



# **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

***Garcinia gummi-gutta* (L.) Roxb.**

جارسينيا

### 1. Names & Synonyms

***Garcinia gummi-gutta* (L.) Roxb.**

**Family:** Clusiaceae /Guttifereae

**Syns.:** *Cambogia gummi-gutta* L., *Cambogia gutta* L., *Garcinia cambogia* Desr., *Mangostana cambogia* Gaertn., (1, 2).

**Arabic:** جارسينيا

**English name:** Malabar tamarind (2, 3).

### 2. Parts used for medicinal purpose

Fruit peel (3) (rind (4), pericarp (5)).

### 3. Major chemical constituents

**-Organic acid:** Hydroxycitric acid (HCA) (6).

**-Benzophenones:** Camboginol (garcinol), cambogin (isogarcinol; xanthochymol), guttiferones - K, I, J, M and N (7).

**-Xanthones:** Oxy-guttiferones M, K2, I and K, rheediaxanthone-A (7).

**-Others:** Bioflavonoids (volkensiflavone, fukugetin) (6, 8).

### 4. Medicinal Uses (Indications)

- A. Used for weight reduction during weight control programs (9, 10).
- B. Used for suppression of appetite; temporarily increase satiety and feeling of fullness (3).

### 5. Herbal preparations correlated to medicinal use

Standardized extracts (3, 5, 10).

**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

### Adults:

- 1.5 - 2 g as single dose, 2-3 g daily (3).
- 500 mg, 3 - 4 times daily (2, 10, 11).

**Method of administration:** Oral use, before meals.

## 7. Contraindications.

Hypersensitivity to 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.
- Physician should be consulted prior to use in case of kidney problems, liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine or jaundice).
- Use in children under 18 years of age is not recommended (3).

## 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 (11).
- 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

Headache, dizziness, dry mouth, and GI complaints such as nausea and diarrhoea (11).



### **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 last revision**

16/08/2022.

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