

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

04 Jun 2026

### Evaluation of the therapeutic effect of thyme essence in corona patients

#### Protocol summary

##### Study aim

The therapeutic effect of thyme essential oil in patients with new corona virus infection

##### Design

The clinical trial has a control group and a parallel intervention group, blinded, randomized to 100 patients. For randomization, the table of random numbers based on online software (Kit Set) has been used.

##### Settings and conduct

In this study, patients will be selected from 18-50 year olds whose corona tests were positive and hospitalized in Valiasr Hospital, Zanjan, Iran. The number of people studied in each group is 50. This study includes two groups: Control group: Patients with covid19 who do not receive any other drug (thyme essential oil) except the drug protocol. Intervention group: Patients with covid 19 who, in addition to medication, receive thyme essential oil according to the protocol. It is prepared as a syrup (made from the essence of 10% of thyme). Each patient takes three doses a day, 5 cc each, for one week. Evaluation of results and effectiveness after taking the drug (thyme syrup), fever, cough, runny nose, shortness of breath, headache, muscle aches, sore throat, anorexia, fatigue, weakness and lethargy.

##### Participants/Inclusion and exclusion criteria

Entry criteria: COVID 19 Patients 50-18 years of age in the rehabilitation center. Exclusion criteria: respiratory diseases; pregnant women; allergic diseases and dissatisfaction with participation in the study.

##### Intervention groups

Intervention Group 1: In addition to receiving medication based on the treatment protocol, 15 cc of syrup containing 10% thyme essential oil is given daily in three divided doses for one week. Intervention Group 2: They only receive medication based on the treatment protocol.

##### Main outcome variables

Thyme may be able to speed up the healing of fever, cough, runny nose, shortness of breath, headache, muscle aches, sore throat, anorexia, fatigue, weakness and lethargy.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20200506047319N1**

Registration date: **2020-05-22, 1399/03/02**

Registration timing: **prospective**

Last update: **2020-05-22, 1399/03/02**

Update count: **0**

##### Registration date

2020-05-22, 1399/03/02

##### Registrant information

##### Name

Narjes Khavasi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 24 3315 6141

##### Email address

nxavasi@zums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-05-30, 1399/03/10

##### Expected recruitment end date

2020-07-21, 1399/04/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Evaluation of the therapeutic effect of thyme essence in

corona patients

## Public title

Evaluation of the effect of thyme on corona patients

## Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

People infected by new corona virus Age over 18 years and under 50 years Patients with covid virus 19 hospitalized in Valiasr Hospital

### Exclusion criteria:

Respiratory diseases Pregnant woman Allergic diseases Dissatisfaction with participating in the study

## Age

From **18 years** old to **50 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **100**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Assign patients to two groups of intervention and control using the table of online random numbers (kit set)

## 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

Zanjan University of Medical Sciences Ethics Committee

##### Street address

Vice Chancellor for Research and Technology, Zanjan University of Medical Sciences, Third floor, second building, Azadi Blvd.

##### City

Zanjan

##### Province

Zanjan

##### Postal code

4515613191

#### Approval date

2020-04-29, 1399/02/10

## Ethics committee reference number

0471R.ZUMS.REC.1399

## Health conditions studied

### 1

#### Description of health condition studied

New Corona virus infection

#### ICD-10 code

J00-J99

#### ICD-10 code description

بیماری‌های دستگاه تنفسی

## Primary outcomes

### 1

#### Description

Cough

#### Timepoint

At the beginning of the study (before the intervention) and after the intervention

#### Method of measurement

Questionnaire

## Secondary outcomes

### 1

#### Description

Fever

#### Timepoint

At the beginning of the study (before the intervention) and after the intervention

#### Method of measurement

Questionnaire

### 2

#### Description

Runny nose

#### Timepoint

At the beginning of the study (before the intervention) and after the intervention

#### Method of measurement

Questionnaire

### 3

#### Description

Shortness of breath

#### Timepoint

At the beginning of the study (before the intervention) and after the intervention

#### Method of measurement

Questionnaire

### 4

#### Description

Headache

## **Timepoint**

At the beginning of the study (before the intervention) and after the intervention

## **Method of measurement**

Questionnaire

## **5**

### **Description**

Muscle pain

### **Timepoint**

At the beginning of the study (before the intervention) and after the intervention

### **Method of measurement**

Questionnaire

## **6**

### **Description**

Sore throat

### **Timepoint**

At the beginning of the study (before the intervention) and after the intervention

### **Method of measurement**

Questionnaire

## **7**

### **Description**

Anorexia

### **Timepoint**

At the beginning of the study (before the intervention) and after the intervention

### **Method of measurement**

Questionnaire

## **8**

### **Description**

Weakness and lethargy

### **Timepoint**

At the beginning of the study (before the intervention) and after the intervention

### **Method of measurement**

Questionnaire

## **9**

### **Description**

Percentage of people who are tired

### **Timepoint**

At the beginning of the study (before the intervention) and after the intervention

### **Method of measurement**

Multi-Dimensional Fatigue Questionnaire of Asmets (MFI)

## **Intervention groups**

### **1**

#### **Description**

Intervention group: In addition to receiving medication based on hospital protocol, patients receive 15 cc of

daily syrup containing 10% thyme essence in three divided doses. The syrup was prepared by Gol Daru Company on the order of the University of Medical Sciences.

#### **Category**

Treatment - Drugs

### **2**

#### **Description**

Control group: The only treatment based on hospital protocol is similar to the intervention group.

#### **Category**

Treatment - Drugs

## **Recruitment centers**

### **1**

#### **Recruitment center**

##### **Name of recruitment center**

Valiasr Hospital

##### **Full name of responsible person**

Narjes Khavasi

##### **Street address**

Valiasr Hospital, above Valiasr Square, Sheikh Fazlollah Nouri Highway

##### **City**

Zanjan

##### **Province**

Zanjan

##### **Postal code**

4515777978

##### **Phone**

+98 24 3377 0801

##### **Fax**

+98 24 3377 0751

##### **Email**

valiasr@zums.ac.ir

## **Sponsors / Funding sources**

### **1**

#### **Sponsor**

##### **Name of organization / entity**

Zanjan University of Medical Sciences

##### **Full name of responsible person**

Alireza Shoghli

##### **Street address**

Vice Chancellor for Research and Technology, third floor, second building, Zanjan University of Medical Sciences, Azadi Blvd.

##### **City**

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4515613191

##### **Phone**

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+98 24 3342 4770

**Email**

research@zums.ac.ir

**Web page address**

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Zanjan 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**

Zanjan University of Medical Sciences

**Full name of responsible person**

Narjes Khavasi

**Position**

Assistant Professor, Specialist Physician. science Committee

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Traditional Medicine

**Street address**

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## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

Zanjan University of Medical Sciences

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Narjes Khavasi

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Traditional Medicine

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

Zanjan University of Medical Sciences

**Full name of responsible person**

Narjes Khavasi

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Traditional Medicine

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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**

Yes - There is 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**

Yes - There is a plan to make this available

**Data Dictionary**

Yes - There is a plan to make this available

**Title and more details about the data/document**

The data will be summarized in the form of tables and diagrams in the form of an article

**When the data will become available and for how long**

At the end of the study, access will begin at most 6 months after the article is published.

**To whom data/document is available**

The documents will be provided to researchers working at Zanjan University of Medical Sciences and research committees as needed.

**Under which criteria data/document could be used**

Documents will only be available for limited research.

**From where data/document is obtainable**

To the Vice Chancellor for Research and Technology of Zanjan University of Medical Sciences

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

Considering that he is the material and spiritual owner of Zanjan University of Medical Sciences. Written consent must be obtained from the University of Medical Sciences and the Vice Chancellor for Research and Technology.

**Comments**