



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

**Ginkgo, Ginseng, Royal jelly**      چنكو / چنسنج / رويال جيلي

### 1. Names & Synonyms

**Ginkgo (1)**

*Ginkgo biloba* L.

**Family:** Ginkgoaceae.

**Syns.** *Pterophyllus salisburiensis* Nelson, *Salisburia adiantifolia* Smith, *S. macrophylla* C. Koch

**Arabic:** Ginkgo چنكو

**English:** Ginkgo leaf (2), Fossil tree; Kew tree; Maidenhair tree. (3).

**Asian Ginseng (4)**

*Panax ginseng* C. A. Meyer.

**Family:** Araliaceae.

**Syns.:** *Aralia ginseng* (C. A. Mey.) Baill, *Panax verus* Oken (4).

**Arabic:** Ginseng جنسنج

**English:** Korean Ginseng, Red Ginseng, White Ginseng (5), Asian Ginseng (6).

### 2. Parts used for medicinal purpose

**Ginkgo:** Leaves (1, 3, 7, 8).

**Asian Ginseng:** Roots (9-12).

### 3. Major chemical constituents

**Ginkgo**



- **Flavonoids:** Flavonols (quercetin, kaempferol, isorhamnetin, and their glycosides and coumaroyl esters) (13), proanthocyanidins (yield delphinidin and cyanidin as main building blocks after acid hydrolysis) (14,15).
- **Terpene lactones:** Bilobalide, ginkgolides A, B, C, J, M (13).
- **Amino acids:** 6-Hydroxykynurenic acid (2-carboxy-4-one-6-hydroxyquinoline), a metabolite of tryptophan (16).
- **Others:** Benzoic acid, ginkgolic acid, 2-hexenal, polyprenols (e.g. di-trans-polycis-octadecaprenol) and acidic polysaccharide (17).

#### Asian Ginseng

- **Triterpenoid saponins (Ginsenosides):** A complex mixture of compounds including Rb1, Rb2, Rc, Rd, Re, and Rg-1 (11,18).
- **Polysaccharides:** Pectins and glucans (19).
- **Others:** Peptides, polyacetylenic alcohols, fatty acids (11), starch,  $\beta$ -amylase, vitamins (B1, B2, B12, pantothenic acid, biotin), choline, minerals (11).

#### 4. Medicinal Uses (Indications)

- A) Symptoms of Asthenia such as fatigue and weakness.
- B) Improvement of (age-associated) cognitive impairment and quality of life in mild dementia.

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

1. Combination of ginkgo powder extract (Extraction solvent: ethanol/water), Asian ginseng powder extract (Extraction solvent: water) and Freeze-dried royal jelly powder.
2. Combination of ginkgo powder extract (Extraction solvent: Ethyl Alcohol), Asian ginseng powder extract (Extraction solvent: Ethyl Alcohol) and Freeze-dried royal jelly 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

1. Combination of 60-240 mg of ginkgo extract, 13.6-54.4 mg of Asian ginseng extract and 100-400 mg of Freeze-dried royal jelly, daily after meals.
2. Combination of 60 mg of ginkgo extract, 100 mg of Asian ginseng extract and 200 mg of Freeze-dried royal jelly, 3 times daily after meals.

### Duration of use:

Treatment should last for at least 8 weeks. If the symptoms persist for more than 2 weeks, a doctor or a pharmacist should be consulted.

**Method of administration:** Oral use.

## 7. Contraindications.

- Hypersensitivity to the active substance and to other plants of the same family.
- History of asthma or allergies.
- If breast cancer or other estrogen-dependent conditions are present, The product should not be used (2).

## 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.
- The use in children and adolescents under 18 years of age has not been established (12,22).
- General caution should be taken in patients with cardiovascular disease or diabetes (8,10,11).
- In patients with a pathologically increased bleeding tendency (haemorrhagic diathesis) and concomitant anticoagulant and antiplatelet treatment, the medicinal product should only be used after consultation with a doctor (2, 7,20).



- In patients with epilepsy: The product may decrease seizure threshold (2, 7, 21).
- Use should be stopped prior to surgery due to a potential risk of increased bleeding or interaction with perioperative drug treatment (21).

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

- Concomitant use of the medicinal product and efavirenz is not recommended (7).
- Anticoagulants, platelet inhibitor, salicylates and other non-steroidal anti-inflammatory drugs: their effect may be influenced, the product should not be taken concurrently with these products (2,7).
- Antidiabetics, Insulin: the product may decrease blood glucose levels, it may increase the hypoglycemic effect of antidiabetics; avoid concurrent use (2).
- Immunosuppressants: the product may diminish the effect of immunosuppressants; do not use immediately before, during, or after transplant surgery (2).
- Anticonvulsants: the product components may decrease the anticonvulsant effect; concurrent use should be avoided (7).
- Buspirone, fluoxetine: concurrent use may cause hypomania (2).
- Cytochrome P450IA2/P4502D6/P4503A4 substrates: the medicinal product may affect drugs metabolized by these agents (2).
- Selective serotonin reuptake inhibitors (SSRIs): the product is often used to reverse the sexual side effects of SSRIs (2).
- Trazadone: concurrent use with trazadone may cause coma (2).
- MAOIs: Concurrent use with MAOIs may result in manic-like syndrome (2).
- Stimulants: Use of stimulants (e.g., xanthines) concurrently is not recommended; overstimulation may occur (2).
- Ephedra: Concurrent use of ephedra may increase hypertension and central nervous system stimulation; concurrent use should be avoided (2).



**Lab Test (2):**

- Partial thromboplastin time, INR: the product may affect plasma partial thromboplastin time and INR.
- Platelet activity: the product may affect platelet activity.
- Prothrombin time, blood salicylate: the product may affect prothrombin time and blood salicylate.
- Serum, urine estrogens: the product may have an additive effect on serum and 24-hour urine estrogens.
- Serum digoxin: the product may falsely increase serum digoxin.

**10. Fertility, pregnancy and lactation**

- The use during pregnancy and lactation should be avoided (3, 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 performed.

**12. Undesirable effects**

- Hypersensitivity reactions (allergic shock) may occur, skin, subcutaneous tissue disorders and allergic skin reactions (erythema, oedema, itching, rash) may also occur (2,7,14).
- Headache and dizziness (2,7).
- Insomnia, anxiety (2).
- Mild gastrointestinal complaints such as diarrhoea, abdominal pain, nausea and vomiting (7, 12).
- Bleeding of the patient organs has been reported (eye, nose, cerebral and gastrointestinal haemorrhage) (7).



- Hypertension, chest pain, palpitations, decreased diastolic blood pressure and increased QTC interval (2).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

### 13. Overdose

- Restlessness (2,22), nausea, vomiting, anorexia and diarrhea (2).
- Ginseng Abuse Syndrome: edema, insomnia and hypertonia (2).
- Hypertension resulting from Ginseng Abuse Syndrome is associated with prolonged high dose the product with concomitant use of caffeine (8).

### 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

20/04/2026



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