



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Milk thistle, Curcumin **شوك الجمل / كركمين**

1. Names & Synonyms

Milk thistle (1)

Silybum marianum L. Gaertn. (2).

Family: Compositae (Asteraceae) (2).

Syns.: *Carduus marianus* L. (2).

Arabic: Shawk Sennari شوك سناري, Shok El-Gamal شوك الجمل (3).

English: Milk thistle and St. Mary's thistle (3).

2. Parts used for medicinal purpose

Milk thistle: Dried ripe fruits, freed from the pappus (1).

3. Major chemical constituents

Milk thistle (2-6)

- **Flavonolignans:** Silymarin mixture mainly (silybin A, silybin B, isosilybin A, isosilybin B, silychristin, isosilychristin, silydianin).
- **Flavonoids:** Taxifolin, apigenin, kaempferol and their derivatives.
- **Fixed oil:** Linoleic, oleic, palmitic and stearic acids.
- **Sterols:** Tocopherol (vitamin E) and phospholipids.
- **Others:** Mucilage, sugars, amines and saponins.



4. Medicinal Uses (Indications)

- A) Symptomatic relief of digestive disorders, sensation of fullness and indigestion
- B) Support the liver function, after serious conditions have been excluded by a medical doctor.

5. Herbal preparations correlated to medicinal use

Combination of milk thistle powder extract (Extraction solvent: aqueous ethanol 70%) and curcumin.

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 140 mg of milk thistle extract and 50 mg of curcumin, 2-3 times daily.

Duration of use:

If the symptoms persist longer 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 the active substance(s) and to other plants of the same family.
- Hormone-sensitive conditions such as breast, uterine and ovarian cancers, endometriosis or uterine fibroids (7,8).

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 (9-11).



- If icterus or a change in colour of urine or stool appears, the medical doctor should be consulted immediately (10).
- In case of liver or biliary disorder, ask the physician before use (12).
- Concurrent use of medications including blood thinners, ask the physician before use (12).

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

None reported.

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 (7,8).
- 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

- Adverse effects are mainly transient, non-serious, gastrointestinal complaints. It is stated that the product may occasionally produce a mild laxative effect (2).
- Stop use and ask the physician if new symptoms including yellowing of the eyes or skin, dark urine, nausea, vomiting or stomach pain (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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