



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

2026





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Anise, Guava, Thyme

ينسون / جوافة / زعتر

1. Names & Synonyms

Anise (1)

Pimpinella anisum L.

Family: Apiaceae (Umbelliferae).

Syns: *Anisum officinarum* Moench., *A. vulgare* Gaertn., *Apium anisum* L. Crantz., *Carum anisum* L. Baill., *Pimpinella anisum* cultum Alef., *P. aromatica* Bieb., *Selinum anisum* L. E.H.L. Krause., *Sison anisum* Spreng., *Tragium anisum* Link.

Arabic: Yansoon ينسون

English: Anise, Aniseed.

Guava (2)

Psidium guajava L.

Family: Myrtaceae.

Syns.: *Psidium aromaticum*, *P. cujavillus* Burm, *P. pomiferum*, *P. pyriferum*, *P. pumilum*.

Arabic: Gawafa جوافة

English name: Guava.

Thyme

Thymus vulgaris L. (3)

Syns.: *Origanum thymus* Kuntze, *Thymus collinus* Salisb.

Family: Lamiaceae (Labiatae).

Arabic: Za'ater زعتر

English name: English Thyme, Garden Thyme.

Thymus zygis L. (4)

Syns.: *Origanum zygis* (L.) Kuntze, *Thymus angustifolius* Salisb.



Family: Lamiaceae (Labiatae).

Arabic: Za'ater زعتر

English name: Spanish Thyme.

2. Parts used for medicinal purpose

Anise: Dried ripe fruits (1)

Guava: Dried Leaves (2)

Thyme: Herb (5, 6)

3. Major chemical constituents

Anise

Essential oil: contains mainly trans-anethole, estragole (methylchavicol, isoanethole), β -anisaldehyde, α -terpineol, *cis*-anethole (1).

Guava

Phenolic Compounds (7)

- 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 (8, 9)

- 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 (7)

- 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 (6).
- **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) Expectorant in cough associated with cold
- B) Treatment of Symptoms of bronchitis, whooping cough and catarrh of the upper respiratory tract.
- C) Cough sedative.

5. Herbal preparations correlated to medicinal use

Combination of guava aqueous liquid extract, thyme liquid extract and anise liquid extract (extraction solvent: water/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 375mg of guava extract, 750 mg of thyme extract and 750 mg of anise extract, 3-4 times daily.

Adolescents (12-18 years): Combination of 125mg of guava extract, 250 mg of thyme extract and 250 mg of anise extract, 3-4 times daily.

Duration of use: Not to be used more than one week and period between doses must be not less than 4 hours.



If the symptoms persist for 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 the active substances or to other plants of the same families.

8. Special warnings and precautions for use (6, 11)

- If the symptoms worsen during the use or if dyspnoea, fever or purulent sputum occurs, a doctor or a pharmacist should be consulted.
- Use in children less than 12 years is not recommended.

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

- Allergic reactions to aniseed affecting the skin or the respiratory system may occur (1, 11, 12).
- Gastric disorders may occur (6).
- 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

01/06/2026.



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