



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Caraway oil, Dill oil, Sodium bicarbonate زيت الشبث / زيت الكراوية / بيكربونات الصوديوم

1. Names & Synonyms

Caraway (1)

Carum carvi L.

Family: Apiaceae (Umbelliferae).

Syn. *Carum velenovskyi* Rohlena.

Arabic: karawya كراوية

English: Caraway

Dill (2)

Anethum graveolens L.

Family: Apiaceae (Umbelliferae).

Syns: *Pastinaca anethum* Spreng., *Peucedanum graveolens* Benth. & Hook.,
Selinum anethum Roth.

Arabic: Shabat شبت

English: Dill.

2. Parts used for medicinal purpose

Caraway oil: Dried fruits (3,4).

Dill oil: Dried ripe fruits (2).

3. Major chemical constituents

Caraway oil: Mainly carvone and limonene (5-7).

Dill oil: Carvone, limonene, α -phellandrene, dihydrocarvone, dillapiole (8), 1,8-cineole, α -pinene and α -terpene (2).



4. Medicinal Uses (Indications)

Symptomatic relief of digestive disorders such as bloating, flatulence, and digestive spasms of the gastrointestinal tract.

5. Herbal preparations correlated to medicinal use

Combination of caraway oil, dill oil and sodium bicarbonate.

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

Children: Under medical supervision.

- **2 years old and above:** Combination of 0.0025 g of caraway oil, 0.003 g of dill oil, and 52.5 mg of sodium bicarbonate, twice daily.
- **6-24 months old:** Combination of 0.0025 g of caraway oil, 0.003 g of dill oil, and 52.5 mg of sodium bicarbonate, once daily.
- **Duration of use:** If the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use.

7. Contraindications.

- Should not be used if there is impaired kidney function or hypersensitivity to any component. (9)
- Hypersensitivity to the active substance(s) or to other plants of the same families.
- Cases of metabolic or respiratory alkalosis, hypocalcaemia, or hypochloraemia.



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.
- In case of liver or kidney disease, a doctor or a pharmacist should be consulted (9).
- This product is considered high in sodium.
- It should be used under medical supervision (10).

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

None reported.

10. Fertility, pregnancy and lactation

Not relevant.

11. Effects on ability to drive and use machines

Not relevant.

12. Undesirable effects (10)

- Anorexia, diarrhea, skin redness, irritation and contact dermatitis.
- May alter sodium balance and cause allergic reaction.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

Symptoms following overdose are rare and are generally due to effect of sodium hydrogen bicarbonate. This may include diarrhea, metabolic alkaloids and hypernatremia. symptoms of hypernatremia may include drowsiness and irritability and pyrexia. in more severe instance of acute sodium overload signs of dehydration and convulsions may occur (9,11).



14. Relevant biological activities

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15. Additional information

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16. Date of compilation/last revision

23/4/2026.



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