



Egyptian Herbal Monograph

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## Volume 3

### Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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**Thyme, Anise Oil**

**زَعْتَر/ زيت الينسون**

### 1. Names & Synonyms

#### Thyme

***Thymus vulgaris* L. (1)**

**Syns.:** *Origanum thymus* Kuntze, *Thymus collinus* Salisb.

**Family:** Lamiaceae (Labiatae).

**Arabic:** Za'ater زَعْتَر

**English name:** English Thyme, Garden Thyme.

***Thymus zygis* L. (2)**

**Syns.:** *Origanum zygis* (L.) Kuntze, *Thymus angustifolius* Salisb.

**Family:** Lamiaceae (Labiatae).

**Arabic:** Za'ater زَعْتَر

**English name:** Spanish Thyme.

#### Anise (3)

***Pimpinella anisum* L.**

**Family:** Apiaceae (Umbelliferae).

**Syns:** *Anisum officinarum* Moench., *A. vulgare* Gaertn., *Apium anisum* L. Crantz., *Carum anisum* L. Baill., *Pimpinella anisum* cultum Alef., *P. aromatica* Bieb., *Selinum anisum* L. E.H.L. Krause., *Sison anisum* Spreng., *Tragium anisum* Link.

**Arabic:** Yansoon ينسون

**English:** Anise, Aniseed.



## 2. Parts used for medicinal purpose

**Thyme:** Herb (4, 5)

**Anise:** Dried ripe fruits (3)

## 3. Major chemical constituents

### Thyme

- **Essential oil:** the main components are thymol, carvacrol, *p*-cymene,  $\alpha$  and  $\beta$ -terpinene, linalool, terpinen-4-ol, borneol, 1,8- cineole,  $\alpha$ -thujene,  $\alpha$ -pinene, and caryophyllene (5).
- **Flavonoids:** apigenin, narigenin, kaempferol, and luteolin (and its glycosides) (6).
- **Phenolic acids:** salvianolic, rosmarinic, cinnamic, ferulic, caffeic and gallic acids (6).
- **Others:** monoterpene glycosides.

### Anise

**Essential oil:** contains mainly trans-anethole, estragole (methylchavicol, isoanethole),  $\beta$ -anisaldehyde,  $\alpha$ -terpenol, *cis*-anethole (3).

## 4. Medicinal Uses (Indications)

- Expectorant in cough associated with cold and inflammation of respiratory tract.
- Symptomatic relief of bronchitis, whooping cough and catarrh of the upper respiratory tract.

## 5. Herbal preparations correlated to medicinal use

Combination of thyme herb liquid extract (Extraction solvent: water) and anise 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

**Adults:** combination of 400mg of thyme extract and 10.2mg anise oil, 3-4 times daily.

**Children more than 4 years:** Use under medical supervision.

Combination of 280-400mg of thyme extract and 7.14-10.2mg anise oil, 2-3 times daily.

**Duration of use:** If the symptoms persist longer than one week during the use of the medicinal product, a doctor or a pharmacist should be consulted.

**Method of administration:** Oral use.

## 7. Contraindications.

- Hypersensitivity to the active substances or to other plants of the same families.

## 8. Special warnings and precautions for use (5, 7, 8)

- If the symptoms worsen during the use or if dyspnoea, fever or purulent sputum occurs, a doctor or a pharmacist should be consulted.
- Blood sugar levels should be carefully monitored in diabetic patients using the product.

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

If the patient is on other medications he/she should seek medical advice.

## 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.
- 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**

- Occasional allergic reactions affecting the skin or respiratory system (3, 7, 8).
- Gastrointestinal disorders (5).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

### **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 compilation/last revision**

27/4/2026



## References

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8.	Community Herbal Monograph on <i>Pimpinella anisum</i> L., Fructus (2013). EMA/HMPC/321184/2012. Committee on Herbal Medicine Products (HMPC).