

Egyptian Herbal Monograph

Volume 3

Herbal Formulations used in Egypt

Egyptian Drug Authority (EDA)

2026



Egyptian Herbal Monograph

Herbal Formulations Used in Egypt

Nettle, Saw Palmetto

حريق-قريص / بلميط منشاري

1. Names & Synonyms

Nettle (1)

Urtica dioica L.

Family:

Urticaceae.

Syns.: *Urtica tibetica* W.T. Wang, *U. galeopsifolia* Wierzb. ex Opiz.

Arabic: hhurray حريق - Qurrays قريص

English name: Stinging nettle (2-4), Nettle (3,4).

Saw palmetto (5,6).

Serenoa repens (W.Bartram) Small. **Family:** Arecaceae (5,6).

Syns: *Corypha repens* W.Bartram, *Corypha obliqua* W.Bartram, *Diglossophyllum serrulatum* (Michx.) H. Wendl. ex Salomon, *Sabal serrulata* (Michx.) Schult.f., *Chamaerops serrulata* Michx., *Brahea serrulata* (Michx.) H. Wendl. (5,6).

Arabic: Balmit minshary بلميط منشاري

English: *Serenoa* , Saw palmetto (7) and Saw palmetto berry (8).

2. Parts used for medicinal purpose

Nettle: Dried roots (2-4, 9).

Saw palmetto: Dried ripe fruit (10).

3. Major chemical constituents

Nettle roots (9, 11, 12):

Polysaccharides: Glycans, glucogalacturonans, arabinogalactan acid, fatty acid: (10E, 12Z)-9-hydroxy-10, 12-octadecadienoic acid, lectins, ceramides, terpenes diols, and terpenes diols glucosides.

Saw palmetto (13):

-Fatty acids and their glycerides: Monoacylglycerides (1-monolaurin, 1-

monomyristicin). Oleic acid (unsaturated) and capric acid, caproic acid, caprylic acid, lauric acid, myristic acid, palmitic acid and stearic acid (saturated).

-Steroids: β -Sitosterol, campesterol and stigmasterol.

-Carbohydrates: Invert sugar, mannitol, high molecular weight polysaccharides with galactose, arabinose and uronic acid identified as main sugar components.

-Other constituents: Flavonoids (e.g. rutin, isoquercitrin, kaempferol), pigment (carotene), resin, tannin and volatile oil.

4. Medicinal uses (Indications) (14)

Symptomatic treatment of benign prostatic hyperplasia and related lower urinary tract symptoms after serious conditions have been excluded by a medical doctor.

5. Herbal preparations correlated to medicinal use

Combination of Nettle powder extract (Extraction solvent: ethanol 60%–70%) and Saw palmetto liquid extract (Extraction solvent: ethanol 96%).

Herbal preparations are in pharmaceutical dosage forms for oral use. 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 120 mg of Nettle extract and 160 mg of Saw palmetto extract, twice daily.

Duration of use:

- Long-term use, up to 6 months, is possible.
- Typically, symptom reduction is experienced within 1-2 months' treatment.
- If the symptoms persist during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- There is no relevant use in children and adolescents under 18 years of age.

Method of administration: Oral use.

7. Contraindications (14)

Hypersensitivity to the active substance(s) and to other plants of the same families.

8. Special warnings and precautions for use (14)

-If complaints worsen or if symptoms such as fever, spasms or blood in the urine, painful urination, or urinary retention occur during the use of the medicinal product, a doctor or a pharmacist should be consulted.

9. Interactions with other medicinal products and other forms of interaction (14)

- A few cases of suspected interactions with warfarin have been reported. Increased INR- values have been described.
- Anticoagulants (heparin, warfarin) and anticoagulant herbs: the product may decrease the effect of anticoagulants.
- CNS depressants (alcohol, barbiturates, sedative/hypnotics, antipsychotics, opiates) and sedative herbs: the product may lead to increased central nervous system depression.
- Diuretics: Use of the product may increase the effects of diuretics, resulting in dehydration and hypokalemia.
- Iron salts: the product may interfere with the absorption of iron salts.
- Lithium: the product may result in dehydration, lithium toxicity.

10. Fertility, pregnancy and lactation (14)

- The use during pregnancy and lactation is contraindicated owing to its effects on androgen and estrogen metabolism.
- No fertility data available.

11. Effects on ability to drive and use machines (14)

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

12. Undesirable effects (14)

- Gastro-intestinal complaints such as feeling of fullness, flatulence, nausea, vomiting, diarrhea or abdominal pain may occur (especially when taken on an empty stomach).
- Allergic or hypersensitivity reactions may occur such as skin rash, headache, increase of transaminases or gamma-glutamyl transferases, reversible gynecomastia, pruritus, rash and urticaria.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.



13. Overdose (14)

No case of overdose has been reported.

14. Relevant biological properties

Not required as per Egyptian guidelines for registration of herbal medicines.

15. Additional information

-

16. Date of compilation/last revision

13/09/2023.

References

1.	Belwal, T., Nabavi, S. M., Nabavi, S. F., Dehpour, A. R. and Shirooie, S. (2020). Naturally Occurring Chemicals against Alzheimer's Disease. Academic Press. ISBN: 0128192135, 9780128192139.
2.	World Health Organization (2002). Monographs on selected medicinal plants, 2, 329-341.
3.	Natural Health Product Stinging Nettle - <i>Urtica dioica</i> (2019). Health Canada, http://webprod.hc-sc.gc.ca/nhp/ndp/nhp/monoReq.do?id=166&lang=eng .
4.	Mosby's Handbook of Herbs and Natural Supplements (2010). 4 th ed., ISBN: 978-0-323-05741-7.
5.	https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:941782-1#synonyms .
6.	http://www.theplantlist.org/tpl/record/kew-190787
7.	Braun, L. and Cohen, M. (2010). Herbs and Natural Supplements, An evidence-based guide, 3rd ed. ISBN: 978 0 7295 3910 4.
8.	https://www.herbalgram.org/resources/expanded-commission-e/saw-palmetto-berry/ .
9.	European Union herbal monograph on <i>Urtica dioica</i> L., <i>Urtica urens</i> L., their hybrids or their mixtures, radix (2012). EMA/HMPC/461160/2008. Committee on Herbal Medicinal Products (HMPC).
10.	World Health Organization (2002). Monographs on selected medicinal plants, 2, 285-299.
11.	Dhouibi, R., Affes, H., Ben Salem, M., Hammami, S., Sahnoun, S., Zeghal, K. M. and Ksouda, K. (2020). Screening of pharmacological uses of <i>Urtica dioica</i> and others benefits. <i>Progress in Biophysics and Molecular Biology</i> , 150: 67-77.
12.	Taheri, Y., Quispe, C., Herrera-Bravo, J., Sharifi-Rad, J., Ezzat, S. M., Merghany, R. M., Shaheen, S., Azmi, L., Mishra, A. P., Sener, B., Kılıç, M., Sen, S., Acharya, K., Nasiri, A., Cruz-Martins, N., Fokou, P. V. T., Ydyrys, A., Bassygarayev, Z., Daştan, S. D., Alshehri, M. M., Calina, D. and Cho, W. C. (2022). <i>Urtica dioica</i> - Derived Phytochemicals for Pharmacological and Therapeutic Applications. <i>Evidence-Based Complementary and Alternative Medicine</i> , Volume 2022, Article ID: 4024331, 30 pages https://doi.org/10.1155/2022/4024331 .
13.	Barnes, J., Anderson, L. A. and Phillipson, J. D. (2007). Herbal Medicines, 3 rd edition. Published by the Pharmaceutical Press. ISBN 978 0 85369 623 0.
14.	Egyptian Herbal Monograph/volume 3/2022, P. 360-362, P. 388-391.



Egyptian Herbal Monograph