



Egyptian Herbal Monograph

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## Volume 3

## Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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**Chamomile, Ginger, Peppermint, Fennel, Anise, Bromelain, Papain**

بابونج / چنزبيل / نعناع / شمر / ينسون / بروميلين / بابين

### 1. Names & Synonyms

#### Chamomile

***Matricaria chamomilla* L. (1,2).**

**Family:** Asteraceae (Compositae) (1).

**Syns.:** *Chamomilla recutita* (L.) Rausch., *Chamomilla officinalis* K. Koch, *Matricaria recutita* L. and others (1,3).

**Arabic:** Baboonig بابونج

**English:** Matricaria Flower (4), Blue Chamomile, Hungarian Chamomile, Matricaria, Sweet False Chamomile, Wild Chamomile (3), German Chamomile (5).

#### Ginger (6)

***Zingiber officinale* Roscoe.**

**Family:** Zingiberaceae.

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

**Arabic:** Janzabeil چنزبيل - Zanjabeel زنجبيل - Zingibil زنجبيل

**English:** Ginger.

#### Peppermint (7)

***Mentha piperita* L.**

**Family:** Lamiaceae.

**Arabic:** Ni'na نعناع

**English:** Peppermint.

#### Fennel (8)

***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

**Anise (9)**

***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.

## 2. Parts used for medicinal purpose

**Chamomile:** Flowerheads (2-4).

**Ginger:** The dried rhizome (5,6,10,11).

**Peppermint:** The fresh over ground parts and the dried leaves (7,12,13).

**Fennel:** Dried ripe fruits (14).

**Anise:** Dried ripe fruits (9).

## 3. Major chemical constituents

### Chamomile

- **Essential oil:** Esters of angelic and tiglic acids, 1,8 cineole, 1-*trans*-pinocarveol, 1-*trans*-pinocarpone, chamazulene, farnesol, and nerolidol (1, 5).
- **Phenolic compounds: Flavonoids:** Apigenin, luteolin, quercetin and their glycosides. **Phenolic acids:** caffeic and ferulic acids. **Coumarins:** scopolin, umbelliferone and herniarin (1, 5).



- **Sesquiterpenes lactones:** Nobilin, 3-epinobilin, 1, 10-epoxynobilin and 3dehydronobilin (1, 5).
- **Others:** Anthemic acid, fatty acids, phytosterols, choline and inositol (1).

#### Ginger (5, 15)

- **Oleo-resin:** Gingerols, shogaols, paradols, zingerone, gingerenone-A, and 6dehydrogingerdione.
- **Essential oil:**  $\beta$ -Bisabolene and zingiberene, zingiberol, zingiberenol, *ar*-curcumene,  $\beta$ -sesquiphellandrene,  $\beta$ -sesquiphellandrol (*cis* and *trans*), phellandrene, camphene, geraniol, neral, linalool, *d*-nerol).
- **Others:** Starch, lipids, proteins and amino acids.

#### Peppermint

- **Essential oils:** Menthol, menthone, menthyl acetate, menthofuran, and 1,8cineole (eucalyptol) (16).
- **Flavonoids:** Luteolin, luteolin-7-O-glucoside, naringenin-7-O-glucoside, isorhoifolin, eriodictyol, eriocitrin glycoside and apigenin (17).

#### Fennel (18)

- **Essential oil:** *trans*-Anethole (+)-fenchone, estragole (methylchavicol), limonene, *p*-anisaldehyde,  $\alpha$ -pinene and  $\alpha$ -phellandrene.
- **Phenolic acids:** Rosmarinic acid and caffeoylquinic acid derivatives.
- **Flavonoids:** Eriodictyol-7-rutinoside, quercetin-3-rutinoside.
- **Others:** Triterpenes, smaller terpenes (monoterpenoids, sesquiterpenoids and diterpenoids) and reducing sugars.

#### Anise

- **Essential oil:** Contains mainly *trans*-anethole, estragole (methylchavicol, isoanethole),  $\beta$ -anisaldehyde,  $\alpha$ -terpenol, *cis*-anethole (9).

## 4. Medicinal uses (Indications)

Symptomatic treatment of minor digestive ailments such as dyspepsia, epigastric bloating, indigestion, gastritis, lack of appetite and flatulence.



## 5. Herbal preparations correlated to medicinal use

Combination of chamomile powder, ginger powder, peppermint powder, fennel powder anise powder, bromelain and papain.

**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 150mg chamomile powder, 70mg ginger powder, 25mg peppermint powder, 50mg fennel powder, 25mg anise powder, 50mg bromelain and 50mg papain, 3 times daily after meals.

### Duration of use

If the symptoms persist more 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 active substance(s) and to other plants of the same families.
- Ginger (the product) should not be used by persons with cholelithiasis (19,20).

## 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.
- Patients with gallstones and any other biliary disorders should be cautious in using the product (21).
- In case of allergy to latex or fruits, a doctor should be consulted before use (22).
- In case of gastrointestinal lesions/ulcers or having any surgery, ask the physician before use (22,23).



- This product should not be given to children and adolescents under age of 18 years.

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

- This product may increase the action of anticoagulants; concurrent use should be avoided (20, 22, 23).
- 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 (21).

## 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

- Stop use if hypersensitivity/allergy occurs (22, 23).
- Gastrointestinal discomfort or disturbance may occur (22).
- If other adverse reactions occur, a doctor or a pharmacist should be consulted.

## 13. Overdose

No cases of overdose have been reported to date.

## 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**

21/05/2026.



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هَيْئَةُ الدَّوَاءِ الْمَصْرِئِيَّةِ

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