



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

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Saw palmetto, Pumpkin, Tomato

بلميط منشاري / قرع عسل / طماطم

1. Names & Synonyms

Saw palmetto

***Serenoa repens* (W.Bartram) Small (1,2).**

Family: Arecaceae (1,2).

Syns: *Corypha repens* W.Bartram, *Corypha obliqua* W.Bartram, *Diglossophyllum serrulatum* (Michx.) H. Wendl. ex Salomon, *Sabal serrulata* (Michx.) Schult.f., *Chamaerops serrulata* Michx., *Brahea serrulata* (Michx.) H. Wendl. (1,2).

Arabic: Balmit minshary بلميط منشاري

English: *Serenoa*, Saw palmetto (3) and Saw palmetto berry (4).

Pumpkin (5)

***Cucurbita pepo* L.**

Family: Cucurbitaceae.

Syns: *Cucurbita aurantia* Willd., *C. courgero* Ser., *C. esculenta* Gray, *C. fastuosa* Salisb., *C. melopepo* L., *C. ovifera* L., *C. subverrucosus* Willd., *C. verrucosus* L., *Pepo melopepo* Moench., *P. verrucosus* Moench., *P. vulgaris* Moench.

Arabic: kar-e-asal قرع عسل

English: Pumpkin.

Tomato (1)

***Solanum lycopersicum* L.**

Family: Solanaceae

Syns: *Lycopersicon esculentum* Mill., *Lycopersicon cerasiforme* Dunal,



Arabic: Tamatem طماطم

English: Tomato.

2. Parts used for medicinal purpose

Saw palmetto: Dried ripe fruit (6).

Pumpkin: Dried seeds (5,7).

Tomato: Fruit (8).

3. Major chemical constituents

Saw palmetto (9)

- **Fatty acids and their glycerides:** Monoacylglycerides (1-monolaurin, 1- monomyristicin). Oleic acid (unsaturated) and capric acid, caproic acid, caprylic acid, lauric acid, myristic acid, palmitic acid and stearic acid (saturated).
- **Steroids:** β -Sitosterol, campesterol and stigmasterol.
- **Carbohydrates:** Invert sugar, mannitol, high molecular weight polysaccharides with galactose, arabinose and uronic acid identified as main sugar components.
- **Other constituents:** Flavonoids (e.g. rutin, isoquercitrin, kaempferol), pigment (carotene), resin, tannin and volatile oil.

Pumpkin

- **Fixed oil:** composed mainly of linoleic, oleic, palmitic and stearic acids (10).
- **Phytosterols:** β -Sitosterol, $\Delta^{5,24}$ - stigmastadienol, Δ^7 -stigmastenol, Δ^7 -avenasterol (11).
- **Phytoestrogens:** including lignans (as secoisolarisiresinol), isoflavones (as genistin, daidzin and formononetin) and quercetin (12).
- **Phenolic acids:** Protocatechuic, caffeic, syringic, vanillic, *p*-coumaric and ferulic acids (12).
- **Protein:** composed mainly of the amino acids: arginine, glutamic and aspartic acids (13).
- **Others:** Vitamin E (Tocopherols), micro-elements such as phosphorus, magnesium, potassium, zinc and iron (13) as well as β -carotene (14).



Tomato (8)

- **Carotenoids:** mainly lycopene and in small amounts β -carotene, α -carotene, β -cryptoxanthin and lutein.
- **Phenolics:** rutin, naringenin and chlorogenic acid.
- **Others:** vitamin C, and vitamin E

4. Medicinal uses (Indications)

Relief of lower urinary tract symptoms related to Benign Prostatic Hyperplasia (BPH) or related to an overactive bladder, after serious conditions have been excluded by a medical doctor.

5. Herbal preparations correlated to medicinal use

Combination of saw palmetto extract (Extraction Solvent: ethanol and water), pumpkin powder extract (Extraction Solvent: ethanol and water), and tomato powder extract (Extraction Solvent: ethyl acetate).

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 150 mg of saw palmetto extract, 50 mg of pumpkin extract and 50 mg of tomato extract, two times per day.

Duration of use:

Long-term use is possible.

Method of administration: Oral use.

7. Contraindications

- Hypersensitivity to active substance(s) and to other plants of the same families.



8. Special warnings and precautions for use

- If complaints worsen or if symptoms such as fever, spasms or blood in the urine, painful urination, or urinary retention occur during the use of the medicinal product, a doctor or a pharmacist should be consulted (16).
- The use in children and adolescents under 18 years of age is not recommended.

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

- A few cases of suspected interactions with warfarin have been reported. Increased INR- values have been described (16).
- Diuretics: the medicinal product may increase the action of diuretics; use together cautiously (15).

10. Fertility, pregnancy and lactation

- Pregnancy and lactation: not relevant.
- 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

- Nausea, vomiting, diarrhea, abdominal pain (especially when taken on an empty stomach) (15,16).
- Allergic or hypersensitivity reactions may occur such as skin rash, headache (15,16).
- Electrolyte loss (sodium, potassium) (15).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose



- No case of overdose has been reported.

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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