Egyptian Herbal Monograph

Volume 3

Herbal Formulations used in Egypt

Egyptian Drug Authority (EDA)

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St. John's wort, Valerian عشبة القديس يوحنا / فاليريانا

1. Names & Synonyms (1)

St. John's wort.

***Hypericum perforatum* L.**
Family: Hypericaceae (Clusiaceae).
Syns: *Hypericum officinale* Gaterau, *Hypericum officinarum* Crantz, *Hypericum vulgare* Lam.
Arabic: Oshbet Alkedees Yohanna عشبة القديس يوحنا.
English: St. John's wort, Perforate St. John's wort, Goatweed (2-5).

Valerian

***Valeriana officinalis* L.**
Family: Caprifoliaceae/Valerianaceae (6).
Arabic: Valeriana فاليريانا
English name: All-Heal, Belgian Valerian, Common Valerian, Fragrant Valerian, Garden Valerian, Valerian root (7, 8).

2. Part used for medicinal purpose

St. John's wort: Fresh and dried flowering tops and/or flowering aerial parts (6).

Valerian: Root, rhizomes and stolons (2-4).

3. Major chemical constituents

St. John's wort

Naphthodianthrones: Hypericin, pseudohypericin, protohypericin, protopseudo -hypericin and cyclopseudohypericin (3, 7, 9, 10).
Phloroglucinol derivates: Hyperforin, adhyperforin and furanohyperforin (3, 9-11).
Flavonoids: Hyperoside, quercetin, rutin, quercitrin, isoquercitrin, astilbin, apigenin-7-*O*-glucoside and biapigenin (3, 9, 10, 12).
Procyanidines: Procyanidine B2 (3).
Others: Caffeic, chlorogenic, caffeoylquinic, *p*-coumaroylquinic acids and amino acids (3, 10).

Valerian

Essential oil: Chief components are bornyl acetate, valerianol, valeranone, intermedeol, camphene, myrtenyl acetate, agarospirol, y-eudesmol, nootkatone and 6-isopropyl-1-methyl bicycles [3,1,0] hexane (8,13).

Sesquiterpenic acids: Valerenic acid, 2-hydroxyvalerenic acid, 2-acetoxy-valerenic acid (13).

Iridoids: Didrovaltrate and valepotriates derivatives including valepotriate, isovalepotriate, acetoxyvalepotriate and isovalemxy-hydroxy-dihydrovatrate (8).

Others: Lignanoids, alkaloids, flavonoids and amino acids (8).

4. Medicinal uses (Indications)

Relief of mild nervous tension, temporary mental exhaustion and sleep disorders (3).

5. Herbal preparations correlated to medicinal use (2, 3, 5, 7)

Combination of St. John's wort dry extract (Extraction solvent: Ethanol 60%) and valerian dry extract (Extraction solvent: Ethanol 70%).

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

Combination of 200 mg St. John's wort extract and 320 mg of valerian extract daily before bedtime.

Duration of use: If the symptoms persist or worsen after two weeks of continued use, a doctor should be consulted.

Method of administration: Oral use.

7. Contraindications (2, 3)

Hypersensitivity to active substance(s) and to other plants of the same families.

8. Special warnings and precautions for use (2, 3)

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Intense UV-exposure should be avoided during the treatment.
- Oral use in children and adolescents under 18 years of age is not recommended.

- The amount of hyperforin and hypericin should be specified. The daily intake of hyperforin has to be below one mg (3).

9. Interactions with other medicinal products and other forms of interaction (2, 3)

- The medicinal product may induce the activity of CYP3A4, CYP2C9, CYP2C19 and P- glycoprotein.
- The medicinal product may reduce plasma concentration of oral contraceptives. Intracyclic menstrual bleeding and reduced safety in birth control may also occur. Accordingly, women taking hormonal contraceptive pills should use additional contraceptive measures.
- Possible interactions with drugs used during general and regional anaesthesia may occur. Accordingly, the herbal medicinal product should be discontinued 10 days prior to elective surgery. The elevated enzyme activity can be expected to return to normal within one week after stopping use of this product.
- Concomitant use of the medicinal product with antidepressants may increase risk of undesirable serotonergic effects.
- Patients taking other medicines on prescription should consult a doctor or pharmacist before use.

10. Fertility, pregnancy and lactation (2, 3)

- 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 (2, 3)

May impair ability to drive and use machines.

12. Undesirable effects (2, 3)

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Gastrointestinal disorders, allergic skin reactions, fatigue and restlessness may occur.
- Fair-skinned individuals may react with intensified sunburn-like symptoms under intense sunlight.

13. Overdose

- Seizures and confusion have been reported (2, 3).
- After ingestion of massive overdoses, the patient should be protected from sunlight and other UV-light sources for 1-2 weeks (2,3).

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

06/08/2023.

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