

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 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

047IR.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

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4515777978

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Zanjan University of Medical Sciences

Full name of responsible person

Alireza Shoghli

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

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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

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Latest degree

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Other areas of specialty/work

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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