

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Synergistic Effects of Habb-e- Asgand and Isometric Exercises in Rheumatoid Arthritis Management

Protocol summary

Study aim

This study aims to explore synergistic effects of Habb-e- Asgand combined and isometric exercises interventions work together to improve physical function, reduce pain, and enhance the overall quality of life for individuals suffering from RA.

Design

Pragmatic, community based, parallel group, double blinded, randomised controlled trial. Total 70 patients will be randomised into three groups.

Settings and conduct

At Muhammad Institute of Medical and Allied Sciences Multan after getting approval from institutional ethical committee.

Participants/Inclusion and exclusion criteria

Inclusion: Adults (aged 25–60 years) diagnosed with rheumatoid arthritis (RA) based on ACR/EULAR 2010 classification criteria, Active disease symptoms with mild to moderate RA severity, Ability to follow an exercise regimen and adhere to treatment.

Intervention groups

Group A: will be given 1 tablet (500 mg) of Habb-e- Asgand, twice daily after meals, with lukewarm water for 12 weeks. Group B: will be treated with Isometric Exercise Intervention including quadriceps and hamstring isometric contractions (10-second holds, 10-15 repetitions per set), grip-strengthening exercises (squeezing a stress ball for 5-10 seconds, repeated 10-15 times). Each session lasts 30-40 minutes, with a focus on individual tolerance and gradual progression for 12 weeks. Group C will be given combined Intervention both Habb-e-Asgand regimen and isometric exercise protocol as described above.

Main outcome variables

Pain, stiffness, physical activities will be main outcome variables. By using Western Ontario and McMaster Universities (WOMAC) and Numeric Pain Rating Scale , pain stiffness and activities of daily living will be assessed. erythrocyte sedimentation rate, C-reactive

protein, rheumatoid factor will also be monitored. X-ray will also be done for the assessment of the joints with rheumatoid arthritis.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230202057310N14**

Registration date: **2024-12-25, 1403/10/05**

Registration timing: **prospective**

Last update: **2024-12-25, 1403/10/05**

Update count: **0**

Registration date

2024-12-25, 1403/10/05

Registrant information

Name

Imran Ahmad Khan

Name of organization / entity

Muhammad Nawaz Shareef University of Agriculture, Multan

Country

Pakistan

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-01-01, 1403/10/12

Expected recruitment end date

2025-04-04, 1404/01/15

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Synergistic Effects of Habb-e- Asgand and Isometric Exercises in Rheumatoid Arthritis Management

Public title
Habb-e- Asgand and Isometric Exercises in Rheumatoid Arthritis Management

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Adults (aged 25–60 years) diagnosed with rheumatoid arthritis (RA) based on ACR/EULAR 2010 classification criteria Active disease symptoms with mild to moderate RA severity Ability to follow an exercise regimen Adherence to treatment. Patients with swelling in joints and pain
Exclusion criteria:
Severe or end-stage RA requiring surgical intervention Known allergies to herbal products or ingredients in Habb-e-Asgand Recent use of immunosuppressive drugs, other experimental therapies, or specific physiotherapy regimens. Pregnancy Lactation

Age
From **25 years** old to **60 years** old

Gender
Both

Phase
1

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description
Allocation concealment occurs and patients will be recruited by using simple randomization through the Lottery method. lottery method carried out through sealed envelopes.

Blinding (investigator's opinion)
Double blinded

Blinding description
Statistical analyser and outcome assessor will be kept blind so that the result obtained will be without biasness. Participants will be blinded. Both will be unaware of the type of treatments that will be evaluated after the completion of the intervention trial and they will be kept blind by not knowing about the effects and group detail

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Institutional Ethical Committee of Muhammad Institute of Medical and Allied Sciences,

Street address

Multan

City

MULTAN

Postal code

66000

Approval date

2024-12-10, 1403/09/20

Ethics committee reference number

MIMAS/25/12/IAK

Health conditions studied

1

Description of health condition studied

Rheumatoid Arthritis

ICD-10 code

M05

ICD-10 code description

Rheumatoid arthritis with rheumatoid factor

Primary outcomes

1

Description

Pain

Timepoint

12 weeks

Method of measurement

WOMAC and NPRS scale

2

Description

Stiffness

Timepoint

12 weeks

Method of measurement

WOMAC scale

3

Description

Daily activities

Timepoint

12 weeks

Method of measurement

WOMAC scale

4**Description**

Disease activity score

Timepoint

12 weeks

Method of measurement

Disease Activity Score (DAS28)

Secondary outcomes**1****Description**

Decrease in inflammatory biomarkers

Timepoint

12 weeks

Method of measurement

ESR, CRP, RF

2**Description**

Rheumatoid Arthritis Disability

Timepoint

12 weeks

Method of measurement

Rheumatoid Arthritis Disability Index (RADI)

3**Description**

Swollen Joint Count

Timepoint

12 weeks

Method of measurement

Xrays

Intervention groups**1****Description**

Intervention group: Group A: will be given 1 tablet (500 mg) of Habb-e-Asgand, twice daily after meals, with lukewarm water for 12 weeks

Category

Treatment - Drugs

2**Description**

Intervention group: Group B: will be treated with Isometric Exercise Intervention including quadriceps and hamstring isometric contractions (10-second holds, 10-15 repetitions per set), grip-strengthening exercises (squeezing a stress ball for 5-10 seconds, repeated 10-15 times). Each session lasts 30-40 minutes, with a focus on individual tolerance and gradual progression

Category

Rehabilitation

3**Description**

Intervention group: Group C will be given combined Intervention, participants will follow both the Habb-e-Asgand regimen and isometric exercise protocol as described above.

Category

Treatment - Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Muhammad physical therapy clinic and rehabilitation center, Multan

Full name of responsible person

Komal Ammar Bukhari

Street address

Bosan Road

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Dr Maliha Khalid Kha

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Muhammad Institute of Medical and Allied Sciences, Multan, Pakistan.

Full name of responsible person

Qurat Ul Ain

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Grant name

Student fund

Grant code / Reference number

MIMAS/25/05/Khadija

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

Yes

Title of funding source

Muhammad Institute of Medical and Allied Sciences,
Multan, Pakistan.

Proportion provided by this source

70

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

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Muhammad Institute of Medical and Allied Sciences,
Multan, Pakistan.

Full name of responsible person

Maliha Khalid Khan

Position

Lecturer

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

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Coordinator Department of Pharmacy

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Ph.D.

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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

Undecided - It is not yet known if there will be a plan to make this available

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

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available