Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 Habe 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 factotr 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 asessor 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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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