



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

**Peppermint Oil, Eucalyptus Oil, Camphor, Tincture Benzoin Compound**

زيت نعناع / زيت كافور / كافور / صبغة البنزوين المركبة

### 1. Names & Synonyms

**Peppermint (1)**

*Mentha piperita* L.

**Family:** Lamiaceae.

**Arabic:** Ni'na نعناع

**English:** Peppermint.

**Eucalyptus (2)**

*Eucalyptus globulus* Labill.

**Family:** Myrtaceae.

**Syns.:** *Eucalyptus maidenii* subsp. *globulus* (Labill.) J.B.Kirkp.

**Arabic name:** Kafur كافور (3).

**English name:** Eucalyptus (4).

### 2. Parts used for medicinal purpose

**Peppermint oil:** Fresh over ground parts and dried leaves (1,5,6).

**Eucalyptus oil:** Fresh /dried leaves (4,7).

### 3. Major chemical constituents

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

**Eucalyptus oil:** 1,8-Cineole (eucalyptol), *p*-cymene,  $\alpha$ -pinene and  $\alpha$ -limonene (9).



#### 4. Medicinal uses (Indications)

- Relief of nasal congestion.
- Relief of colds and laryngitis.

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

Combination of peppermint oil, eucalyptus oil, camphor and tincture benzoin compound.

**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

##### **Adolescents, adults and elderly:**

Combination of (0.25 ml of peppermint oil, 0.25 ml of eucalyptus oil, 50 mg of camphor and tincture benzoin compound up to 5ml) is added on 500ml hot water and the vapor is inhaled.

##### **Duration of use:**

If the symptoms persist longer than two weeks during the use of the medicinal product, a doctor or pharmacist should be consulted.

**Method of administration:** Inhalation.

#### 7. Contraindications

- Hypersensitivity to active substance(s) or other plants of the same families.
- The use in children under 2 years of age.
- Patients with inflammation of the gastrointestinal tract, gall bladder disease or impaired liver function (10).

#### 8. Special warnings and precautions for use (11)



- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Eye contact with unwashed hands after the application of the product may potentially cause irritation.
- The product should be used with caution in inflamed and ulcerated conditions of the gastrointestinal tract.
- Patients with gallstones and any other biliary disorder should be cautious using the product.
- The use in children between 2 and 11 years of age is not recommended without medical supervision.

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

Cytochrome P450 3A4 substrate: The product may decrease drugs metabolized by cytochrome P450 3A4 substrates (12).

## 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

- Apnoea, broncho- and laryngo-constriction in hypersensitive patients have been reported (11).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.



### **13. Overdose**

Inhalation of large doses of menthol may lead to dizziness, confusion, muscle weakness, nausea and double vision (11).

### **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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