Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluating the efficacy of Boswellia carterii, Zingiber officinale and Achillea millefolium on severity of symptoms of irritable bowel syndrome

Protocol summary

Summary

Irritable bowel syndrome is one of the most common gastrointestinal disorders which is characterized by abdominal pain and change in bowel habit without structural problem. IBS is more common is western countries. In this study we use Boswellia carterii Birdw which has anti acid, anti-inflammation, analgesic effects; Achillea millefolium which has anti spasmodic and anti-inflammatory effect on gastrointestinal system and Zingiber officinale which has anti-oxidant effect. Each MemoGut capsule contains 300mg powder of Boswellia carterii Birdw, 50 mg powder of Zingiber officinale and Ethanolic extract of 50 gr powder of Achillea millefolium. We randomly divide patients in to case (MemoGut) and control (Starch as placebo) group. Patients underwent medication three times a day. We evaluate patients after one month of medication and after the first month we stop our medication and evaluate their symptoms once again (three months after starting medication) and we fulfill our Farsi valid questionnaire (Based on ROME III criteria) in each step. We also check side effect. We will get an informed concept from all participants.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201402089256N3**
Registration date: **2014-05-14, 1393/02/24**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-05-14, 1393/02/24

Registrant information

Name

Ali Toghiani

Name of organization / entity

Islamic Azad University, Najafabad Branch, Isfahan, Iran

Country

Iran (Islamic Republic of)

Phone

+98 939 532 8865

Email address

toghiani@smd.iaun.ac.ir

Recruitment status

Recruitment complete

Funding source

Researchers

Expected recruitment start date

2014-02-20, 1392/12/01

Expected recruitment end date

2014-08-22, 1393/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the efficacy of Boswellia carterii, Zingiber officinale and Achillea millefolium on severity of symptoms of irritable bowel syndrome

Public title

MemoGut effect on IBS

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: patients with IBS; age older than 18 years old. Exclusion criteria: using other medications; pregnancy; incomplete medication; participants tend to exit from study.

Age

From **18 years** old to **100 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **84**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of isfahan university of medical sciences

Street address

Isfahan, Isfahan university of medical sciences

City

Isfahan

Postal code

Approval date

2014-03-10, 1392/12/19

Ethics committee reference number

493009

Health conditions studied

1

Description of health condition studied

Irritable bowel syndrome

ICD-10 code

K58

ICD-10 code description

Irritable bowel syndrome

Primary outcomes

1

Description

Severity of symptoms

Timepoint

Baseline, 1 and 3 months after baseline

Method of measurement

Farsi and valid IBS-SSS questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

in case group patients use Memogut capsule three times per day for a month.

Category

Treatment - Drugs

2

Description

in control group patients use starch as placebo 3 times a day for one month

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Shariaaty Hospital

Full name of responsible person

Ali Toghiani

Street address

102, Gole Nastaran, Golha Alley, Barazande St,

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Peyman Adibi

Street address

isfahan univercity of medical sciences, hezarjarib St, Isfahan

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Isfahan 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

Isfahan University of Medical Sciences

Full name of responsible person

Ali Toghiani

Position

Medical Student

Other areas of specialty/work

Street address

102, Gole Nastaran, Golha Alley, Barazande St,

City

Isfahan

Postal code

Phone

+98 31 1450 1568

Fax

Email

Alitoghiani@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Hamid Afshar

Position

associated professor

Other areas of specialty/work

Street address

Sepahan MRI department, Mohtasham Kashani St,

City

Isfahan

Postal code

Phone

+98 31 1625 5531

Fax

Email

afshar@med.mui.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Isfahan Universty of medical sciences

Full name of responsible person

Ali Toghiani

Position

Medical student

Other areas of specialty/work

Street address

102, Gole Nastaran, Golha Alley, Barazande St,

City

Postal code

Phone

+98 31 1450 1568

Fax

Email

alitoghiani@gmail.com

Web page address

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