



# **Egyptian Herbal Monograph**

**Volume 3**

**Medicinal Plants used in Egypt**

**Egyptian Drug Authority (EDA)**

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## Medicinal Plants Used in Egypt

*Serenoa repens* (W.Bartram) Small

بلميط منشاري

### 1. Names & Synonyms

*Serenoa repens* (W.Bartram) Small (1,2).

**Family:** Arecaceae (1,2).

**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. (1,2).

**Arabic:** Balmit minshary بلमित منشاري

**English:** *Serenoa* , Saw palmetto (3) and Saw palmetto berry (4).

### 2. Parts used for medicinal purpose

Dried ripe fruit (5).

### 3. Major chemical constituents (6)

**-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:**  $\beta$ -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)

Symptomatic treatment of benign prostatic hyperplasia; relief of lower urinary tract symptoms (7, 8).

## 5. Herbal preparations correlated to medicinal use (7)

1. Soft extract, extraction solvent: hexane.
2. Soft extract, extraction solvent: ethanol 90% to 96% m/m.

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 and elderly

320 mg, once daily or 160 mg, 2 times daily (7).

### Duration of use

Long-term use, up to 6 months, is possible (7,9).

Typically, symptom reduction is experienced within 1–2 months' treatment (3).

If the symptoms persist during the use of the medicinal product, a doctor or a pharmacist should be consulted (7).

**Method of administration:** Oral use (7).

## 7. Contraindications

Hypersensitivity to the active substances and to other plants of the same family (7).

## 8. Special warnings and precautions for use

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 (7).

## 9. Interactions with other medicinal products and other forms of interaction (7)

A few cases of suspected interactions with warfarin have been reported. Increased INR- values have been described.

## 10. Fertility, pregnancy and lactation (7)

- Pregnancy and lactation: not relevant.
- No fertility data available.



### **11. Effects on ability to drive and use machines (7)**

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

### **12. Undesirable effects (7)**

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Abdominal pain, nausea, vomiting, diarrhea, abdominal pain (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 and reversible gynecomastia.

### **13. Overdose (7)**

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**

21/06/2022.

## References

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