



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Fennel, Matricaria Flower, Passion Flower, Peppermint, Fructo-oligosaccharides 95%

شمر / بابونج / زهر الآلام / نعناع / فركتو-أوليغوسكاريدات 95%

1. Names & Synonyms

Fennel (1)

***Foeniculum vulgare* Mill.**

Family: Apiaceae (Umbelliferae).

Syns: *Anethum foeniculum* Clairv., *A. foeniculum* L., *A. rupestre* Salisb., *Feniculum commune* Bubani., *F. azoricum* Mill., *F. capillaceum* Gilib., *F. dulce* DC., *F. foeniculum* L. H. Karst., *F. officinale* All., *F. panmorium* DC., *F. piperitum* DC., *F. sativum* Bertol., *Ligusticum divaricatum* Hoffmannsegg et Link, L., *Foeniculum* Crantz., *Meum foeniculum* L. Spreng., *Ozodia foeniculacea* Wight et Arn., *Selinum foeniculum* L. E.H.L.Krause.

Arabic: Shamar شمر

English: Fennel.

Matricaria Flower

***Matricaria chamomilla* L. (2, 3)**

Family: Asteraceae (Compositae) (4).

Syns.: *Chamomilla recutita* (L.) Rausch., *Chamomilla officinalis* K. Koch, *Matricaria recutita* L. and others (2,4).

Arabic: Baboonig بابونج

English: Matricaria Flower (5), Blue Chamomile, Hungarian Chamomile, Matricaria, Sweet False Chamomile, Wild Chamomile (4), and German Chamomile (6).



Passion flower (2)

***Passiflora incarnata* L.**

Family: Passifloraceae (6-8)

Syns.: *Granadilla incarnata* Medik. (2,7)

Arabic: Zahr el-alam زهر الآلام (9).

English: Passionflower (6,10), Passion vine, Apricot vine, Grenadille, Maypop, Passiflora (6, 11).

Peppermint (12)

***Mentha piperita* L.**

Family: Lamiaceae.

Arabic: Ni'na نعناع

English: Peppermint.

2. Parts used for medicinal purpose

Fennel: Dried ripe fruits (13).

Matricaria Flower: Flowerheads (5,6,14,15).

Passion flower: Herb / dried aerial parts (6,7,10,11,16).

Peppermint: The fresh over ground parts and the dried leaves (12,17,18).

3. Major chemical constituents

Fennel (19)

- **Essential oil:** *trans*-anethole (+)-fenchone, estragole (methylchavicol), limonene, *p*-anisaldehyde, α -pinene and α -phellandrene.
- **Phenolic acids:** rosmarinic acid and caffeoylquinic acid derivatives.
- **Flavonoids:** eriodictyol-7-rutinoside, quercetin-3-rutinoside.
- **Others:** triterpenes, smaller terpenes (monoterpenoids, sesquiterpenoids and diterpenoids) and reducing sugars.



Matricaria Flower

- **Essential oil:** α and β -Farnesene, α -bisabolol and its oxide, chamazulene, germacrene D, spiroether, proazulenes (matricarin and matricin) (7,22).
- **Phenolic compounds: Phenylpropanoids:** Chlorogenic and caffeic acids; **Flavonoids:** Apigenin, luteolin, quercetin (and their glycosides) and naringenin; **Coumarins:** γ -Herniarin and umbelliferone (23).
- **Others:** Polyacetylenes, polysaccharides, fatty acids, anthemic acid and triterpene hydrocarbons (e.g. triacontane) (6,20).

Passion flower

- **Flavonoids:** as C-glycosides of apigenin (e.g. vitexin, isovitexin, schaftoside, isoschaftoside) and of luteolin (e.g. orientin, iso-orientin) (6) and their aglycones (apigenin, chrysin (22), luteolin, quercetin, kaempferol) (11,23,24).
- **Others:** indole alkaloids (as harmane, harmine and harmaline), cyanogenic glycosides, volatile oil, maltol (11,23,24), amino acids, fatty acids (e.g. linoleic, linolenic, myristic, palmitic, oleic acids), formic and butyric acids, sterols (e.g. stigmasterol, sitosterol) and sugars (e.g. raffinose, sucrose, glucose, fructose) (6).

Peppermint

- **Essential oils:** Menthol, menthone, menthyl acetate, menthofuran, and 1,8-cineole (eucalyptol) (25).
- **Flavonoids:** Luteolin, luteolin-7-O-glucoside, naringenin-7-O-glucoside, isorhoifolin, eriodictyol, eriocitrin glycoside and apigenin (26).

4. Medicinal uses (Indications)

Symptomatic treatment of mild gastrointestinal spasms and related complaints, including dyspepsia, bloating, flatulence, abdominal pain, and irritable bowel syndrome.



5. Herbal preparations correlated to medicinal use

Combination of fennel powder, Matricaria flower dry extract, passion flower dry extract, peppermint powder, and fructo-oligosaccharides powder 95%.

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 50 mg of fennel powder, 50 mg of Matricaria flower extract, 50 mg of passion flower extract, 150 mg of peppermint powder, and 50 mg of fructo-oligosaccharides powder 95%, 3 times daily after meals.

Duration of use

If the symptoms persist longer than two weeks during the use of the medicinal product, a doctor or pharmacist should be consulted.

Method of administration: Oral use.

7. Contraindications

- Hypersensitivity to active substance(s) and to other plants of the same families.
- Patients with gastroesophageal reflux (heartburn) because it can worsen the case (27).

8. Special warnings and precautions for use

- If the symptoms worsen during the use of the medicinal product, a doctor or pharmacist should be consulted.
- The use in children under 18 years of age is not recommended.
- Patients with gallstones and any other biliary disorders the medicinal product (27).



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

- The product may lower blood pressure, caution is advised when using with antihypertensive medications (28).

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 are available.

11. Effects on ability to drive and use machines

May impair ability to drive and use machines. Affected patients should not drive or operate machinery (10).

12. Undesirable effects

- Nausea, anorexia, increased indigestion with hiatal hernia, exacerbation of biliary colic, bronchospasm, gastroesophageal reflux may worsen and heartburn may increase (11).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose (10)

No case of overdose has been reported. However, it is possible that overdoses may cause sedation to a greater extent than intended (6) drowsiness (9) and potentiation of MAOI therapy (29) are also possible.

14. Relevant biological properties

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



15. Additional information

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16. Date of compilation/last revision

01/06/2026.

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