular ichting.

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

+98 38 1226 4834

Email address

samani@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahrekord University of Medical Sciensis.

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 paitients with allergic rhinitis for two last years. Exclusion criteria: Paitients with cardiac diseasis, asthma, high blood pressure, diabet melitus. Pregnancy and lactation. Paitients who use asprin, varfarin, 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 Sciencies

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 obstraction or congestion

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

Method of measurement
clinical evaluation

2

Description
occular 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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Person responsible for updating data

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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