



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Ivy, *Tilia*

لبلاب / تيليو

1. Names & Synonyms

Ivy

Hedera helix L.

Family: Araliaceae

Syns.: *Hedera communis* Gray, *H. poetarum* Bertol., *H. poetica* Salisb

(1).

Arabic: Liblab لبلاب

English name: English Ivy, Common Ivy (1, 2).

Tilia

Tilia cordata Mill.

Family: Tiliaceae (Malvaceae).

Arabic: Tilio تيليو

English: Lime flower (3), Linden, Tilia and small leaf linden, small leaf lime (4).

Tilia platyphyllos Scop.

Family: Tiliaceae (Malvaceae)

Arabic: Tilio تيليو

English: Lime flower (3), Linden, Tilia and large-leaf Linden

Tilia x vulgaris Heyne

Naturally – occurring hybrid of *T. cordata* and *T. platyphyllos* Scop.

Family: Tiliaceae (Malvaceae)

Syn: *T. europaea* auct. non L.

Arabic: Tilio تيليو

English: European linden, European lime tree, Linden and Tilia (4).



2. Parts used for medicinal purpose

Ivy: Dried leaves (2).

Tilia: Flowers (3,4).

3. Major chemical constituents

Ivy

- **Triterpenoid saponins:** Hederasaponin C (=hederacoside C), hederasaponins B, D, E, F, G, H and I, and α -hederin and hederagenin 3-*O*- β -glucoside (5,6).
- **Flavonoids:** Quercetin, kaempferol (and their - 3-*O*-rutinosides and 3-*O*-glucosides), rutin, isoquercitrin and astragalin (6-8).
- **Phenolic acids:** Caffeic, chlorogenic, neochlorogenic, 3,5-*O*-dicaffeoyl-quinic, 4,5-*O*-dicaffeoyl-quinic, rosmarinic, dihydroxybenzoic, protocatechuic and *p*-coumaric acids (6).
- **Others:** Scopolin, polyacetylenes, volatile oil, phytosterols and amino acids (6-8).

Tilia

- **Flavonoids:** Kaempferol, quercetin, myricetin and their glycosides (mainly Kaempferol-3-*O*- β -D-(6''-*E-p*-coumaroyl)-glucopyranoside "tiliroside") and proanthocyanidins (3, 9).
- **Phenolic acids:** Caffeic, chlorogenic and *p*-coumaric acids (3, 9).
- **Essential oil:** Alkanes (mainly tricosane) (10), phenolic alcohols and esters, and terpenes including citral, citronellal, citronellol, eugenol, limonene, nerol, α -pinene and terpineol (monoterpenes), and farnesol (sesquiterpene) (3).
- **Others:** Mucilage, tocopherol (phytosterol) and amino acids (3).



4. Medicinal Uses (Indications)

- A) Relief cough in colds and catarrh of the respiratory tract.
- B) Expectorant in case of productive cough.

5. Herbal preparations correlated to medicinal use

Combination of ivy dry extract (extraction solvent: ethanol 30%) and tilia aqueous extract.

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

Adolescents and adults: Combination of 35mg of ivy extract and 2.5mg of tilia extract, 3 times daily.

Children: Under medical supervision

- **Above 5 to 11 years old:** Combination of 35mg of ivy extract and 2.5mg of tilia extract, twice daily
- **From 2 to 5 years old:** Combination of 17.5mg of ivy extract and 1.25mg of tilia extract, twice 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.

Methods of administration: Oral use.

7. Contraindications.

Hypersensitivity to the active substance or to other plants of the same families.



8. Special warnings and precautions for use (7)

- If the symptoms worsen or persist for longer than 1 week during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Persistent or recurrent cough in children between 2-4 years of age requires medical diagnosis before treatment.
- When dyspnoea, fever or purulent sputum occurs, a doctor or a pharmacist should be consulted.
- Concomitant use with opiate antitussives such as codeine or dextromethorphan is not recommended without medical advice.
- Caution is recommended in patients with gastritis or gastric ulcer.
- Use in children under 2 years of age is not recommended because of the general risk of aggravation of respiratory symptoms through secretolytic drugs, so medical supervision is needed.
- Keep out of reach of children, to be used under medical supervision.

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 (3, 11).
- 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 (7)

- Gastrointestinal reactions (nausea, vomiting, diarrhoea).
- Allergic reactions (urticaria, skin rash, dyspnoea).
- If adverse effects occur, a doctor or a pharmacist should be consulted.

13. Overdose (7)

Overdose can provoke nausea, vomiting, diarrhoea and agitation

14. Relevant biological activities

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

15. Additional information

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