



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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

زيت الكراوية / زيت الشمر / زيت الجنزبيل / زيت الزيتون / زيت النعناع / زيت البابونج

1. Names & Synonyms

Caraway (1)

***Carum carvi* L.**

Family: Apiaceae (Umbelliferae).

Syns. *Carum velenovskyi* Rohlena.

Arabic: Karawya كراوية

English: Caraway

Fennel (2)

***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

Ginger (3)

***Zingiber officinale* Roscoe.**

Family: Zingiberaceae.

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



Arabic: Janzabeil - جنزبيل - Zanjabeel - زنجبيل - Zingibil - زنجبيل

English: Ginger.

Olive (4)

***Olea europaea* L.**

Family: Oleaceae.

Syns: *Olea pallida* Salisb., *Olea sativa* Hoffmanns. & Link .

Arabic: Zaytun زيتون (5).

English: Olive (6).

Peppermint (7)

***Mentha piperita* L.**

Family: Lamiaceae.

Arabic: Ni'na نعناع

English: Peppermint.

Roman chamomile

***Chamaemelum nobile* L. (8).**

Family: Asteraceae/Compositae (8).

Syns.: *Anthemis nobilis* L., Chamomile, *Ormenis nobilis* L. J. Gay ex Coss. & Germ. (8).

Arabic: Baboonig بابونج

English: Roman chamomile flower (9).

2. Parts used for medicinal purpose

Caraway oil: Dried fruit (10, 11).

Fennel oil: Dried ripe fruits (12).

Ginger oil: Dried rhizome (3,8,13,14).

Olive oil: Fresh or dried leaves (15) and fruits (1, 16, 17).

Peppermint oil: The fresh overground parts and the dried leaves (7, 18,19).

Roman chamomile oil: Dried flower-head (9,20,21).



3. Major chemical constituents

Caraway oil: mainly carvone and limonene (22).

Fennel oil: *trans*-anethole (+)-fenchone, estragole (methylchavicol), limonene, *p*-anisaldehyde, α -pinene and α -phellandrene (23).

Ginger oil: β -Bisabolene and zingiberene, zingiberol, zingiberenol, *ar*-curcumene, β -sesquiphellandrene, β -sesquiphellandrol (*cis* and *trans*), phellandrene, camphene, geraniol, neral, linalool, *d*-nerol) (12, 24).

Olive oil:

- **Triglycerides:** Unsaturated fatty acids mainly as oleic, linoleic and palmitoleic acids and saturated fatty acids as palmitic and stearic acids (25).
- **Phenolic compounds:** Oleuropein, hydroxytyrosol and α -tocopherol (25).
- **Volatiles:** Hexanal, *trans*-2-hexenal, 1-hexanol and 3-methylbutanol (26).
- **Hydrocarbons:** Squalene and β -carotene (26).

Peppermint oils: Menthol, menthone, menthyl acetate, menthofuran, and 1,8-cineole (eucalyptol) (27).

Roman chamomile oil: Esters of angelic and tiglic acids, 1,8-cineole, 1-*trans*-pinocarveol, 1-*trans*-pinocarpone, chamazulene, farnesol, and nerolidol (8, 28).

4. Medicinal Uses (Indications)

- A) The symptomatic relief of minor spasm of gastrointestinal tract flatulence and abdominal pain especially in patients with irritable bowel syndrome.
- B) Dyspepsia (early fullness, loss of appetite).
- C) Loss of appetite

5. Herbal preparations correlated to medicinal use

Combination of caraway oil, bitter fennel oil, ginger oil, olive oil, peppermint oil, and Roman chamomile 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

Adults and elderly:

Combination of 40 mg of caraway oil, 40 mg of bitter fennel oil, 40 mg of ginger oil, 300 mg of olive oil, 40 mg of peppermint oil, and 40 mg of Roman chamomile oil, daily.

Duration of use: It should be taken usually for one or two weeks, if the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use.

To be taken orally before meals or as directed by physician. It must be taken 30 minutes before meals and taken whole, not to be broken or chewed.

7. Contraindications.

- Hypersensitivity to the active substance(s) and to other plants of the same families.
- Should not be used in presence of gallstone conditions, should take it only under supervision of a physician, because of its cholagogic effect.
- Use in liver disease, cholangitis, achlorhydria, gallstones and any other biliary disorders is not recommended (4,22).

8. Special warnings and precautions for use (29)

- If the symptoms worsen during the use of medicinal product, a doctor or a pharmacist should be consulted.
- The gastro-resistant solid dosage forms should be swallowed whole, i.e, not broken or chewed because this would release the peppermint oil prematurely, possibly causing local irritation of the mouth or oesophagus.
- The use in children and adolescent under 18 years of age has not been established (15).



- Patients with cardiac disease or renal impairment should seek medical advice before taking the medicinal product (15).
- Patient, who already suffer from heartburn or hiatal hernia have sometimes an exacerbations of the symptoms after taking the product, treatment should be discontinued in these patient.
- Other medicinal products containing peppermint oil should be avoided during the use of this medicinal product.
- Avoid long term use & over dose.

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

- Use of food or antacids administered at the same time could cause 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 (29)
- Anticoagulants: avoid use with patients taking anticoagulants or those with bleeding disorders due to antithrombotic effect (21, 29).
- Alcohol/Benzodiazepines: Chamomile has weak anxiolytic properties at benzodiazepine receptor sites, thus concomitant use of alcohol and benzodiazepines should be avoided (21).

10. Fertility, pregnancy and lactation (21)

- The use during pregnancy and lactation is avoided.
- 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 (29)

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

13. Overdose (29)

- Overdose may cause severe gastro-intestinal symptoms, diarrhea, rectal ulceration, epileptic, convulsions, loss of consciousness, apnea and nausea and disturbance 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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