



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

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Pygeum, Saw palmetto, Nettle, Zinc

خوخ أفريقي / بلميط منشاري / حريق-قريص / زنك

1. Names & Synonyms

Pygeum (1)

***Prunus africana* (Hook.f.) Kalkman.**

Family: Rosaceae .

Syns.: *Lauro-cerasus africana* (Hook.f.) Browicz, *Pygeum africanum* Hook.f.

Arabic: Barkouk Afriki - برقوق أفريقي - Khoukh Afriki خوخ أفريقي

English: African stinkwood, African prune, African cherry, bitter almond, iron wood, pygeum, red stinkwood (2).

Saw palmetto (1,3)

***Serenoa repens* (W.Bartram) Small**

Family: Arecaceae (1,3)

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.

Arabic: Balmit minshary بلميط منشاري

English: Serenoa , Saw palmetto (4) and Saw palmetto berry (5).

Nettle

***Urtica dioica* L. (6)**

Family: Urticaceae.

Syns. : *Urtica tibetica* W.T. Wang, *U. galeopsifolia* Wierzb. ex Opiz.



Arabic: hhurray حريق - Qurrays قريص

English name: Stinging nettle (7-9), Nettle (8,9).

2. Parts used for medicinal purpose

Pygeum: Whole or cut, dried bark of the stems and branches (10,11).

Saw Palmetto: Berries (12).

Nettle: Root (7-9, 13)

3. Major chemical constituents

Pygeum

- **Phytosterols:** β -Sitosterol and its glucoside (14) and β -sitostenone (15,16).
- **Triterpenes:** Ursolic (14) and oleanolic acids (17).
- **Phenolic acids:** Ferulic acid and its esters of docosanol and tetracosanol (17).
- **Fatty acids:** Lauric and myristic acids (16).
- **Others:** *N*-Butylbenzene-sulfonamide and atraric, benzoic and *p*-hydroxybenzoic acids (14, 17).

Saw palmetto (18)

-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: β -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.



Nettle

Rhizomes (18):

-Lectin (agglutinin) composed of six isolectins, Coumarin (scopoletin).

-**Triterpenes:** β -sitosterol its glucoside, and six stearyl derivatives; two phenylpropane derivatives and six lignans.

Roots (19,20):

Polysaccharides: Glycans, glucogalacturonans, arabinogalactan acid, fatty acid: (10*E*, 12*Z*)-9-hydroxy-10, 12-octadecadienoic acid, lectins, ceramides, terpenes diols, and terpenes diols glucosides.

4. Medicinal Uses (Indications)

Symptomatic treatment of benign prostatic hyperplasia; relief of lower urinary tract symptoms after serious conditions have been excluded by a medical doctor.

5. Herbal preparations correlated to medicinal use

Combination of pygeum waxy extract, saw palmetto powder extract and nettle powder extract and zinc.

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

Combination of 54-108 mg of pygeum extract, 450-900 mg of saw palmetto extract, 50-100 mg of nettle extract and 5-10 mg zinc daily with plenty of water, preferably with meals.

Duration of use:

Long term use, up to 6 months is possible or as directed by the physician.

Typically, symptoms reduction is experienced within 1-2 months treatment.

Method of administration: Oral use.



7. Contraindications.

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

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 (13).

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

- A few cases of suspected interactions with warfarin have been reported. Increased INR- values have been described.
- Anticoagulants (heparin, warfarin) and anticoagulant herbs (the medicinal product may decrease the effect of anticoagulants).
- CNS depressants (alcohol, barbiturates, sedative/hypnotics, antipsychotics, opiates) and sedative herbs the medicinal product may lead to increased central nervous system depression.
- Diuretics: the medicinal product may increase the effects of diuretics, resulting in dehydration and hypokalemia.
- Iron salts: the medicinal product may interfere with the absorption of iron salts.
- Lithium: the medicinal product combined with lithium may result in dehydration, lithium toxicity

10. Fertility, pregnancy and lactation

- The use during pregnancy and lactation is not relevant and avoided (9,10).
- 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 (9)

- 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.
- Gastro-intestinal complaints such as nausea, heartburn, feeling of fullness, flatulence, diarrhea may occur.
- Allergic reactions i.e., pruritus, rash, urticaria may occur.
- Gastric disorders (Vomiting, nausea, anorexia).
- 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

20/04/2026



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