Clinical Trial Protocol
Iranian Registry of Clinical Trials

26 Jun 2026

Efficacy of the myrtle (Myrtus Communis) syrup in the treatment of suspected novel coronavirus pneumonia (COVID-19)

Protocol summary

Study aim
Determination the efficacy of the myrtle syrup in the treatment of suspected novel coronavirus pneumonia (COVID-19)

Design
A randomized controlled clinical trial with parallel groups

Settings and conduct
Eligible patients with mild to moderate disease according to Fifth Edition of the Novel Corona Virus Guidelines who visit the clinics designated by the Kerman department of Health for Covid-19, and candidate for quarantine and receive home treatment will enter to the study. Patients in both groups receive classical medicine according to the Fifth Edition of the Novel Corona Virus Guidelines. Patients in the intervention group receive myrtle syrup as well as classical medicine. Clinical status of the patients will be assess 0-1-2-3-4-7-14 days after intervention.

Participants/Inclusion and exclusion criteria
Patients with 18-65 years old, developing mild to moderate COVID-19 based on Ministry of Health protocol and candidate for outpatient treatment include to this study and those with Allergy to myrtle, asthma or allergy, hypertension, diabetes, pregnancy/lactation, Congestive heart failure, chronic renal failure, chemotherapy, taking Corticosteroid, immune deficiency do not include.

Intervention groups
Intervention group: Receiving medication for treatment of Covid-19 based on Fifth Edition of the Novel Corona Virus Guidelines with myrtle syrup for 5 days (Patients daily boil the contents of a pack containing 10 grams of myrtle fruit and 10 grams of sugar in 3 glasses of water gently to stay 2 glasses, then smooth it and drink one glass in the morning and one glass in the evening.)
Control group: receive medication for treatment of Covid-19 according to Fifth Edition of the Novel Corona Virus Guidelines.

Main outcome variables
Respiratory rate; cough (severity and frequency); temperature; weakness; and muscular pain

General information

Reason for update
Editing sample size

Acronym

IRCT registration information
IRCT registration number: **IRCT20180923041093N3**
Registration date: **2020-03-28, 1399/01/09**
Registration timing: **prospective**

Last update: **2020-06-03, 1399/03/14**
Update count: **1**

Registration date
2020-03-28, 1399/01/09

Registrant information

Name
Fatemeh sadat Hasheminasab

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 71 5333 8547

Email address
hashemifa67@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-04-02, 1399/01/14

Expected recruitment end date
2020-05-03, 1399/02/14

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of the myrtle (Myrtus Communis) syrup in the treatment of suspected novel coronavirus pneumonia (COVID-19)

Public title

Efficacy of the myrtle syrup in the treatment of novel corona

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

18-65 years old Developed mild to moderate COVID-19 based on Fifth Edition of the Novel Corona Virus Guidelines Candidate for outpatient treatment

Exclusion criteria:

Allergy to myrtle Asthma or allergy Hypertension Diabetes Pregnancy/lactation Congestive heart failure Chronic renal failure Chemotherapy Taking Corticosteroid Immune deficiency

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients will be selected according to the inclusion criteria and then randomly assigned to the experimental and control groups according to the random sequence obtained through random allocation software.

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

Ethics committee of Kerman University of Medical Sciences

Street address

Beginning of Ibn Sina Street, Beginning of Jihad Blvd., Somayeh Road (Tahmasebabad), Kerman

City

Kerman

Province

Kerman

Postal code

7616913555

Approval date

2020-02-23, 1398/12/04

Ethics committee reference number

IR.KMU.REC.1399.015

Health conditions studied

1

Description of health condition studied

COVID-19

ICD-10 code

U07.1

ICD-10 code description

COVID-19

Primary outcomes

1

Description

Temperature

Timepoint

0-1-2-3-4-7-14 days after starting intervention

Method of measurement

Termometer

2

Description

Cough (severity-frequency)

Timepoint

0-1-2-3-4-7-14 days after starting intervention

Method of measurement

Fisman Cough Severity Score

3

Description

Weakness

Timepoint

0-1-2-3-4-7-14 days after starting intervention

Method of measurement

Asking patients using visual analog scale (VAS)

4

Description

Muscular pain

Timepoint

0-1-2-3-4-7-14 days after starting intervention

Method of measurement

Asking patients using visual analog scale (VAS)

5

Description
Respiratory rate
Timepoint
0-1-2-3-4-7-14 days after starting intervention
Method of measurement
Counting the number of breaths per minute

Secondary outcomes

1

Description
Hospital admssion
Timepoint
0-1-2-3-4-7-14 days after starting intervention
Method of measurement
Ratio of the number of admission to total patients in each group

2

Description
Mortality
Timepoint
0-1-2-3-4-7-14 days after starting intervention
Method of measurement
Ratio of the number of deaths to total patients in each group

Intervention groups

1

Description
Intervention group: Patients in this group receive medication for treatment of Covid-19 based on Fifth Edition of the Novel Corona Virus Guidelines, in addition they recieve myrtle syrup for 5 days (Patients daily boil the contents of a pack containing 10 grams of myrtle fruit and 10 grams of sugar in 3 glasses of water gently to stay 2 glasses, then smooth it and drink one glass in the morning and one glass in the evening.)
Category
Treatment - Drugs

2

Description
Control group: Patients in this group receive medication according to the novel Corona virus country guideline version 5
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Afzalipour Hospital
Full name of responsible person
Maryam Azimi
Street address
AfzaliPour Hospital, Adjacent to Bahonar University, AfzaliPour Landscape, Imam highway, Kerman
City
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Province
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7616913911
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Email
dr.azimm@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Abbas Pardakhti
Street address
Kerman university of medical sciences, Haft-Bagh Highway
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Province
Kerman
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7616913555
Phone
+98 34 3226 3855
Email
abpardakhty@kmu.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kerman 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

Kerman University of Medical Sciences
Full name of responsible person
Maryam Azimi
Position
Assistant professor
Latest degree
Ph.D.
Other areas of specialty/work
Traditional Medicine
Street address
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Person responsible for scientific inquiries

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Person responsible for updating data

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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
Undecided - It is not yet known if there will be 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
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
After the completion of the study, the information on the main outcome will be shared.
When the data will become available and for how long
10 months after printing
To whom data/document is available
All researchers can take action.
Under which criteria data/document could be used
Data and results will be available to all researchers for research on diabetes.
From where data/document is obtainable
dr.azimm@gmail.com
What processes are involved for a request to access data/document
The data will be provided to the applicant after a review and approval of the request within a month.
Comments