



هَيْئَةُ الدَّوَاءِ الْمَصْرِئِيَّةِ

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

Evening primrose oil, Fish oil, Vitamin E

زيت زهرة الربيع المسائية/ زيت السمك/ فيتامين هـ

1. Names & Synonyms

Evening primrose

Oenothera biennis L.

Family: Onagraceae (1).

Syns.: *Oenothera biennis* var. *vulgaris* Torr. & A. Gray. *Onagra biennes* (L.) Scop, *Pseudo-oenothera virginiana* Rupr (1).

Arabic: Zahrat El-Rabei El-Masaeia زهرة الربيع المسائية

English name: Evening primrose (2), Evening star, King's cure-all, Suncup, Sundrop (3).

2. Parts used for medicinal purpose

Evening primrose oil: Seeds (2, 4).

3. Major chemical constituents

Evening primrose fixed oil: Mainly linoleic acid and γ -linolenic acid and less amount of other fatty acids (oleic, palmitic and stearic acids) (5), aliphatic alcohols and β -amyryn (6).

4. Medicinal Uses (Indications)

- For symptomatic treatment of atopic eczema, itching in acute and chronic dry skin conditions (2, 4).
- Mastalgia; one of the symptoms of Premenstrual Syndrome (PMS) (2).



5. Herbal preparations correlated to medicinal use

Combination of Evening primrose oil, fish oil and vitamin E.

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

Adolescents, Adults and Elderly

Combination of 440mg of evening prime rose oil, 110mg fish oil and 10mg vitamin E, two times daily.

Duration of use

If symptoms persist longer than 8 weeks during use of medicinal product, a doctor or a pharmacist should be consulted (4).

Method of administration: Oral use.

7. Contraindications.

- Hypersensitivity to the active substances and to other plants of the same family.

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 under 12 years of age is not recommended (4).

Evening primrose oil is recommended to be used with caution in epileptic patients, especially in those with schizophrenia and/or those taking phenothiazines (2, 5).

- Oral evening primrose oil should be used with caution by patients with bleeding disorders (3).

- Pain of Rheumatoid arthritis: a doctor or a pharmacist should be consulted if the symptoms worsen (7).



- In case of psychological disorders such as anxiety or depression, a doctor or a pharmacist should be consulted before use (7).

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

- Anticoagulant drugs: due to potential additive effect, as it can inhibit platelets aggregation and increase bleeding time (2, 3).
- Seizures have occurred in a few schizophrenic patients taking evening primrose oil with phenothiazine (5).

10. Fertility, pregnancy and lactation (4)

- 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 (4)

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

12. Undesirable effects (4)

- Gastrointestinal effects, indigestion, nausea, softening of stool, rise in temperature, hypersensitive reactions like exanthema and headache have been reported.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose (4)

- The symptoms of overdosing are mild diarrhoea and abdominal pain.
- No special treatment is required.



14. Relevant biological activities

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

15. Additional information

-

16. Date of compilation/last revision

20/04/2026

References

1.	https://powo.science.kew.org .
2.	WHO monographs on selected medicinal plants (2002). Monographs on selected medicinal plants, 2, 217-230.
3.	Edwards, S. E., Rocha, I. D. C., Williamson, E. M. and Heinrich, M. (2015). Phytopharmacy: An Evidence-Based Guide to Herbal Medicinal Products. 1 st edition. John Wiley & Sons, Ltd.
4.	European Union Herbal Monograph on <i>Oenothera biennis</i> L., (2018). EMA/HMPC/424583/2017. Committee on Herbal Medicinal Products (HMPC).
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.	Timoszuk, M., Bielawska, K. and Skrzydlewska, E. (2018). Evening Primrose (<i>Oenothera biennis</i>) biological activity dependent on chemical composition. <i>Antioxidants</i> , 7(8), 108.
7.	Natural Health Product, Fish oil (2025). Health Canada, https://webprod.hc-sc.gc.ca/nhpid-bdipsn/atReq?atid=fish.oil.huile.poisson&lang=eng