



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Medicinal Plants Used in Egypt

Caraway oil, Cinnamon oil, Fennel oil زيت الكراوية / زيت القرفة / زيت الشمر

1. Names & Synonyms

Caraway (1)

***Carum carvi* L.**

Family: Apiaceae (Umbelliferae).

Syns. *Carum velenovskyi* Rohlena.

Arabic: karawya كراوية

English: Caraway.

Cinnamon (2)

***Cinnamomum verum* J. Presl.**

Family: Lauraceae.

Syns.: *Camphorina cinnamomum* (L.) Farw., *Cinnamomum zeylanicum* var. commune Meisn., *Cinnamomum zeylanicum* var. vulgare Hayne, *Laurus cinnamomum* L.

Arabic: Qirfah قرفة

English: Cinnamon, Ceylon cinnamon, true cinnamon (3, 4).

Fennel (5)

***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.



2. Parts used for medicinal purpose

Caraway oil: Fruit (6, 7).

Cinnamon oil: Bark (1, 3, 4, 8-13).

Fennel oil: Fruit (14).

3. Major chemical constituents

Caraway oil: mainly carvone and limonene (13).

Cinnamon oil: Cinnamaldehyde, methoxy-cinnamaldehyde, linalool, β -caryophyllene, eucalyptol, eugenol, copaene, cadina-3,9-diene, cadina-4,9-diene and 17-pentatriacontene (15-19).

Fennel oil: *trans*-anethole (+)-fenchone, estragole (methylchavicol), limonene, *p*-anisaldehyde, α -pinene and α -phellandrene (20).

4. Medicinal Uses (Indications)

A) Dyspeptic complaints.

B) Symptomatic treatment of mild, spasmodic gastro -intestinal complaints including bloating and flatulence.

5. Herbal preparations correlated to medicinal use

Combination of caraway oil, cinnamon oil, and fennel 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

For adult above 18 years: Combination of 0.015 g of caraway oil, 0.01 g of cinnamon oil, and 0.015 g of fennel oil, after meals or when needed.

Duration of use: Maximum of 2 weeks.

Method of administration: Oral use.



7. Contraindications.

- Hypersensitivity to active substances and to other plants of the same families.
- Patients with known hypersensitivity to Asteraceae (Compositae) should avoid the use of the medicinal product because of cross reactivity risk (14).
- Hypersensitivity to Peru balsam (8, 21, 22).
- In cases of fever of unknown origin, stomach or duodenal ulcers, major surgery, haemophilia and other bleeding disorders (3, 23).
- Gastroesophageal reflux disease, liver disease, cholangitis, achlorhydria, gallstones and any other biliary disorders (24).

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
- In rare cases, allergic reactions such as asthma, contact dermatitis and rhinoconjunctivitis have been reported in sensitive patients (5).
- Bleeding disorders: it may slow blood clotting, and increase the risk of bleeding or bruising in people with bleeding disorders (25).

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

- Diabetes and anticoagulant medications (23).
- **Tetracycline:** It may reduce activity of tetracycline (3).
- **Ciprofloxacin:** The medicinal product may affect the absorption, distribution, and elimination of ciprofloxacin. If the two are used concurrently, their dosages should be separated by at least 2 hours (1,8,26).
- **Anticonvulsants:** The medicinal product may increase the risk of seizures; avoid concurrent use (8).



10. Fertility, pregnancy and lactation

- It should not be used during pregnancy and lactation (9, 22, 23).
- 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 affecting the skin, the respiratory or and gastro-intestinal system may occur (8, 14).
- Anorexia, diarrhea, skin redness, irritation and contact dermatitis (8).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

- High doses cause vomiting (1).
- An intake of over dose of the medicinal product for extended periods can lead to kidney and liver damage (4,6).

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

23/04/2026.



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