



Egyptian Herbal Monograph

Egyptian Herbal Monograph

Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

2026





Egyptian Herbal Monograph

Herbal Formulations Used in Egypt

Garcinia, Ginger, Green tea, Chromium جارسينيا / زنجبيل / شاي أخضر / كروميوم

1. Names & Synonyms

Garcinia

***Garcinia gummi-gutta* (L.) Roxb.**

Family: Clusiaceae /Guttifereae

Syns.: *Cambogia gummi-gutta* L., *Cambogia gutta* L., *Garcinia cambogia* Desr., *Mangostana cambogia* Gaertn., (1, 2).

Arabic: جارسينيا

English name: Malabar tamarind (2, 3).

Ginger (4)

***Zingiber officinale* Roscoe.**

Family: Zingiberaceae.

Syns. *Amomum zingiber* L., *Zingiber blancoi* Massk.

Arabic: Janzabeil - زنجبيل - Zingibil

English: Ginger.

Green tea

***Camellia sinensis* L. Kuntze**

Family: Theaceae.

Syns.: *Camellia thea* Link, *Thea sinensis* L., *Thea viridis* L. (1,5,6).

Arabic: Shai akhder شاي أخضر

English name: Green tea (5, 7, 8), Chinese tea (6).



2. Parts used for medicinal purpose

Garcinia: Fruit peel (3) (rind (9), pericarp (10)).

Ginger: The dried rhizome (4, 11-13).

Green tea: dried leaves (7,8).

3. Major chemical constituents

Garcinia

- **Organic acid:** Hydroxycitric acid (HCA) (14).
- **Benzophenones:** Camboginol (garcinol), cambogin (isogarcinol; xanthochymol), guttiferones - K, I, J, M and N (15).
- **Xanthones:** Oxy-guttiferones M, K2, I and K, rheediaxanthone-A
- **Others:** Bioflavonoids (volkensiflavone, fukugetin) (19, 20).

Ginger (13, 22, 23)

- **Oleoresin:** Gingerols, shogaols, paradols, zingerone, gingerenone-A, and 6dehydrogingerdione.
- **Essential oil:** β -Bisabolene and zingiberene, zingiberol, zingiberenol, *ar*-curcumene, β -sesquiphellandrene, β -sesquiphellandrol (*cis* and *trans*), phellandrene, camphene, geraniol, neral, linalool, *d*-nerol).
- **Others:** Starch, lipids, proteins and amino acids.

Green tea

- **Catechins:** (-)-Epigallocatechin-3-gallate (EGCG), (-)-epigallocatechin (EGC), (-)-epicatechin-3-gallate (ECG), and (-)-epicatechin (EC) (14, 15).
- **Phenolic acids:** Gallic acid, chlorogenic acid, theogallin, neochlorogenic acid, caffeoylquinic acid (7, 20, 21).
- **Alkaloids:** Caffeine (22), theobromine, and theophylline (7, 23).
- **Amino acids:** L-Theanine (20).
- **Flavonoids:** Quercetin-3-D-galactoside and kaempferol-3-glucoside (7, 20).



4. Medicinal Uses (Indications)

Control or mangment of body weight in diet programs .

5. Herbal preparations correlated to medicinal use

Combination of garcinia powder extract, ginger powder extract, green tea powder extract, and chromium.

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 above 18 years:

Combination of 150–300 mg of garcinia extract, 50–100 mg of ginger extract, 200–400 mg of green tea extract, and 80–160 mcg of chromium, before each meal

The maintanance dose:

Combination of 600 mg of green tea extract, 450 mg of garcinia extract and 150 mg of ginger extract and 240mcg chromium.

To be used under medical supervision in chronic disease.

Method of administration: Oral use.

It should be taken 30-60 minutes before the meals , with adequate water intake.

7. Contraindications.

- Hypersensitivity to active substance(s) or to other plants in the same families.
- Patients with existing or previous liver pathologies (24).
- Gastric & duodenal ulcers, cardiovascular disorders such as hypertension, arrhythmia and hyperthyroidism, kidney inflammation, insomnia or increased intraocular pressure (7,8).
- Patients with cholelithiasis (8,18).



8. Special warnings and precautions for use

- If symptoms worsen during the use of medicinal product a doctor or a pharmacist should be consulted.
- Use in children and adolescents under 18 years of age is not recommended (3,7).
- Use should be stopped and a doctor or pharmacist should be consulted if symptoms developed as liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite (5).
- Use is not recommended before bedtime as it may cause sleep disturbances (7).
- It should not be used by patients who are risk for haemorrhage (8, 18).

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

- Caffeine containing preparations reduce actions of sedative substances and increase side effects caused by sympathomimetic drugs (7).
- It may affect ability to absorb antiviral, anti-tumor and analgesic medications (8).
- Concurrent use with warfarin: the product may increase prothrombin time (8,18).

Lab tests (8)

- Blood glucose: it may decrease test values.
- HDL levels: it may increase levels.
- Triglycerides: it may decrease levels.

10. Fertility, pregnancy and lactation

- The use during pregnancy or lactation is avoided.
- No fertility data are 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

- General persons who have sensitive stomach: hyperacidity, gastric irritation, abdominal pain, nausea, vomiting, headache, severe diarrhea (8, 18).
- Headache, insomnia, mood change, restlessness, irritability (8).
- 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

-

16. Date of compilation/last revision

20/4/2026.



References

1.	https://powo.science.kew.org .
2.	Duke, J. A. (2002). Handbook of Medicinal Herbs. 2 nd ed. CRC Press. ISBN 978084931284.
3.	Natural Health Product, <i>Garcinia gummi-gutta</i> (L.) Roxb. (2018). Health Canada, http://webprod.hc-sc.gc.ca/nhpid-bdipsn/monoReq.do?id=2696&lang=eng .
4.	WHO monographs on selected medicinal plants (2002). Monographs on selected medicinal plants, 1 , 277-287.
5.	Natural Health Product, Green Tea Extract (2018). Health Canada, http://webprod.hc-sc.gc.ca/nhpid-bdipsn/atReq.do?atid=greentea thevert&lang=eng .
6.	Edwards, S. E., Rocha, I. D. C., Williamson, E. M. and Heinrich, M. (2015). Phytopharmacy: An evidence-based guide to herbal medicinal products. 1 st edition. John Wiley & Sons, Ltd.
7.	Community herbal monograph on <i>Camellia sinensis</i> (L.) Kuntze, non fermentatum folium (2013). EMA/HMPC/283630/2012. Committee on Herbal Medicinal Products (HMPC).
8.	Skidmore-Roth, L. Mosby's Handbook of Herbs and Natural Supplements (2010). 4 th ed., ISBN: 978-0-323-05741-7.
9.	Prakash, J., Srivastava, S., Ray, R. S., Singh, N., Rajpali, R. and Singh, G. N. (2017). Current status of herbal drug standards in the Indian Pharmacopoeia. <i>Phytother. Res.</i> 31 , 1817–1823.
10.	United States Pharmacopeia (2022). Dietary Supplement Monographs, <i>Garcinia cambogia</i> . USP-NF. Rockville, MD: United States Pharmacopeia. https://doi.usp.org/USPNF/USPNF_M3536_01_01.html .
11.	Community Herbal Monograph on <i>Zingiber officinale</i> Roscoe, Rhizome (2012). EMA/HMPC/749154/2010. Committee on Herbal Medicinal Products (HMPC).
12.	Natural Health Product, Ginger – <i>Zingiber officinale</i> (2022). Health Canada, http://webprod.hc-sc.gc.ca/nhpid-bdipsn/monoReq.do?id=99&lang=eng
13.	Barnes, J., Anderson, L. A. and Phillipson, J. D. (2007). Herbal Medicines, 3 rd edition. Published by the Pharmaceutical Press. ISBN 978 0 85369 623 0.

14.	Santo, B. L. S., Santana, L. F., Junior, W. H. K., de Araújo, F., Bogo, D., Freitas, K., Guimarães, R. A., Hiane, P. A., Pott, A., Filiú, W. F., Asato, M. A., Figueiredo, P. and Bastos, P. R. H. (2020). Medicinal potential of <i>Garcinia</i> species and their compounds. <i>Molecules</i> , 25 (19), 4513. https://doi.org/10.3390/molecules25194513 .
15.	Semwal R. B., Semwal D. K., Vermaak I. and Viljoen A. (2015). A comprehensive scientific overview of <i>Garcinia cambogia</i> . <i>Fitoterapia</i> , 102 134–148.
16.	Botta, B., Mac-Quhae, M. M., Delle-Monache, G., Delle-Monache, F. and De Mello, J. F. (1984). Chemical investigation of the genus <i>Rheedia</i> , V. Biflavonoids and xanthochymol. <i>J. Nat. Prod.</i> , 47 , 1053. doi: 10.1021/np50036a033.
17.	Mao, Q-Q., Xu, X-Y., Cao, S-Y., Gan, R-Y., Corke, H., Beta, T. and Li, H-B. (2019). Bioactive Compounds and Bioactivities of Ginger (<i>Zingiber officinale</i> Roscoe). <i>Foods</i> , 8 , 185; doi:10.3390/foods8060185.
18.	PDR for herbal medicines (2002). Montvale, NJ: Medical Economics Company, 2nd ed., ISBN 1-56363-361-2.
19.	Lee, L. S., Kim, S. H., Kim, Y. B. and Kim, Y. C. (2014). Quantitative analysis of major constituents in green tea with different plucking periods and their antioxidant activity. <i>Molecules</i> , 19 (7), 9173 -9186.
20.	Barreira, S., Carla, M., André, M. N. Silva, J. N., Ean-Jeong, S., Mohamed-Elamir, F. H., Thomas, E. and Lígia, R. G. (2021). Phytochemical characterization and biological activities of Green tea (<i>Camellia sinensis</i>) produced in the Azores, Portugal. <i>Phytomedicine Plus</i> , 1 (1), 100001.
21.	Graham, H. N. (1992). Green tea composition, consumption, and polyphenol chemistry. <i>Prev. Med.</i> , 21 , 334–350. DOI: 10.1016/0091-7435(92)90041-f.
22.	De Oliveira, A. P., Guimarães, A. L., De Oliveira-Júnior, R. G., Quintans, J. S., De Medeiros, F. A., Barbosa-Filho, J. M., Quintans-Júnior, L. J. and Guedes da Silva Almeida, J. R. (2016). <i>Camellia sinensis</i> (L.) Kuntze: A Review of chemical and nutraceutical properties. In book: Natural Products: Research Reviews, 4 , 21-62. 1 st edition. Publisher: Daya Publishing House, New Delhi. Editor: Gupta, V. K.
23.	Chacko, S. M., Thambi, P. T, Kuttan, R. and Nishigaki, I. (2010). Beneficial effects of green tea: a literature review. <i>Chin. Med.</i> , 6 (5), 13. doi: 10.1186/1749-8546-5-13.
24.	https://www.tga.gov.au/news/safety-alerts/medicines-containing-garcinia-gummi-gutta-garcinia-cambogia-or-hydroxycitric-acid-hca