Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

A clinical trial evaluating of effect of Descurainia sophia (L.) on clinical symptoms of adult patients with functional constipation

Protocol summary

Summary

Objective: evaluation of therapeutic effect of Descurainia sophia (L.) seeds on clinical symptoms of functional constipation in adults Study design: single-center clinical trial Study population: patients with chronic constipation referred to the gastroenterology clinic: Shariat Panahi clinic, School of Traditional Medicine, Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran Main inclusion criteria: adult patients with chronic constipation who fulfilled inclusion criteria ROMIII for chronic functional constipation, and has no sever disease in liver, kidney and cardiovascular systems and announced their agreement to participate in the program by signing a voluntary and informed consent. Main exclusion criteria: Lack of durability of the above conditions; Unwillingness to continue participation in the study; Drug side effects or other threatening events. Sample size: 35 people Intervention Study: A warm syrup of Descurainia sophia (L.) seeds and sugar at fasting once daily

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016030515408N2**
Registration date: **2016-03-29, 1395/01/10**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-03-29, 1395/01/10

Registrant information

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Anahita Ghourchian

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2014-12-21, 1393/09/30

Expected recruitment end date

2015-12-21, 1394/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A clinical trial evaluating of effect of Descurainia sophia (L.) on clinical symptoms of adult patients with functional constipation

Public title

A clinical trial evaluating of effect of Descurainia sophia (L.) on clinical symptoms of adult patients with functional constipation

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Age: 70-20 years at the time of screening; Ability to participate in the study and there is no obvious behavioral disorders, speech and language diaeres; No major abdominal surgery; Lack of self and

family history of thyroid disease; Colon cancer screening in people over 50 years; Lack of warning signs (rectal bleeding and weight loss and anemia); No underlying disease affecting constipation (Parkinson, Multiple sclerosis, stroke, hypothyroidism, cancer); Lack of pregnancy or lactation; Speaking ins; Avoiding the use of antibiotics in the past 5 weeks; Not taking medications causing constipation; No addiction; Complete the consent form; Having normal routine tests, including complete blood count, fecal occult blood test, alkaline phosphatase and TSH test, liver enzymes and Cr; No previous sensitivities to herbal medicines; Absence of severe cardiovascular disease, especially functional class 3 & 4 of chronic heart failure; Lack of proven malignancy; Absence of liver disease (esophageal varices and bleeding, encephalopathy, ascites); Absence of symptomatic gallstone disease (in history); Absence of severe kidney disease (creatinine more than 3 mg / dl); Having the criteria for functional constipation ROMIII. Main exclusion criteria: Lack of durability of the above conditions; Unwillingness to continue participation in the study; Drug side effects or other threatening events.

Age
From **20 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **35**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Office of Research Affairs, Deputy of Research and Technology, Shahid Beheshti University of Medical

Street address
Sixth Floor, College Staff Building Number Two, Shahid Beheshti University of Medical Sciences, next to Taleghani Hospital, Parvaneh st., Yemen st., Shahid Chamran Highway

City
Tehran

Postal code

Approval date
2014-05-04, 1393/02/14

Ethics committee reference number
150

Health conditions studied

1

Description of health condition studied
Relationship of Descurainia sophia L. with functional constipation in adults

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
The proportion of patients reaching three or more spontanouse complete bowel movement/week

Timepoint
At the begining, before the intervention and 4 weeks after, at the end of study

Method of measurement
By interviews with patients and asking them

Secondary outcomes

1

Description
The number of laxatives used

Timepoint
At the begining, before the intervention and 4 weeks after, at the end of study

Method of measurement
By interviews with the patients and asking them

2

Description
The score of a check list of Patient Assessment of Constipation Symptoms (PAC-SYM) items

Timepoint
At the begining, before the intervention and 4 weeks after, at the end of study

Method of measurement
By interviews with the patients and asking them

3

Description
The type of stool according to Bristol chart

Timepoint
At the begining, before the intervention and 4 weeks after, at the end of study

Method of measurement
By interviews with the patients and asking them

Intervention groups

1

Description
Intervention: A spoonful of dry seeds of Descurainia sophia L. and a spoonful of sugar in a cup of boiling water are mixed and taken at fasting once a day. If the properties of defecation do not satisfy the patient , he is allowed to increase the dose of drug every three days to a maximum of 6 teaspoons / day.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Dr. Shariat Panahi Clinic

Full name of responsible person
Dr. Rasool Choopani

Street address
No.8 Shams Alley, opposite St Tavanir, Vali Asr Street

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
School of Traditional Medicine, Traditional Medicine and Materia Medica Research Center, Shahid Be

Full name of responsible person
Dr. Rasool Choopani

Street address
No.8 Shams Alley, opposite St tavanir, Vali Asr Street

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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
School of Traditional Medicine, Traditional Medicine and Materia Medica Research Center, Shahid Be

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
School of Traditional Medicine, Traditional Medicine and Materia Medica Research Center, Shahid Behe

Full name of responsible person
Dr. Anahita Ghourchian

Position
Ph.D student of Traditional Medicine

Other areas of specialty/work

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M.D, Ph.D and Assistant Professor of Traditional Medicine

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty