Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Efficacy of persian carrot (Parsnip) syrup on fatigue in multiple sclrosis patients; a triple blinded randomized controlled trial

Protocol summary

Summary

The main aim of this study is to determine the effects of Parsnip syrup (a product based on Persian carrot and composed from anise, honey, saffron, dianthus, Green cardamom and Nardosthacys Jatamansi) on fatigue of multiple sclerosis (MS) patients. The practical purpose of it is to introduce an effective drug with low side effects for treatment of fatigue based on Iranian traditional medicine. Type of the study is the third phase of triple-blinded randomized clinical trial, one central and controlled with placebo. The study population is selected randomly from the MS patients who referred to traditional medicine clinics of Tehran University of Medical Sciences having fatigue complaint, after filling consent form. The sample size in each group is 48 people. Group A & B Receiving Parsnip syrup or placebo twice a day each time 10 cc respectively. Inclusion criteria:18 - 50 years old, definite MS patients, not been in a new attack during the intervention period or the recent month. Exclusion criteria: Severe depression, pregnancy, history of skin allergy to Apiaceae family, taking drug for depression or fatigue or anticoagulant drugs, starting the disease modifying drugs within the recent 3 months or suffering from diabetes mellitus. Intervention duration is from Khordad 1395 to Khordad 1396 (May 2016- May 2017). Based on valid Persian forms of Fatigue Severity Scale (FSS), Modified Fatigue Impact Scale (MFIS) and Analogue visual scale (VAS) questionnaires fatigue severity will be determined before and after the intervention and possible side effects will be recorded.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016031127013N1**
Registration date: **2016-06-12, 1395/03/23**
Registration timing: **prospective**
Last update:
Update count: **0**

Registration date

2016-06-12, 1395/03/23

Registrant information

Name

Maryam Abasi

Name of organization / entity

Traditional Iranian Medicine,Tehran University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Traditional Medicine Faculty of Tehran University of Medical Sciences

Expected recruitment start date

2016-06-21, 1395/04/01

Expected recruitment end date

2017-06-22, 1396/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of persian carrot (Parsnip) syrup on fatigue in multiple sclrosis patients; a triple blinded randomized controlled trial

Public title

Efficacy of persian carrot in multiple sclrosis

patients'fatigue

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Definite diagnosis of multiple sclerosis (MS)؛ No evidence or symptom of new attack of MS؛ Age between 18 to 50 years؛ One month after last attack, at least. Exclusion criteria: Severe depression؛ Pregnancy؛ History of skin allergy to Apiaceae family (carrot, anise...)؛ Taking drug for depression or fatigue such as amantadine, pemoline, modafinil, bupropion, fluoxetine... during or until 2 weeks from the entrance to the study. (Washout period = 2 weeks)؛ Starting the disease modifying drugs (such as interferon) within the recent 3 months؛ Using the energy drinks؛ Taking the anticoagulant drugs such as warfarin, heparin, low molecular heparins or aspirin؛ Diabetes mellitus.

Age

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

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **96**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tehran University of Medical Science

Street address

Tehran University of Medical Science,Poursina Avenue,Qods street,Enqelab street,Tehran

City

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Postal code

Approval date

2016-02-22, 1394/12/03

Ethics committee reference number

IR.TUMS.REC.1394.2044

Health conditions studied

1

Description of health condition studied

Multiple Sclerosis

ICD-10 code

G35

ICD-10 code description

Multiple sclerosis

Primary outcomes

1

Description

Fatigue

Timepoint

at the begining of drug usage and after 4 weeks of the drug usage

Method of measurement

MFIS, FSS AND VAS QuestionareS

2

Description

depression severity

Timepoint

at the begining of drug usage

Method of measurement

short form of Beck depression inventory

Secondary outcomes

1

Description

side effects

Timepoint

after 4 weeks of drug usage

Method of measurement

questionare for side effects that developed by the researcher

Intervention groups

1

Description

taking oral Parsnip syrup 10 cc, at morning and evening, for 4 weeks

Category

Treatment - Drugs

2

Description

taking oral placebo syrup 10 cc, at morning and evening, for 4 weeks

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Traditional Iranian Medicine Clinic of Tehran University of Medical Sciences

Full name of responsible person
Maryam Abbasi

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Khark Avenue, Enghelab Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for research of Traditional Medicine Faculity of Tehran University of Medical Scienc

Full name of responsible person
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NO 67, Gity Alley, Vafamanesh Avenue, Heravy Square, Pasdaran

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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
Vice Chancellor for research of Traditional Medicine Faculity of Tehran University of Medical Scienc

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

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Person responsible for updating data

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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