



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Guava, Thyme, Anise

جوافة / زعتر / ينسون

1. Names & Synonyms

Guava (1)

Psidium guajava L.

Family: Myrtaceae.

Syns.: *Psidium aromaticum*, *P. cujavillus* Burm, *P. pomiferum*, *P. pyrifерum*, *P. pumilum*.

Arabic: Gawafa جوافة

English name: Guava.

Thyme

Thymus vulgaris L. (2)

Syns.: *Origanum thymus* Kuntze, *Thymus collinus* Salisb.

Family: Lamiaceae (Labiatae).

Arabic: Za'ater زعتر

English name: English Thyme, Garden Thyme.

Thymus zygis L. (3)

Syns.: *Origanum zygis* (L.) Kuntze, *Thymus angustifolius* Salisb.

Family: Lamiaceae (Labiatae).

Arabic: Za'ater زعتر

English name: Spanish Thyme.

Anise (4)

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

Guava: Dried Leaves (1)

Thyme: Herb (5, 6)

Anise: Dried ripe fruits (4)

3. Major chemical constituents

Guava

Phenolic Compounds (7)

- Flavonoids: Quercetin and its glycosides, avicularin, apigenin, guaijaverin, kaempferol, kaempferol-3-arabofuranoside, hyperin, myricetin, rutin, catechin, epicatechin, epigallocatechin gallate and proanthocyanidins.
- Phenolic acids: Gallic acid and caffeic acid.

Essential Oil (8, 9)

- β -Caryophyllene, 4 α -selin-7 (11)-enol, β -caryophyllene oxide, α -selinene, β -selinene, δ -cadinene, daucol, cubenol, 1,8-cineole (eucalyptol) and aromadendrene.

Others (7)

- Sugars (sulphated and unsulphated polysaccharides (uronic acid)). Minerals (calcium, potassium, sulfur, sodium, iron, boron, magnesium, manganese and zinc), vitamins (C and B) and macronutrients (protein and fat).



Thyme

- **Essential oil:** the main components are thymol, carvacrol, *p*-cymene, α and β -terpinene, linalool, terpinen-4-ol, borneol, 1,8- cineole, α -thujene, α -pinene, and caryophyllene (6).
- **Flavonoids:** apigenin, narigenin, kaempferol, and luteolin (and its glycosides) (10).
- **Phenolic acids:** salvianolic, rosmarinic, cinnamic, ferulic, caffeic and gallic acids (10).
- **Others:** monoterpene glycosides.

Anise

Essential oil: contains mainly trans-anethole, estragole (methylchavicol, isoanethole), β -anisaldehyde, α -terpenol, *cis*-anethole (4).

4. Medicinal Uses (Indications)

- A. Expectorant in cough associated with cold
- B. Treatment of Symptoms of bronchitis, whooping cough and catarrh of the upper respiratory tract.
- C. Cough sedative.

5. Herbal preparations correlated to medicinal use

Combination of guava aqueous liquid extract, thyme liquid extract and anise liquid extract (extraction solvent: water/ethanol).

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: Combination of 375mg of guava extract, 750 mg of thyme extract and 750 mg of anise extract, 3-4 times daily.



Above 12 years: Combination of 125mg of guava extract, 250 mg of thyme extract and 250 mg of anise extract, 3-4 times daily.

Duration of use: Not to be used more than one week and period between doses must be not less than 4 hours.

If the symptoms persist for longer 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 the active substances or to other plants of the same families.

8. Special warnings and precautions for use (6, 11)

- If the symptoms worsen during the use or if dyspnoea, fever or purulent sputum occurs, a doctor or a pharmacist should be consulted.
- Use in children less than 12 years is not recommended.

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

- None reported.

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

- Allergic reactions to aniseed affecting the skin or the respiratory system may occur (4, 11, 12).
- Gastric disorders may occur (6).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

- No case of overdose has been reported.

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

27/04/2026



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