

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The evaluation of the effect of Melissa officinalis syrup (A traditional medicine formula) on the mild to moderate Psoriasis.

Protocol summary

Study aim

The evaluation of the effect of Melissa officinalis syrup (A traditional medicine formula) on the mild to moderate psoriasis

Design

Two arm parallel group randomised trial

Settings and conduct

Tehran University of Medical Sciences

Participants/Inclusion and exclusion criteria

Mild to moderate psoriatic patients, with 18 years old age or more.

Intervention groups

12 weeks of intervention with placebo & medication

Main outcome variables

QoL, disease severity

Email address

a-yargholi@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-11-21, 1398/08/30

Expected recruitment end date

2020-05-19, 1399/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191104045326N1**

Registration date: **2019-11-09, 1398/08/18**

Registration timing: **prospective**

Last update: **2019-11-09, 1398/08/18**

Update count: **0**

Registration date

2019-11-09, 1398/08/18

Registrant information

Name

alireza yargholi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2292 2510

Scientific title

The evaluation of the effect of Melissa officinalis syrup (A traditional medicine formula) on the mild to moderate Psoriasis.

Public title

The evaluation of the effect of Melissa officinalis syrup (A traditional medicine formula) on the mild to moderate Psoriasis.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

aga>=18 years old

Exclusion criteria:

Age

From **18 years** old

Gender

Both

Phase

3

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Block randomization

Blinding (investigator's opinion)

Triple blinded

Blinding description

In this research the physician, participants (patients) and the statistician are blinded

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tehran University of Medical Sciences

Street address

No. 10, Khark Ave., Enghelab Ave.

City

Tehran

Province

Tehran

Postal code

0000000000

Approval date

2019-10-23, 1398/08/01

Ethics committee reference number

IR.TUMS.VCR.REC.1397.424

Health conditions studied

1

Description of health condition studied

Psoriasis

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

disease severity with Psoriasis Area Severity Index (PASI)

Timepoint

before intervention, 8th and 12th week of intervention

Method of measurement

PASI score sheet

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Faculty of Traditional Medicine, TUMS

Full name of responsible person

Alireza Yargholi

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No. 10, Khark Ave., Enghelab Ave.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Deputy Dean for Research

Street address

No. 10, Khark Ave., Enghelab Ave.

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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

Tehran 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**

Tehran University of Medical Sciences

Full name of responsible person

Alireza Yargholi

Position

Resident

Latest degree

Medical doctor

Other areas of specialty/work

Traditional Medicine

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Mohammad Hossein Ayati

Position

Assistant Professor of Traditional Medicine

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Specialist

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Person responsible for updating data**Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Alireza Yargholi

Position

Resident

Latest degree

Medical doctor

Other areas of specialty/work

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alirezayargholi@gmail.com

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

Yes - There is 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

Title and more details about the data/document

No more information is available

When the data will become available and for how long

No more information is available

To whom data/document is available

No more information is available

Under which criteria data/document could be used

No more information is available

From where data/document is obtainable

No more information is available

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

No more information is available

Comments