



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

2026





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Caraway oil, Fennel oil, Ginger oil, Peppermint oil, Roman chamomile powder

زيت الكراوية / زيت الشمر / زيت الجنزبيل / زيت النعناع / بودرة البابونج

1. Names & Synonyms

Caraway (1)

Carum carvi L.

Family: Apiaceae (Umbelliferae).

Syns. *Carum velenovskyi* Rohlena.

Arabic: Karawya كراوية

English: Caraway

Fennel (2)

Foeniculum vulgare Mill.

Family: Apiaceae (Umbelliferae).

Syns: *Anethum foeniculum* Clairv., *A. foeniculum* L., *A. rupestre* Salisb., *Feniculum commune* Bubani., *F. azoricum* Mill., *F. capillaceum* Gilib., *F. dulce* DC., *F. foeniculum* L. H. Karst., *F. officinale* All., *F. panmorium* DC., *F. piperitum* DC., *F. sativum* Bertol., *Ligusticum divaricatum* Hoffmannsegg et Link, L., *Foeniculum* Crantz., *Meum foeniculum* L. Spreng., *Ozodia foeniculacea* Wight et Arn., *Selinum foeniculum* L. E.H.L.Krause.

Arabic: Shamar شمر

English: Fennel

Ginger (3)

Zingiber officinale Roscoe.

Family: Zingiberaceae.



Syns. *Amomum zingiber* L., *Zingiber blancoi* Massk.

Arabic: Janzabeil جنزبيل - Zanjabeel زنجبيل - Zingibil زنجبيل

English: Ginger.

Peppermint (4)

***Mentha piperita* L.**

Family: Lamiaceae.

Arabic: Ni'na نعناع

English: Peppermint.

Roman chamomile

***Chamaemelum nobile* L. (5).**

Family: Asteraceae/Compositae (5).

Syns.: *Anthemis nobilis* L., Chamomile, *Ormenis nobilis* L. J. Gay ex Coss. & Germ. (5).

Arabic: Baboonig بابونج

English: Roman chamomile flower (6).

2. Parts used for medicinal purpose

Caraway oil: Dried fruits (7, 8).

Fennel oil: Dried ripe fruits (9).

Ginger oil: dried rhizome (3,5, 10,11).

Peppermint oil: fresh overground parts and the dried leaves (4,12-14).

Roman Chamomile: Flowerheads (6,15,16).

3. Major chemical constituents

Caraway oil: mainly carvone and limonene (17).

Fennel oil: *trans*-anethole (+)-fenchone, estragole (methylchavicol), limonene, *p*-anisaldehyde, α -pinene and α -phellandrene (18).



Ginger oil: β -Bisabolene and zingiberene, zingiberol, zingiberenol, *ar*-curcumene, β -sesquiphellandrene, β -sesquiphellandrol (*cis* and *trans*), phellandrene, camphene, geraniol, neral, linalool, *d*-nerol) (5, 19).

Peppermint oils: Menthol, menthone, menthyl acetate, menthofuran, and 1,8-cineole (eucalyptol) (20).

Roman Chamomile

- **Essential oil:** Esters of angelic and tiglic acids, 1,8 cineole, 1-*trans*-pinocarveol, 1-*trans*-pinocarpone, chamazulene, farnesol, and nerolidol (5, 21).
- **Phenolic compounds: Flavonoids:** Apigenin, luteolin, quercetin and their glycosides. **Phenolic acids:** caffeic and ferulic acids. **Coumarins:** scopoline, umbelliferone and herniarin (5, 21).
- **Sesquiterpenes lactones:** Nobilin, 3-epinobilin, 1, 10-epoxynobilin and 3-dehydronobilin (5, 21).
- **Others:** Anthemis acid, fatty acids, phytosterols, choline and inositol (5).

4. Medicinal Uses (Indications)

For symptomatic treatment of mild. spasmodic gastrointestinal complaints including bloating and flatulence.

5. Herbal preparations correlated to medicinal use

Combination of caraway oil, fennel oil, ginger oil, peppermint oil, and Roman chamomile powder.

Herbal preparations are in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.

6. Posology and method of administration correlated to medicinal use

Adults from 18 years

Combination of 75 mg of caraway oil, 30 mg of fennel oil, 210 mg of ginger oil, 150 mg of peppermint oil, and 300 mg of Roman chamomile powder, to be taken after meals.



The use in children and adolescents under 18 years of age is not recommended.

Duration of use: Not to be taken for more than 2 weeks. If the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or pharmacist should be consulted.

Method of administration: Oral use.

The pharmaceutical dosage form should be swallowed whole, not broken or chewed, must be taken 30 minutes before meals.

7. Contraindications.

- Hypersensitivity to the active substance(s) or to other plants of the same families.
- Patients with liver disease, cholangitis achlorhydria, gallstones and any other biliary disorders (7,12).

8. Special warnings and precautions for use (12)

- If the symptoms worsen during the use of the medicinal product, a doctor or pharmacist should be consulted.
- Patients who already suffer from heartburn or hiatal hernia have sometimes an exacerbation of these symptoms after taking peppermint oil, treatment should be discontinued in these patients.
- The dosage form should be swallowed whole, not broken or chewed, because this would release the peppermint oil prematurely, possibly causing local irritation of the mouth and esophagus.

9. Interactions with other medicinal products and other forms of interaction

- Use of food or antacids at the same time could early release of the dosage form content. Other medicinal products used to decrease stomach acid, such as histamine-2 blockers and proton pump inhibitors may cause premature dissolution of the enteric coating and should be avoided (12).



- It is recommended that patients taking anticoagulants or those with bleeding disorders avoid use of large dose of the product due to its antithrombotic effect (12, 16).
- Alcohol, benzodiazepines: the product has weak, anxiolytic properties at benzodiazepines receptor sites, thus concomitant use of alcohol and benzodiazepines should be avoided (16).

10. **Fertility, pregnancy and lactation**

- The use during pregnancy and lactation is avoided (10,16).
- No fertility data available.

11. **Effects on ability to drive and use machines**

No studies on the effect on the ability to drive and use machines have been performed.

12. **Undesirable effects (12)**

- Hypersensitivity reactions including severe allergic reaction (dyspnoea. Quincke's disease, vascular collapse. anaphylactic shock) following mucosal contact.
- Headache, bradycardia, muscle tremor, ataxia, anaphylactic shock and erythematous skin rash.
- Urine and stools with an odour of menthol were observed; dysuria and inflammation of the glans of the penis.
- Heartburn, perianal burning blurred vision, dry mouth, nausea and vomiting.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. **Overdose (12)**

- Overdose may cause severe gastro-intestinal symptoms), diarrhea, rectal ulceration, epileptic convulsions, loss of consciousness, apnea, nausea and disturbances in cardiac rhythms, ataxia and other CNS problems, probably due to the presence of menthol.



- In the event of overdose, the stomach should be emptied by gastric lavage observation should be carried out with symptomatic treatment if necessary

14. Relevant biological activities

Not required as per Egyptian guidelines for registration of herbal medicines.

15. Additional information

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16. Date of compilation/last revision

20/4/2026.

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