



Evaluation of the effectiveness of Persian Medicine product (*Padzahr*) in controlling the symptoms of patients with COVID-19: A pilot study

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Abstract:

Background and Purpose: Coronaviruses, with single-stranded RNA, are widespread and cause respiratory, gastrointestinal, liver, and neurological diseases. This study aimed to evaluate the effect of *Padzahr* capsules to control clinical symptoms in patients with COVID-19 in a pilot clinical study.

Materials and Methods: This is a randomized controlled clinical trial study that was conducted in the summer and autumn of 1400 AD (2021) in Mazandaran province. The statistical population comprised COVID-19 patients based on the Iranian protocol and based on the set criteria. In this study, 68 definitive patients were randomly divided into intervention (*Padzahr*) and control groups. All patients admitted with COVID-19 in the infectious ward received routine corona treatment drugs, and the intervention group were additionally administered six *Padzahr* capsules per day (manufactured by NIAK with license number 0385-94). Data were analyzed by SPSS software (version: 17) using the ITT method. The criterion for statistical significance was a value of P less than 0.05.

Results: At the time of admission, there was no significant difference between the two groups in terms of severity of signs and symptoms ($p > 0.05$); The severity of signs and symptoms during hospitalization did not show a statistically significant difference. At 14-day follow-up, 28 patients in the drug group and 24 patients in the control group responded. Twenty-two patients (78.6%) in the drug group and 11 patients (45.8%) in the control group reported complete improvement of symptoms. No side effects were observed or reported in *Padzahr* users.

Conclusion: *Padzahr* caused a decrease in the severity of signs and symptoms of COVID-19 disease, but did not show a statistically significant difference compared to the control group during hospitalization. At follow-up two weeks later, the intervention group had better conditions and fewer symptoms.

Keywords: Persian Medicine, COVID-19, Acute Respiratory Syndrome

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