



Egyptian Herbal Monograph

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## Volume 3

### Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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## Herbal Formulations Used in Egypt

Ginseng, Nigella

جنسج / حبة البركة

### 1. Names & Synonyms

#### Ginseng

*Panax ginseng* C. A. Meyer.

Family: Araliaceae.

Syns.: *Aralia ginseng* (C. A. Mey.) Baill, *Panax verus* Oken (1).

Arabic: جنسج Ginseng

English: Korean Ginseng, Red Ginseng, White Ginseng (2), Asian Ginseng (3).

#### Nigella (4, 5)

*Nigella sativa* L.

Family: Ranunculaceae

Syns: *Nigella cretica* Mill., *Nigella indica* Roxb. ex Flem., *Nigella truncata* Viv.

Arabic: الحبة السوداء, habat-al-baraka حبة البركة

English : Nigella, black seed, black cumin, black caraway.

### 2. Parts used for medicinal purpose

Ginseng: Dried root (6-9).

Nigella: Dried seeds (10,11).

### 3. Major chemical constituents

#### Ginseng



- **Triterpenoid saponins (Ginsenosides):** A complex mixture of compounds including Rb1, Rb2, Rc, Rd, Re, and Rg-1 (8,12).
- **Polysaccharides:** Pectins and glucans (13).
- **Others:** Peptides, polyacetylenic alcohols, fatty acids (8), starch,  $\beta$ -amylase, vitamins (B1, B2, B12, pantothenic acid, biotin), choline, minerals (8).

#### **Nigella (14 – 16):**

- Fixed oil:** Unsaturated fatty acids (linoleic, oleic, eicosadienoic and dihomogamma- linolenic acid (DGLA)) and saturated fatty acids (palmitic and stearic acids).
- Essential oil:** Thymoquinone, thymohydroquinone, dithymoquinone (nigellone), *p*-cymene, carvacrol, 4- terpineol, *t*-anethole, sesquiterpene longifolene,  $\alpha$ -pinene and thymol.
- Alkaloids:** Isoquinoline alkaloids (e.g. nigellicimine and nigellicimine-N-oxide) and pyrazole alkaloids (e.g.: nigellidine and nigellicine).
- Others:** Sterols ( $\beta$ -sitosterol, stigmasterol) , protein, carbohydrates, vitamins and minerals.

#### **4. Medicinal Uses (Indications)**

- As a prophylactic and restorative agent for enhancement of mental and physical capacities.
- For symptoms of asthenia such as fatigue and weakness, exhaustion, tiredness, loss of concentration, and during convalescence.

#### **5. Herbal preparations correlated to medicinal use**

Combination of ginseng root dry extract (extraction solvent: Ethanol/Water) and nigella seeds powder

**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 100-200mg of ginseng extract and 100-200mg of Nigella powder.

**Duration of use:** up to 3months.

If the symptoms persist for more than 2 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 substances and to other plants of the same families.
- It should not be used in breast cancer or if other estrogen dependent conditions are present (17-19).

## 8. Special warnings and precautions for use

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Use in children and adolescents under 18 years of age has not been established (9).
- General cautions should be taken to patients with cardiovascular diseases or diabetes (7, 8).

## 9. Interactions with other medicinal products and other forms of interaction (10,17-19)

- **Anticoagulants, antiplatelets, salicylates:** may decrease the action of these products and may increase the risk of bruising and bleeding.
- **Antihypertensive drugs:** may decrease blood pressure levels. Blood pressure should be monitored closely.



- **Immunosuppressants:** may diminish the effect of immunosuppressants; do not use immediately before, during, or after transplant surgery.
- **Immunosuppressants:** concurrent use might decrease the effects of these medications.
- **MAOIs:** Concurrent use of MAOIs may result in manic-like syndrome.
- **Stimulants:** Use of stimulants (e.g., xanthines) concurrently is not recommended; overstimulation may occur.
- **Caffeine:** Concurrent use with caffeine-containing preparations or drinks should be avoided (20).
- **Ephedra:** Concurrent use may increase hypertension and central nervous system stimulation; concurrent use should be avoided.
- **Anti-diabetic drugs:** may decrease blood sugar levels. Blood sugar should be monitored closely.
- **CNS depressants:** may cause breathing problems and/or too much sleepiness.
- **Diuretic drugs:** may make potassium levels drop too low.
- **Serotonergic Drugs:** may increase serotonin too much. This might cause serious side effects including heart problems, seizures and vomiting.

#### Lab Test

- **Blood glucose:** may decrease blood glucose (decoctions, infusions).
- **Plasma partial thromboplastin time, INR:** may increase plasma partial thromboplastin time and INR.
- **Serum, urine estrogens:** may have an additive effect on serum and 24-hour urine estrogens.
- **Serum digoxin:** may falsely increase serum digoxin.

### 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 (8,9,21).



- 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 carried out.

### **12. Undesirable effects (9, 17-19,22,23)**

- It may cause hypersensitivity reactions (urticaria, itching) allergic rashes, insomnia, anxiety, discomfort, nausea, vomiting, diarrhea and headache and gastrointestinal disorders like stomach constipation.
- Hypertension, chest pain, palpitation, decreased diastolic blood pressure and increase QTC interval.
- If adverse reactions occur a doctor or a pharmacist should be consulted.

### **13. Overdose (19,22,23)**

- Restlessness, nausea, vomiting, anorexia and diarrhea.
- Ginseng abuse syndrome: edema, insomnia and hypertonia.
- Hypertension resulting from ginseng abuse syndrome is associated with prolonged high dose ginseng with concomitant use of caffeine.

### **14. Relevant biological activities**

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

### **15. Additional information**

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### **Date of compilation/last revision**

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هَيْئَةُ الدَّوَاءِ الْمَصْرِئِيَّةِ

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