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, Royal Jelly, Wheat germ oil چنسنج/ رويال جيلي/ زيت جنين القمح

---

1. Names & Synonyms

Korean Ginseng

***Panax ginseng* C. A. Meyer.**
Family: Araliaceae.
Syns.: *Aralia ginseng* (C. A. Mey.) Baill, *Panax verus* Oken (1).
Arabic: Ginseng جنسنج
English: Korean Ginseng, Red Ginseng, White Ginseng (2), Asian Ginseng (3).

2. Parts used for medicinal purpose

Korean 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

Korean 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, β-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 Korean ginseng dry extract (Extraction solvent: ethanol/ water), lyophilized royal jelly powder and wheat germ oil.

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 45 mg of Korean ginseng extract, 333.333 mg of lyophilized royal jelly and 600 mg of wheat germ oil, daily before breakfast.
- Combination of 110 mg of Korean ginseng extract, 170 mg of lyophilized royal jelly and 240 mg of wheat germ oil, daily before breakfast.
- Combination of 100 mg of Korean ginseng extract, 170 mg of lyophilized royal jelly and 400 mg of wheat germ oil, daily before breakfast.

Duration of use:

- UP to 3 months.
- If Symptoms persist for more than 2 weeks during the use of the medicinal product, a doctor or Pharmacist should be consulted.

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.	https://powo.science.kew.org
2.	Braun, L. and Cohen, M. (2010). Herbs and Natural Supplements – An Evidence Based Guide. 3rd 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, www.webofpharma.com.
5.	WHO monographs on selected medicinal plants (1999). Monographs on selected medicinal plants, **1**, 168-182.
6.	Park, J. D., Rhee, D. K. and Lee, Y. H. Biological activities and chemistry of saponins from *Panax ginseng* C. A. Meyer. *Phytochem., Rev.*, **4**, 159–175 (2005). https://doi.org/10.1007/s11101-005-2835-8.
7.	European Union Herbal Monograph on *Panax ginseng* 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 (*Panax ginseng*) from different regions. *Molecules*, **24**(19), 3491. doi: 10.3390/molecules24193491.
9.	Kim, D. H. (2012). Chemical diversity of *Panax ginseng*, *Panax quinquifolium*, and *Panax notoginseng*. *J. Ginseng Res.*, **36**(1), 1-15. doi: 10.5142/jgr.2012.36.1.1.
10.	https://www.webmd.com/vitamins/ai/ingredientmono-503/royal-jelly#precautions
11.	Skidmore-Roth, L. Mosby's Handbook of Herbs and Natural Supplements (2010). 4th ed., ISBN: 978-0-323-05741-7.
12.	Natural Health Product, *Panax ginseng* (L.) (2018). Health Canada, http://webprod.hc-sc.gc.ca/nhpid-bdipsn/monoReq.do?id=29&lang=eng.
13.	PDR for herbal medicines (2002). Montvale, NJ: Medical Economics Company, 2nd 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.