



Egyptian Herbal Monograph

# Egyptian Herbal Monograph

## Volume 3

### Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

2026





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## Herbal Formulations Used in Egypt

**Artichoke, Peppermint, Magnesium**

**خرشوف / نعناع / مغنسيوم**

### 1. Names & Synonyms

**Artichoke (1)**

*Cynara cardunculus* L.

**Family:** Asteraceae (Compositae).

**Syns:** *Cynara scolymus* L.

**Arabic:** Kharshouf خرشوف

**English:** Artichoke, Globe Artichoke.

**Peppermint (2)**

*Mentha piperita* L.

**Family:** Lamiaceae.

**Arabic:** Ni'na نعناع

**English:** Peppermint.

### 2. Parts used for medicinal purpose

**Artichoke:** Leaves (1)

**Peppermint:** Leaves (2-4)

### 3. Major chemical constituents

**Artichoke (5)**

- **Phenolic acids:** Caffeic acid, chlorogenic acid (3-*O*-caffeoylquinic acid), cynarin (1,5-di-*O*-caffeoylquinic acid), 1-*O*-caffeoylquinic acid, 4-*O*-caffeoylquinic acid, 5-*O*-caffeoylquinic acid.



- **Sesquiterpene lactones:** Cynaropicrin, dehydrocynaropicrin, grosheimin and their derivatives.
- **Flavonoids:** Luteolin-7-*O*-rutinoside (scolymoside), luteolin-7-*O*-glucoside, and luteolin-4-*O*-glucoside, cynaroside and cynarotrioside.
- **Essential oil:** Consisting mainly of  $\beta$ -selinene and caryophyllene.
- **Phytosterols:** Taraxasterol.

#### Peppermint

- **Essential oils:** Menthol, menthone, menthyl acetate, menthofuran, and 1,8-cineole (eucalyptol) (6).
- **Flavonoids:** Luteolin, luteolin-7-*O*-glucoside, naringenin-7-*O*-glucoside, isorhoifolin, eriodictyol, eriocitrin glycoside and apigenin (7).

### 4. Medicinal Uses (Indications)

- A) Symptomatic treatment of digestive disorders such as dyspepsia, flatulence, minor spasms of the gastrointestinal tract, abdominal pain and irritable bowel syndrome, gastritis and indigestion.
- B) Increase bile flow (choleretic).

### 5. Herbal preparations correlated to medicinal use

Combination artichoke dry extract, peppermint dry extract and magnesium.

**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 and elderly:

- Combination of 200 mg of artichoke extract, 50 mg of peppermint extract and 24.124 mg magnesium, 3 times 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.
- It is possibly safe when taken as a medicine for up to 12 weeks.

**Method of administration:** Oral use.

**7. Contraindications.**

- Hypersensitivity to any of the active substances and to other plants of the same families.
- Obstruction of bile duct (1,8,9).
- Patients with gastroesophageal reflux (heartburn) because it can worsen the case (10).

**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 cholangitis, gallstones and any other biliary disorders require medical supervision and advice (8-13).
- The use in children under 12 years of age is not recommended (8).
- Use cautiously in hepatic or renal diseases (12).

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

- Possible interaction with coumarin-type anticoagulants (1).
- The product may decrease blood glucose, taking it along with diabetes medications might cause blood sugar to drop too low (12,14).

**10. Fertility, pregnancy and lactation**



- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended (8,10).
- 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**

- Gastrointestinal complaints included mild diarrhea, accompanied by abdominal cramps, upper abdominal pain, nausea, and heartburn (8,14).
- Anorexia, increased indigestion with hiatal hernia, exacerbation of biliary colic and bronchospasm (12).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

### **13. Overdose**

No case of overdose has been reported.

### **14. Relevant biological activities**

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

### **15. Additional information**

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### **16. Date of compilation/last revision**

20/04/2026



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