



# **Egyptian Herbal Monograph**

**Volume 3**

**Medicinal Plants used in Egypt**

**Egyptian Drug Authority (EDA)**

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# Egyptian Herbal Monograph

## Medicinal Plants Used in Egypt

*Oenothera biennis* L.

زهرة الربيع المسائية

### 1. Names & Synonyms

*Oenothera biennis* L.

**Family:** Onagraceae (1).

**Syns.:** *Oenothera biennis* var. *vulgaris* Torr. & A. Gray. *Onagra biennes* (L.) Scop, *Pseudo-oenothera virginiana* Rupr (1).

**Arabic:** Zahrat El-Rabei El-Masaeia زهرة الربيع المسائية

**English name:** Evening primrose (2), Evening star, King's cure-all, Suncup, Sundrop (3).

### 2. Parts used for medicinal purpose

Seeds (2, 4).

### 3. Major chemical constituents

**Fixed oil:** Mainly linoleic acid and  $\gamma$ -linolenic acid and less amount of other fatty acids (oleic, palmitic and stearic acids) (5), aliphatic alcohols and  $\beta$ -amyirin (6).

### 4. Medicinal Uses (Indications)

- A. For symptomatic treatment of atopic eczema, itching in acute and chronic dry skin conditions (2, 4).
- B. Mastalgia; one of the symptoms of Premenstrual Syndrome (PMS) (2).

### 5. Herbal preparations correlated to medicinal use

Fatty oil obtained from seeds by extraction and/or expression (4).

**Herbal preparation is 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

### Indication A:

#### Adolescents, adults and elderly:

Single dose: 2 - 3 g, Daily dose: 4 - 6 g (4) or 320 - 480 mg, daily (calculated as  $\gamma$ -linolenic acid), in divided doses (2).

**Indication B:** 240 - 320 mg, daily (calculated as  $\gamma$ -linolenic acid), in divided doses (2).

### Duration of use:

If the symptoms persist longer than 8 weeks during the use of the medicinal product, a doctor or pharmacist should be consulted.

**Method of administration:** Oral use (4).

## 7. Contraindications

Hypersensitivity to the active substances and to other plants of the same family.

## 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 under 12 years of age is not recommended (4).
- Evening primrose oil is recommended to be used with caution in epileptic patients, especially in those with schizophrenia and/or those taking phenothiazines (2, 5).
- Oral evening primrose oil should be used with caution by patients with bleeding disorders (3).

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

- **Anticoagulant drugs:** due to potential additive effect, as it can inhibit platelets aggregation and increase bleeding time (2, 3).
- Seizures have occurred in a few schizophrenic patients taking evening primrose oil with phenothiazine (5).



## 10. Fertility, pregnancy and lactation (4)

- 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 (4)

No studies on the effect on the ability to drive and use machines have been performed.

## 12. Undesirable effects (4)

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Gastrointestinal effects, indigestion, nausea, softening of stool, rise in temperature, hypersensitive reactions like exanthema and headache have been reported.

## 13. Overdose (4)

The symptoms of overdosing are mild diarrhoea and abdominal pain. No special treatment is required.

## 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

22/08/2022.

## References

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4	European Union Herbal Monograph on <i>Oenothera biennis</i> L., (2018). EMA/HMPC/424583/2017. Committee on Herbal Medicinal Products (HMPC).
5	Barnes, J., Anderson, L. A. and Phillipson, J. D. (2007). <i>Herbal Medicines</i> , 3 <sup>rd</sup> edition. Published by the Pharmaceutical Press. ISBN 978 0 85369 623 0.
6	Timoszuk, M., Bielawska, K. and Skrzydlewska, E. (2018). Evening Primrose ( <i>Oenothera biennis</i> ) biological activity dependent on chemical composition. <i>Antioxidants</i> , <b>7</b> (8), 108.