

Egyptian Herbal Monograph

Volume 4

Essential Oils with Medicinal Uses

Egyptian Drug Authority (EDA)

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***Pelargonium graveolens* L'Hér.**

العتر

1. Names & Synonyms (1)

***Pelargonium graveolens* L'Hér.**

Syns.: *Geranium graveolens* (L'Hér.) Thunb., *Geraniospermum terebintaceum* Kuntze, *Geranium terebinthinaceum* Cav., *Pelargonium terebinthinaceum* Small.

Family: Geraniaceae.

Arabic: El Aetr العتر (2), Zayt el-gharnouqy زيت الغرنوقي (3).

English name: Rose Geranium (4,5), Sweet-scented Geranium (6), Geranium (7).

2. Part(s) used for oil extraction

Fresh and dried leaves (8), and aerial parts of flowering herb (4).

3. Major chemical constituents

Geraniol, citronellol and their formate esters (8-10).

4. Medicinal Uses (Indications)

- A. Colds/cough (4).
- B. Stress-related conditions (5, 7, 11, 12).
- C. Neuralgia (5,7).
- D. Menstrual irregularities and menopausal symptoms (5, 7, 11, 13).
- E. Skin care: Acne, bruises, eczema, promotes radiant, youthful skin and minimize appearance of wrinkles (5, 7, 11).

5. Herbal preparations correlated to medicinal use (4,11)

Oily liquid: The essential oil diluted in an appropriate carrier oil (e.g. vegetable oil) to be used as:

- 1. Massage oil: at a concentration of 1–5%
- 2. Liniment: at a concentration of 1–10%

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 (4)

For adults:

Preparation 1

Body massage (more than 10% of the body surface area): Rub and/or massage into the skin until solution vanishes, once daily.

Preparation 2

Local application (10% or less of the body surface area): Apply to a small body area only. Rub and/or massage into the skin until solution vanishes, 1-3 times daily.

Duration of use: For occasional use only.

Method of administration: Topically.

7. Contraindications

- Hypersensitivity to the active substances and to other plants of the same family.
- Individuals with breast cancer, ovarian cancer, uterine cancer, endometriosis, or uterine fibroids as geranium oil contains compounds (e.g., geraniol, citronellol) that may exert mild estrogen-like activity (phytoestrogenic effects) (13).

8. Special warnings and precautions

- If the symptoms worsen or are accompanied by a fever, rash, persistent headache or chronic lung condition during the use of the medicinal product, a doctor or a pharmacist should be consulted (4).
- People with sensitive skin or a history of dermatitis (10).
- It is advisable to perform a patch test before widespread use (5, 10).

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

None reported.

10. Fertility, pregnancy and lactation

- Because it affects the endocrine system, pregnant women should avoid geranium oil (14).
- Safety during lactation has not been established. In the absence of sufficient data, the use during 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

- Dermatitis or allergic reactions in some individuals (15-17).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

No case of overdose has been reported.

14. Additional Information

Geranium oil should be diluted appropriately before topical use. Geraniol, a major component, may oxidize into reactive compounds like geranial and neral, which can cause skin sensitization or irritation (5, 10).

15. Date of last revision

06/08/2025.

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