



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Caraway oil, Roman chamomile oil, Ginger oil, Fennel oil, Peppermint oil

زيت كراوية/ زيت بابونج/ زيت جنزبيل/ زيت شمر/ زيت نعناع

1. Names & Synonyms

Caraway (1)

Carum carvi L.

Family: Apiaceae (Umbelliferae).

Syns. *Carum velenovskyi* Rohlena.

Arabic: karawya كراوية

English: caraway

Roman chamomile

Chamaemelum nobile L. (2).

Family: Asteraceae/Compositae (2).

Syns.: *Anthemis nobilis* L., Chamomile, *Ormenis nobilis* L. J. Gay ex Coss. & Germ. (2).

Arabic: Baboonig بابونج

English name: Roman chamomile flower (3).

Ginger (4)

Zingiber officinale Roscoe.

Family: Zingiberaceae.

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

Arabic: Janzabeil جنزبيل - Zanzabeel زنجبيل - Zingibil زنجبيل

English: Ginger.



Fennel (5)

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

Peppermint (6)

Mentha piperita L.

Family: Lamiaceae.

Arabic: Ni'na نعناع

English: Peppermint.

2. Parts used for medicinal purpose

Caraway oil: Dried fruits (7, 8).

Chamomile oil: Flowerheads (3,9,10).

Ginger oil: dried rhizome (2,4, 11,12).

Fennel oil: Dried ripe fruits (13).

Peppermint oil: fresh overground parts and the dried leaves (6,14-16).

3. Major chemical constituents

Caraway oil: mainly carvone and limonene (17).

Chamomile oil: Esters of angelic and tiglic acids, 1,8 cineole, 1-*trans*-pinocarveol, 1*trans*-pinocarvone, chamazulene, farnesol, and nerolidol (2, 18).

Ginger oil: β -Bisabolene and zingiberene, zingiberol, zingiberenol, α -curcumene, β -sesquiphellandrene, β -sesquiphellandrol (*cis* and *trans*), phellandrene, camphene, geraniol, neral, linalool, *d*-nerol) (2, 19).



Fennel oil: *trans*-anethole (+)-fenchone, estragole (methylchavicol), limonene, *p*-anisaldehyde, α -pinene and α -phellandrene. (20)

Peppermint oil: Menthol, menthone, menthyl acetate, menthofuran, and 1,8cineole (eucalyptol) (21).

4. Medicinal Uses (Indications)

- A) Treatment of irritable bowel syndrome.
- B) Symptomatic relief of minor spasms of the gastrointestinal tract, flatulence and abdominal pain especially in patients with irritable bowel syndrome
- C) Loss of appetite.
- D) Symptomatic relief of minor spasm associated with menstrual periods

5. Herbal preparations correlated to medicinal use

Combination of caraway oil chamomile oil, ginger oil, fennel oil and peppermint oil

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

Adult from 18 years

Combination of 30 mg of caraway oil, 30 mg of chamomile oil, 30 mg of ginger oil, 30 mg of fennel oil and 30 mg of peppermint oil to be taken orally

Duration of use: should be taken until symptoms resolve, usually within one or two weeks.

Method of administration: Oral use.

The pharmaceutical dosage form should be swallowed whole, not broken or chewed, must be taken 30 minutes before meals.

7. Contraindications.

- Hypersensitivity to the active substance and to other plants of the same families



- Patients with liver disease, cholangitis achlorhydria, gallstones and any other biliary disorders (7,14).

8. Special warnings and precautions for use (14)

- If the symptoms worsen during the use of the medicinal product, a doctor or pharmacist should be consulted.
- Patients who already suffer from heartburn or hiatal hernia have sometimes exacerbation of this symptom after taking the product, treatment should be discontinued in these patients
- The dosage form should be swallowed whole, not broken or chewed, because this would release the peppermint oil prematurely, possibly causing local irritation of the mouth and esophagus

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

- Use of food or antacids at the same time could early release of the dosage form content. Other medicinal products used to decrease stomach acid, such as histamine-2 blockers and proton pump inhibitors may cause premature dissolution of the enteric coating and should be avoided (14).
- It is recommended that patients taking anticoagulants or those with bleeding disorders avoid use of large dose of the product due to its antithrombotic effect (10, 14).
- Alcohol, benzodiazepines: chamomile has weak, anxiolytic properties at benzodiazepines receptor sites, thus concomitant use of alcohol and benzodiazepines should be avoided (10).

10. Fertility, pregnancy and lactation

- The use during pregnancy and lactation is avoided (10,11).
- 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 (14)

- Allergic reactions affecting the skin, the respiratory and gastro-intestinal system, may occur.
- Headache, bradycardia, muscle tremor, ataxia, anaphylactic shock and erythematous skin rash.
- Urine and stools with an odour of menthol were observed, dysuria and inflammation of the glans of penis.
- Heartburn, perianal burning blurred vision, dry mouth, nausea and vomiting.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose (14)

- Overdose may cause severe gastro-intestinal symptoms, diarrhea, rectal ulceration, epileptic convulsions, loss of consciousness, apnea, nausea and disturbances in cardiac rhythms, ataxia and other CNS problems, probably due to the presence of menthol and ginger.
- In the event of overdose, the stomach should be emptied by gastric lavage observation should be carried out with symptomatic treatment if necessary.

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

20/4/2026



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