



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

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Korean Ginseng, Royal Jelly, Bee Pollen, Dimethylaminoethanol, Para-aminobenzoic acid, Lysine, Multivitamins and Minerals

جنسنج / رويال جيلي / حبوب لقاح / داي ميثيل أمينو إيثانول / بارا أمينو بنزويك أسيد / ليسين / فيتامينات ومعادن

1. Names & Synonyms

Ginseng

Panax ginseng C. A. Meyer.

Family: Araliaceae.

Syns.: *Aralia ginseng* (C. A. Mey.) Baill, *Panax verus* Oken (1).

Arabic: Ginseng جنسنج

English: Korean Ginseng, Red Ginseng, White Ginseng (2), Asian Ginseng (3).

2. Parts used for medicinal purpose

Ginseng: Dried root (4- 7).

N.B. White ginseng represents the peeled and sun-dried root whilst red ginseng is unpeeled, steamed and dried (6).

3. Major chemical constituents

Ginseng

- **Triterpenoid saponins (Ginsenosides):** A complex mixture of compounds including Rb1, Rb2, Rc, Rd, Re, and Rg-1 (6,8).
- **Polysaccharides:** Pectins and glucans (9).
- **Others:** Peptides, polyacetylenic alcohols, fatty acids (6), starch, β -amylase, vitamins (B1, B2, B12, pantothenic acid, biotin), choline, minerals (6).



4. Medicinal uses (Indications)

- A) Used as a prophylactic and restorative agent for enhancement of mental and physical capacities.
- B) For symptoms of asthenia such as fatigue and weakness, exhaustion, tiredness, loss of concentration, and during convalescence.

5. Herbal preparations correlated to medicinal use

Combination of ginseng dry extract (Extraction solvent: ethyl alcohol 70:75% V/V), lyophilized royal jelly, bee pollen, 4- aminobenzoic acid, dimethylaminoethanol bitartrate, vitamin A, vitamin B1, vitamin B2, vitamin B6, vitamin B12, vitamin D3, vitamin E, nicotinamide, calcium d-Pantothenate, calcium, phosphorous, Iron, copper, potassium, zinc, manganese, L-lysine monohydrochloride, biotin and folic acid.

Herbal preparation is 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 40 mg of ginseng extract, 33.30 mg of lyophilized royal jelly, 50 mg of bee pollen, 50 mg of 4- aminobenzoic acid, 25 mg of dimethylaminoethanol bitartrate, 2000 I.U of vitamin A, 13.8 mg of vitamin B1, 4 mg of vitamin B2, 0.82269 mg of vitamin B6, 5 mcg of vitamin B12, 200 I.U of vitamin D3, 30 I.U of vitamin E, 15 mg of nicotinamide, 4 mg of calcium d-Pantothenate, 90.58 mg of calcium, 70 mg of phosphorous, 10 mg of Iron, 1 mg of copper, 2 mg of potassium, 1 mg of zinc, 1 mg of manganese, 5 mg of L-lysine monohydrochloride, 3 mcg of biotin and 25 mcg of folic acid.

Duration of use:

- UP to 3 months.
- If Symptoms persist for more than 2 weeks during the use of the medicinal product, a doctor or Pharmacist should be consulted.

Method of administration: Oral use.



7. Contraindications

- Hypersensitivity to active substance(s) and to other plants of the same family.
- It should be contraindicated in asthma (10).
- If breast cancer or other estrogen-dependent conditions are present, ginseng should not be used (11).

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.
- The use in children and adolescents under 18 years of age has not been established (7, 12).
- General caution should be taken in patients with cardiovascular disease or diabetes (5, 6, 13).

9. Interactions with other medicinal products and other forms of interaction (11)

- **Anticoagulants, antiplatelets, salicylates:** Ginseng may decrease the action of these products.
- **Antidiabetics, Insulin:** Ginseng is known to decrease blood glucose levels, it may increase the hypoglycemic effect of antidiabetics; avoid concurrent use.
- **Immunosuppressants:** Ginseng may diminish the effect of immunosuppressants; do not use immediately before, during, or after transplant surgery.
- **MAOIs:** Concurrent use of MAOIs with ginseng may result in manic-like syndrome.
- **Stimulants:** Use of stimulants (e.g., xanthines) concurrently with ginseng is not recommended; overstimulation may occur.
- Concurrent use with caffeine-containing preparations or drinks should be avoided (14).
- **Ephedra:** Concurrent use of ephedra and ginseng may increase hypertension and central nervous system stimulation; concurrent use should be avoided.

Lab Test



- **Blood glucose:** Ginseng may decrease blood glucose (decoctions, infusions).
- **Plasma partial thromboplastin time, INR:** Ginseng may increase plasma partial thromboplastin time and INR.
- **Serum, urine estrogens:** Ginseng may have an additive effect on serum and 24-hour urine estrogens.
- **Serum digoxin:** Ginseng may falsely increase serum digoxin.

10. Fertility, pregnancy and lactation (6,7)

- 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 (7).

12. Undesirable effects

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Hypersensitivity reactions (urticaria, itching) (7, 11), insomnia (7, 11-13), anxiety, headache (11,12) and gastrointestinal disorders like stomach discomfort, nausea, vomiting, diarrhoea, and constipation have been reported (7).
- Hypertension, chest pain, palpitations, decreased diastolic blood pressure and increased QTC interval (11).

13. Overdose

- Restlessness (11,12), nausea, vomiting, anorexia and diarrhea (11).
- Ginseng Abuse Syndrome: edema, insomnia and hypertonia (11).
- Hypertension resulting from Ginseng Abuse Syndrome is associated with prolonged high dose Ginseng with concomitant use of caffeine (13).

14. Relevant biological properties

Not required as per Egyptian guidelines for registration of herbal medicines.



15. Additional information

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16. Date of compilation/last revision

21/05/2026.



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