



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

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

زيت الكراوية / زيت الشمر / زيت الجنزبيل / زيت النعناع / زيت 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 - زنجبيل - 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 oil: 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, α -curcumene, β -sesquiphellandrene, β -sesquiphellandrol (*cis* and *trans*), phellandrene, camphene, geraniol, neral, linalool, *d*-nerol) (5, 19).



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

Roman chamomile oil: Esters of angelic and tiglic acids, 1,8-cineole, 1-*trans*-pinocarveol, 1-*trans*-pinocarpone, chamazulene, farnesol, and nerolidol (5, 21).

4. Medicinal Uses (Indications)

- A) Treatment of irritable bowel syndrome.
- B) Symptomatic relief of minor spasms of the gastrointestinal tract, flatulence and abdominal pain especially in patients with irritable bowel syndrome
- C) Loss of appetite.
- D) Symptomatic relief of minor spasm associated with menstrual periods

5. Herbal preparations correlated to medicinal use

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

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

Adults (18 years and above): Combination of 30 mg of caraway oil, 30 mg of fennel oil, 30 mg of ginger oil, 30 mg of peppermint oil, and 30 mg of Roman chamomile oil, to be taken orally.

Duration of use: should be taken until symptoms resolve, usually within one or two weeks.

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 and 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 exacerbation of this symptom after taking the product, 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 (16, 12).
- Alcohol, benzodiazepines: chamomile 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)

- Allergic reactions affecting the skin, the respiratory and gastro-intestinal system, may occur.
- 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 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 and ginger.
- 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

-

16. Date of compilation/last revision



20/4/2026.

References

1.	Duke, J. A. (2002). Handbook of Medicinal Herbs. 2 nd ed. CRC Press. ISBN 978084931284.
2.	WHO monographs on selected medicinal plants (2007). Monographs on selected medicinal plants, 3 , 136-144.
3.	WHO monographs on selected medicinal plants (2002). Monographs on selected medicinal plants, 1 , 277-287.
4.	WHO monographs on selected medicinal plants (2002). Monographs on selected medicinal plants, 2 , 188-198, 199-205.
5.	Barnes, J., Anderson, L. A. and Phillipson, J. D. (2007). Herbal Medicines, 3 rd edition. Published by the Pharmaceutical Press. ISBN 978 0 85369 623 0.
6.	European Union Herbal monograph on <i>Chamaemelum nobile</i> L. (2011). EMA/HMPC/424583/2010. Committee on Herbal Medicinal Products (HMPC).
7.	European Union Herbal Monograph on <i>Carum carvi</i> L., fructus (2015). EMA/HMPC/715092/2013. Committee on Herbal Medicinal Products (HMPC).
8.	ESCOP Monographs (2019). <i>Carvi aetheroleum</i> , Caraway Oil. European Scientific Cooperative on Phytotherapy. Edited by Roberta Hutchins and Simon Mills. ISBN 978-1-901964-65-3.
9.	European Union Herbal Monograph on <i>Foeniculum vulgare</i> Miller subsp. <i>vulgare</i> var. <i>vulgare</i> , fructus (2024). Committee on Herbal Medicine Products (HMPC).
10.	Community Herbal Monograph on <i>Zingiber officinale</i> Roscoe, Rhizome (2012). EMA/HMPC/749154/2010. Committee on Herbal Medicinal Products (HMPC).
11.	Natural Health Product, Ginger – <i>Zingiber officinale</i> (2022). Health Canada, http://webprod.hc-sc.gc.ca/nhp/nd-bdipsn/monoReq.do?id=99&lang=eng
12.	European Union Herbal Monograph on <i>Mentha x piperita</i> L., <i>aetheroleum</i> . (2020). EMA/HMPC/679997/2013. Committee on Herbal Medicinal Products (HMPC).
13.	Natural Health Product Peppermint – <i>Mentha piperita</i> (2018). Health Canada, http://webprod.hc-sc.gc.ca/nhp/nd-bdipsn/monoReq.do?id=144

14.	ESCOP Monographs (2019). <i>Mentha piperita folium</i> - Peppermint Leaf. European Scientific Cooperative on Phytotherapy. Edited by Roberta Hutchins and Simon Mills. ISBN 978-1901964-66-0.
15.	Natural Health Product, <i>Chamaemelum nobile</i> L. (2018). Health Canada, http://webprod.hc-sc.gc.ca/nhp/bdipsn/monoReq.do?id=153&lang=eng .
16.	ESCOP Monographs (2019). <i>Chamaemelum nobile</i> L. European Scientific Cooperative on Phytotherapy. Edited by Roberta Hutchins and Simon Mills.
17.	Mahboubi, M. (2019). Caraway as important medicinal plants in management of diseases. <i>Natural Products and Bioprospecting</i> , 9 , 1–11. https://link.springer.com/content/pdf/10.1007/s13659-018-0190-x.pdf .
18.	Faudale, M., Viladomat, F., Bastida, J., Poli, F. and Codina, C. (2008). Antioxidant activity and phenolic composition of wild, edible, and medicinal fennel from different Mediterranean countries. <i>J. Agric. Food Chem.</i> 56 , 1912–1920.
19.	Mao, Q-Q., Xu, X-Y., Cao, S-Y., Gan, R-Y., Corke, H., Beta, T. and Li, H-B. (2019). Bioactive Compounds and Bioactivities of Ginger (<i>Zingiber officinale</i> Roscoe). <i>Foods</i> , 8 , 185; doi:10.3390/foods8060185.
20.	Desam, N. R., Al-Rajab, A. J., Sharma, M., Mylabathula, M. M., Gowkanapalli, R. R. and Albratty, M. (2019). Chemical constituents, <i>in vitro</i> antibacterial and antifungal activity of <i>Mentha piperita</i> L. (peppermint) essential oils. <i>Journal of King Saud University - Science</i> , 31 (4), 528533.
21.	Sadiki, F. Z. and El Idrissi, M. (2019). Chemical composition of essential oil of <i>Anthemis nobilis</i> L. flowers from Morocco. <i>Appl. J. Envir. Eng. Sci.</i> , 5 (4), 342-348.