

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Clinical Trial Analysis of Synergistic Therapeutic Potential of Majoon-e-Suranjaan and Isometric Exercises in Improving Rheumatoid Arthritis

Protocol summary

Study aim

The objective of this study is to assess the synergistic effects of majoon-e-suranjaan with and without isometric exercises in rheumatoid arthritis patients.

Design

Pragmatic, community based, parallel group, single blinded, randomised controlled trial. Total 100 patients will be enrolled. Patients who met our inclusion criteria randomised into two groups. Control group-A and treatment group-B

Settings and conduct

At Muhammad Institute of Medical and Allied Sciences Multan after getting approval from institutional ethical committee.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients of all ages, diagnosed RA, of both gender, and patients with swelling in joints and pain. Exclusion criteria: Patients with vascular neoplasia, fibromyalgia, radiculopathy, neuropathy, tumor, joint fractures, and vestibular problems were excluded.

Intervention groups

Control group A will be treated with majoon-e-suranjaan only while treatment group-B will be treated with isometric exercises and majoon-e-suranjaan. Dosage of 5 gm twice a day of majoon-e-suranjaan given after meal in the form of paste taken orally. The isometric exercises given to group B will be upper extremity resistive exercises, resistive hand training with the medicine ball, elbow, and shoulder resistive training by dumbbells. Lower extremity resistive exercises i-e resistive knee training by pressing soft rollers and ankle weights—upper extremity theraband strengthening exercises and lower extremity theraband strengthening exercises.

Main outcome variables

Pain, stiffness and physical activities will be main outcome variables. And at the end patient dependency and range of motion will also be assessed. By using WOMAC and NPRS scale, pain stiffness and ADLs were

the variables to be assessed. ESR will also be monitored. X-ray will also be done for the assessment of the joints with RA.

General information

Reason for update

please update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230202057310N5**

Registration date: **2023-09-13, 1402/06/22**

Registration timing: **registered_while_recruiting**

Last update: **2024-05-30, 1403/03/10**

Update count: **2**

Registration date

2023-09-13, 1402/06/22

Registrant information

Name

Imran Ahmad Khan

Name of organization / entity

Muhammad Nawaz Shareef University of Agriculture, Multan

Country

Pakistan

Phone

+92 333 6120602

Email address

imran.ahmad@mnsuam.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-04-30, 1402/02/10

Expected recruitment end date

2023-10-03, 1402/07/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical Trial Analysis of Synergistic Therapeutic Potential of Majoon-e-Suranjaan and Isometric Exercises in Improving Rheumatoid Arthritis

Public title

Majoon-e-Suranjaan and Isometric Exercises in Improving Rheumatoid Arthritis

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Patients of all ages Diagnosed RA patients Both genders patients with swelling in joints and pain.

Exclusion criteria:

Patients with vascular neoplasia Fibromyalgia Radiculopathy Neuropathy Tumor Joint fractures Vestibular problems

Age

From **25 years** old to **65 years** old

Gender

Both

Phase

2

Groups that have been masked

- Data analyser

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization of participants in groups by lottery method

Blinding (investigator's opinion)

Single blinded

Blinding description

Single blinded study. Statistical analyser will be kept blind so that the result obtained will be without biasness.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee**

Name of ethics committee

The Institutional Ethical Committee of Muhammad Institute of Medical and Allied Sciences,

Street address

HBL Street near Sabsazar Metro Station

City

Multan

Postal code

66000

Approval date

2023-05-01, 1402/02/11

Ethics committee reference number

MIMAS/0510/IAK Durrani

Health conditions studied**1****Description of health condition studied**

Rheumatoid Arthritis

ICD-10 code

M05

ICD-10 code description

Rheumatoid arthritis with rheumatoid factor

Primary outcomes**1****Description**

Pain

Timepoint

24 weeks

Method of measurement

WOMAC and NPRS scale+ Radiographical findings

2**Description**

Stiffness

Timepoint

24 weeks

Method of measurement

WOMAC scale scores

3**Description**

Daily activities

Timepoint

24 weeks

Method of measurement

WOMAC scale score

Secondary outcomes**1****Description**

Increase independency

Timepoint

24 weeks

Method of measurement

WOMAC scale

2

Description

decrease in inflammatory biomarkers

Timepoint

24 weeks

Method of measurement

Lab investigations

Intervention groups

1

Description

Control group: Control group A will be treated with majoon-e-suranjaan Dosage of 5 gm twice a day of majoon-e-suranjaan after meal in the form of paste taken orally.

Category

Treatment - Drugs

2

Description

Intervention group: Treatment group-B will be treated with isometric exercises and majoon suranjaan. Dosage of 5 gm majoon suranjaan given twice a day after meal in the form of paste taken orally. The isometric exercises given to group B will be upper extremity resistive exercises, resistive hand training with the medicine ball, elbow, and shoulder resistive training by dumbbells. Lower extremity resistive exercises i-e resistive knee training by pressing soft rollers and ankle weights—upper extremity theraband strengthening exercises and lower extremity theraband strengthening exercises.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Muhammad physical therapy clinic and rehabilitation center, Multan

Full name of responsible person

Qurat-ul-Ain

Street address

HBL street, near Sbzazar metro station, Bosan road, Multan, Pakistan

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+92 312 6827130

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qain0635@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Muhammad Nawaz Sharif University of Agriculture

Full name of responsible person

Imran Ahmad Khan

Street address

Agriculture Complex, Old Shuja Abad Rd,

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imranahmadkhandurrani@gmail.com

Grant name

Student fund

Grant code / Reference number

MNSUAM/26/05/Mudassir

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

Yes

Title of funding source

Muhammad Nawaz Sharif University of Agriculture

Proportion provided by this source

70

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

Muhammad Institute of Medical and Allied Sciences, Multan

Full name of responsible person

Maliha Khalid Khan

Position

Demonstrator

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

Street address

HBL street, Sbzazar metro station, Bosan road, Multan, Pakistan

City

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Province

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0312682671230

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Muhammad Nawaz Sharif University of Agriculture,
Multan, Pakistan

Full name of responsible person

Imran Ahmad Khan

Position

Lecturer

Latest degree

Ph.D.

Other areas of specialty/work

Medical Pharmacy

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Person responsible for updating data

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Name of organization / entity

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Full name of responsible person

Mudasar Irfan

Position

Final year student of DPT

Latest degree

Medical doctor

Other areas of specialty/work

Physiotherapy

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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

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be 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