Egyptian Herbal Monograph

Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Medicinal Plants Used in Egypt

Guava, Thyme **جوافة / زعتر**

1. Names & Synonyms

Guava

***Psidium guajava* L.** (1)
Family: Myrtaceae.
Syns.: *Psidium aromaticum*, *P. cujavillus* Burm, *P. pomiferum*, *P. pyriferum*, *P. pumilum*
Arabic: Gawafa جوافة
English: Guava.

Thyme

***Thymus vulgaris* L.** (2)
Syns.: *Origanum thymus* Kuntze, *Thymus collinus* Salisb.
Family: Lamiaceae (Labiatae).
Arabic: Za'ater زعتر
English: English Thyme, Garden Thyme.

***Thymus zygis* L.** (3)
Syns.: *Origanum zygis* (L.) Kuntze, *Thymus angustifolius* Salisb.
Family: Lamiaceae (Labiatae).
Arabic name: Za'ater زعتر
English: Spanish Thyme.

2. Parts used for medicinal purpose

Guava: Dried leaves (1).
Thyme: Herb (4,5).

3. Major chemical constituents

Guava

Phenolic Compounds (6)

- Flavonoids: Quercetin and its glycosides, avicularin, apigenin, guaijaverin, kaempferol, kaempferol-3-arabofuranoside, hyperin, myricetin, rutin, catechin, epicatechin, epigallocatechin gallate and proanthocyanidins.

- Phenolic acids: Gallic acid and caffeic acid.

Essential Oil (7,8)

- *β*-Caryophyllene, 4*α*-selin-7 (11)-enol, *β*-caryophyllene oxide, *α*-selinene, *β*-selinene, *δ*-cadinene, daucol, cubenol, 1,8-cineole (eucalyptol) and aromadendrene.

Others (6)

- Sugars: Sulphated and unsulphated polysaccharides (uronic acid), minerals (calcium, potassium, sulfur, sodium, iron, boron, magnesium, manganese and zinc), vitamins (C and B) and macronutrients (protein and fat).

Thyme

- Essential oil: The main components are thymol, carvacrol, *p*-cymene**,** *α* and *β*-terpinene, linalool, terpinen-4-ol, borneol, 1,8- cineole**,** *α*-thujene, *α*-pinene, and caryophyllene (9).

- Flavonoids: Apigenin, narigenin, kaempferol, and luteolin (and its glycosides) (10).

- Phenolic acids: Salvianolic, rosmarinic, cinnamic, ferulic, caffeic and gallic acids (10).

- Others: Monoterpene glycosides.

4. Medicinal Uses (Indications)

A) Cough associated with cold (9,11).

B) Symptoms of bronchitis, whooping cough and catarrh of the upper respiratory tract (9,11).

C) Cough sedative (1,6,7,12,13).

5. Herbal preparations correlated to medicinal use

Combination of guava aqueous liquid extract and thyme liquid extract (extraction solvent: water or aqueous ethanol).

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: Combination of 300mg of guava extract and 1050mg of thyme extract, 3 times daily.

Adolescents (above 12 years old): Combination of 100mg of guava extract and 350mg of thyme extract, 3 times daily.

Duration of use: If the symptoms persist longer than one week during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use.

7. Contraindications.

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

8. Special warnings and precautions for use

- If the symptoms worsen during the use or if dyspnoea, fever or purulent sputum occurs, a doctor or a pharmacist should be consulted (9-11, 14-17).
- The use in children less than 12 years is not recommended without medical supervision (9).

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.
- 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

- Gastric disorders may occur (9).
- 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

27/04/2026.

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