



Egyptian Herbal Monograph

# Egyptian Herbal Monograph

## Volume 3

## Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

2026





# Egyptian Herbal Monograph

## Herbal Formulations Used in Egypt

**Korean Ginseng, Bee Pollen**

**جنسنگ/حبوب لقاح**

### 1. Names & Synonyms

#### Ginseng

*Panax ginseng* C. A. Meyer.

**Family:** Araliaceae.

**Syns.:** *Aralia ginseng* (C. A. Mey.) Baill, *Panax verus* Oken (1).

**Arabic:** جنسنگ

**English:** Korean Ginseng, Red Ginseng, White Ginseng (2), Asian Ginseng (3).

### 2. Parts used for medicinal purpose

**Ginseng:** Dried root (4- 7).

**N.B.** White ginseng represents the peeled and sun-dried root whilst red ginseng is unpeeled, steamed and dried (6).

### 3. Major chemical constituents

#### Ginseng

- **Triterpenoid saponins (Ginsenosides):** A complex mixture of compounds including Rb1, Rb2, Rc, Rd, Re, and Rg-1 (6,8).
- **Polysaccharides:** Pectins and glucans (9).
- **Others:** Peptides, polyacetylenic alcohols, fatty acids (6), starch,  $\beta$ -amylase, vitamins (B1, B2, B12, pantothenic acid, biotin), choline, minerals (6).



#### 4. Medicinal uses (Indications)

- A) Used as a prophylactic and restorative agent for enhancement of mental and physical capacities.
- B) For symptoms of asthenia such as fatigue and weakness, exhaustion, tiredness, loss of concentration, and during convalescence.

#### 5. Herbal preparations correlated to medicinal use

Combination of ginseng dry extract (Extraction solvent: Ethanol 55-60%) and pollen grains powder.

**Herbal preparation is 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 and elderly:

Combination of 50 mg ginseng extract and 100 mg pollen grains powder, 3 times daily 30 minutes before meals.

##### Duration of use:

UP to 3 months.

**Method of administration:** Oral use.

#### 7. Contraindications

- Hypersensitivity to active substance(s) and to other plants of the same family.
- It should be contraindicated in asthma (10).
- If breast cancer or other estrogen-dependent conditions are present, ginseng should not be used (11).

#### 8. Special warnings and precautions for use

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.



- The use in children and adolescents under 18 years of age has not been established (7, 12).
- General caution should be taken in patients with cardiovascular disease or diabetes (5, 6, 13).

## 9. Interactions with other medicinal products and other forms of interaction (11)

- **Anticoagulants, antiplatelets, salicylates:** Ginseng may decrease the action of these products.
- **Antidiabetics, Insulin:** Ginseng is known to decrease blood glucose levels, it may increase the hypoglycemic effect of antidiabetics; avoid concurrent use.
- **Immunosuppressants:** Ginseng may diminish the effect of immunosuppressants; do not use immediately before, during, or after transplant surgery.
- **MAOIs:** Concurrent use of MAOIs with ginseng may result in manic-like syndrome.
- **Stimulants:** Use of stimulants (e.g., xanthines) concurrently with ginseng is not recommended; overstimulation may occur.
- Concurrent use with caffeine-containing preparations or drinks should be avoided (14).
- **Ephedra:** Concurrent use of ephedra and ginseng may increase hypertension and central nervous system stimulation; concurrent use should be avoided.

### Lab Test

- **Blood glucose:** Ginseng may decrease blood glucose (decoctions, infusions).
- **Plasma partial thromboplastin time, INR:** Ginseng may increase plasma partial thromboplastin time and INR.
- **Serum, urine estrogens:** Ginseng may have an additive effect on serum and 24-hour urine estrogens.
- **Serum digoxin:** Ginseng may falsely increase serum digoxin.

## 10. Fertility, pregnancy and lactation (6,7)

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.
- 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 (7).

## 12. Undesirable effects

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Hypersensitivity reactions (urticaria, itching) (7, 11), insomnia (7, 11-13), anxiety, headache (11,12) and gastrointestinal disorders like stomach discomfort, nausea, vomiting, diarrhoea, and constipation have been reported (7).
- Hypertension, chest pain, palpitations, decreased diastolic blood pressure and increased QTC interval (11).

## 13. Overdose

- Restlessness (11,12), nausea, vomiting, anorexia and diarrhea (11).
- Ginseng Abuse Syndrome: edema, insomnia and hypertonia (11).
- Hypertension resulting from Ginseng Abuse Syndrome is associated with prolonged high dose Ginseng with concomitant use of caffeine (13).

## 14. Relevant biological properties

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

## 15. Additional information

-

## 16. Date of compilation/last revision

21/05/2026.



## References

1.	<a href="https://powo.science.kew.org">https://powo.science.kew.org</a>
2.	Braun, L. and Cohen, M. (2010). Herbs and Natural Supplements – An Evidence Based Guide. 3 <sup>rd</sup> edition, Churchill Livingstone, ISBN: 978 0 7295 3910 4.
3.	Aronson, J. K. (2009). Meyler's Side Effects of Herbal Medicines. Elsevier, ISBN: 978-044-453269-5.
4.	British Pharmacopoeia (2020). Volume IV, <a href="http://www.webofpharma.com">www.webofpharma.com</a> .
5.	WHO monographs on selected medicinal plants (1999). Monographs on selected medicinal plants, <b>1</b> , 168-182.
6.	Park, J. D., Rhee, D. K. and Lee, Y. H. Biological activities and chemistry of saponins from <i>Panax ginseng</i> C. A. Meyer. <i>Phytochem., Rev.</i> , <b>4</b> , 159–175 (2005). <a href="https://doi.org/10.1007/s11101-005-2835-8">https://doi.org/10.1007/s11101-005-2835-8</a> .
7.	European Union Herbal Monograph on <i>Panax ginseng</i> A.C. Mayer, radix. (2014). EMA/HMPC/475726/2012. Committee on Herbal Medicinal Products (HMPC).
8.	Chen, W., Balan, P., Popovich, D. G. (2019). Analysis of ginsenoside content ( <i>Panax ginseng</i> ) from different regions. <i>Molecules</i> , <b>24</b> (19), 3491. doi: 10.3390/molecules24193491.
9.	Kim, D. H. (2012). Chemical diversity of <i>Panax ginseng</i> , <i>Panax quinquefolium</i> , and <i>Panax notoginseng</i> . <i>J. Ginseng Res.</i> , <b>36</b> (1), 1-15. doi: 10.5142/jgr.2012.36.1.1.
10.	<a href="https://www.webmd.com/asthma/allergies-asthma">https://www.webmd.com/asthma/allergies-asthma</a>
11.	Skidmore-Roth, L. Mosby's Handbook of Herbs and Natural Supplements (2010). 4 <sup>th</sup> ed., ISBN: 978-0-323-05741-7.
12.	Natural Health Product, <i>Panax ginseng</i> (L.) (2018). Health Canada, <a href="http://webprod.hc-sc.gc.ca/nhp/bdipsn/monoReq.do?id=29&amp;lang=eng">http://webprod.hc-sc.gc.ca/nhp/bdipsn/monoReq.do?id=29&amp;lang=eng</a> .
13.	PDR for herbal medicines (2002). Montvale, NJ: Medical Economics Company, 2 <sup>nd</sup> ed., ISBN 1-56363-361-2.
14.	Kraft, K. and Hobbs, C. (2004). Pocket Guide to Herbal Medicine. Georg Thieme Verlag, ISBN: 1-58890-063-0.