Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of warm cupping on the symptoms of asthma in adults aged 18-60

Protocol summary

Study aim
Determining the effect of warm cupping on the clinical symptoms of asthma in adults aged 18-60 years

Design
Patients aged 18 to 60 years with mild to moderate asthma who refer to the medical centers of Shahid Sadoughi University of Medical Sciences in Yazd, who refer to the research project as an outpatient during the implementation of the project, are confirmed by a pulmonary specialist through a history and clinical examination and are introduced to the researcher for the project. Firstly, the study exclusion and exclusion criteria are reviewed, and if a patient meets the eligibility criteria, they are entered into the study and informed consent is obtained from them.

Settings and conduct
Shahid Rahnamun Hospital and Hazrat Fatemeh Al-Zahra Hospital

Participants/Inclusion and exclusion criteria
Inclusion criteria: Patients with mild and moderate asthma; Patients who have stable conditions and do not need hospitalization; The age of the patients should be 18 to 60 years. Exclusion criteria: Inability to express the severity of symptoms; A patient who needs hospitalization.

Intervention groups
Control group: Received routine treatment for asthma, including bronchodilators and inhaled corticosteroids Intervention group: Received routine treatment like the control group, plus warm cupping twice in the first week, 3 days apart.

Main outcome variables
Number of shortness of breath per week The amount of salbutamol spray Asthma control rate Exacerbation of asthma

General information

Reason for update
Correcting some spelling errors

Acronym

IRCT registration information
IRCT registration number: **IRCT20230413057896N1**
Registration date: **2025-04-24, 1404/02/04**
Registration timing: **prospective**

Last update: **2025-07-24, 1404/05/02**
Update count: **1**

Registration date
2025-04-24, 1404/02/04

Registrant information

Name
Leyla Barzegar

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-04-26, 1404/02/06

Expected recruitment end date
2025-07-11, 1404/04/20

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of warm cupping on the symptoms of asthma in adults aged 18-60

Public title
The effect of warm cupping in Asthma
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Mild to moderate asthma Age 18-60 years Willingness to use warm cupping therapy Having a stable hemodynamic physical condition
Exclusion criteria:
Pregnancy Breastfeeding Chronic heart disease Patients who decide to withdraw from the study by personal request Inability to express the severity of symptoms The patient requires hospitalization
Age
From **18 years** old to **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **64**
Randomization (investigator's opinion)
Randomized
Randomization description
Individual randomization: People who enter the study are randomly assigned to the control and intervention groups, one at a time, regardless of gender.
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
Research Ethics Committee of Shahid Rahnamon Hospital, Yazd
Street address
Farrokhi Street, Yazd
City
Yazd
Province
Yazd
Postal code
8913814399
Approval date
2023-03-04, 1401/12/13
Ethics committee reference number
IR.SSU.SRH.REC.1401.025

Health conditions studied

1

Description of health condition studied
Asthma
ICD-10 code
J45
ICD-10 code description
Asthma

Primary outcomes

1

Description
Number of shortness of breath per week
Timepoint
Start studying once, the end of the first week, the end of the fifth week, the end of the ninth truth from the beginning of the study
Method of measurement
Asthma Control Test Questionnaire

Secondary outcomes

1

Description
The amount of salbutamol spray
Timepoint
Start studying once, the end of the first week, the end of the fifth week, the end of the ninth truth from the beginning of the study
Method of measurement
ACT questionnaire

Intervention groups

1

Description
Intervention group: In the Department of Iranian Medicine of Shahid Sadoughi University of Medical Sciences, Yazd, the patient will be placed on a medical bed with a guard lying on the stomach or in a prone position. After disinfecting the place where the suction is performed, 5 glasses will be placed on the back of the patient in the area of the lungs on both sides of the spine. By touching these cups on the skin, after putting burning cotton in them, which creates negative pressure and vacuum, 2 to 3 centimeters of the patient's skin protrudes inside the cup. The inflatable cup stays in the lung for 15 minutes, and after 15 minutes, it is slowly removed from the body. The patients of the intervention group are inflated 2 times in the first week with an interval of 3 days.
Category
Treatment - Devices

2

Description
Control group: Treated with common asthma medications including bronchodilators and inhaled corticosteroids
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Rahnemoun Hospital
Full name of responsible person
Leili Barzegari
Street address
Emergency Alley, Farrokhi Street, Yazd Province, Shahid Beheshti Square, Yazd
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Yazd University of Medical Sciences
Full name of responsible person
Amir Houshang Mehrparvar
Street address
Yazd Province, Yazd, Shahid Beheshti Square, Farrokhi Street, Emergency Alley
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Web page address
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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
Yazd 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
Yazd University of Medical Sciences
Full name of responsible person
Leili Barzegari
Position
Ph.D candidate
Latest degree
Medical doctor
Other areas of specialty/work
Traditional Medicine
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Person responsible for updating data

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Latest degree
Medical doctor

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Data analysis

When the data will become available and for how long
After finishing the project

To whom data/document is available
Associate professors

Under which criteria data/document could be used
Checking for treatment and prevention

From where data/document is obtainable
University

What processes are involved for a request to access data/document
Data analysis

Comments