



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Dill oil, Sodium Bicarbonate

زيت الشبث / بيكربونات الصوديوم

1. Names & Synonyms (1)

***Anethum graveolens* L.**

Family: Apiaceae (Umbelliferae).

Syns: *Pastinaca anethum* Spreng., *Peucedanum graveolens* Benth. & Hook.,
Selinum anethum Roth.

Arabic: شبث

English: Dill.

2. Parts used for medicinal purpose

Dill oil: Dried ripe fruits (1).

3. Major chemical constituents

Dill oil: Carvone, limonene, α -phellandrene, dihydrocarvone, dillapiole (2), 1,8-cineole, α -pinene and α -terpene (1).

4. Medicinal Uses (Indications)

For the symptomatic relief of distress associated with wind in infants **from one month** up to one year old.

5. Herbal preparations correlated to medicinal use

Combination of dill oil and sodium bicarbonate.



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

Children

- **1-6 months:** Combination of (2.3mg of dill oil and 52.5 mg sodium bicarbonate) once during or after a feed.
(Don't use more than 4 times in 24 hours)
- **>6-12 months:** Combination of (4.6mg of dill oil and 105 mg sodium bicarbonate) during or after a feed.
- Don't use more than 3 times in 24 hours
- Do not use in infant under 1 month
- These doses may be given during or after each feed

Method of administration: Oral use.

7. Contraindications.

- Should not be used if there is impaired kidney function or hypersensitivity to any component. (3)
- Hypersensitivity to dill seed oil, sodium bicarbonate or to any excipients in the product.
- Cases of metabolic or respiratory alkalosis, hypocalcaemia, or hypochloraemia.

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.
- This product is considered high in sodium.
- If the patient suffers from a liver or kidney disease, a doctor or a pharmacist should be consulted. (3)



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

A time-interval of 2 hours should be considered between intake of this product and the administration of other medicinal products. (3)

10. Fertility, pregnancy and lactation

- Not relevant

11. Effects on ability to drive and use machines

- Not relevant

12. Undesirable effects

- May alter sodium balance and cause allergic reaction.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

Symptoms following overdose are rare and are generally because of sodium bicarbonate. These may include diarrhoea, metabolic alkalosis and hypernatraemia. In the event of severe overdosing, medical advice should be sought immediately. Symptoms of hypernatraemia may include drowsiness and irritability, pyrexia and tachypnoea. In more severe instances of acute sodium overload, signs of dehydration and convulsions may occur. The treatment of hypernatraemia includes repair of any dehydration present and gradual reduction of the plasma sodium. The alkalosis, if present, will respond usually to the treatment of hypernatraemia. At all times intensive monitoring of the electrolytes, and patients circulatory and central nervous system are necessary. (3)

14. Relevant biological activities

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15. Additional information

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16. Date of compilation/last revision

23/4/2026

References

1	WHO monographs on selected medicinal plants (2007). Monographs on selected medicinal plants, 3 , 33-41
2	Said-Al Ahl, H., Gendy, A. G. and Omer, E. A. (2016) Humic acid and indole acetic acid affect yield and essential oil of dill grown under two different locations in Egypt. <i>International Journal of Pharmacy and Pharmaceutical Sciences</i> , 8 , 146-157.
3	https://www.medicines.org.uk/emc/product/3611/smpc#gref