



# **Egyptian Herbal Monograph**

**Volume 4**

**Herbal Formulations used in Egypt**

**Egyptian Drug Authority (EDA)**

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# Egyptian Herbal Monograph

## Herbal Formulations Used in Egypt

**Saw palmetto / Nettle** بلميط منشاري / قريص - حريق

### 1. Names & Synonyms

**Saw palmetto** (1,2).

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

**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 بلميط منشاري

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

**Nettle** (5)

***Urtica dioica* L.**

**Family:** Urticaceae.

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

**Arabic:** hhurray حريق - Qurrays قريص

**English name:** Stinging nettle (6-8), Nettle (7,8).

### 2. Parts used for medicinal purpose

**Saw palmetto:** Dried ripe fruit (9).

**Nettle:** Dried roots (6-8, 10).

### 3. Major chemical constituents

**Saw palmetto** (11):

**-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.



**Nettle roots (10, 12, 13):**

**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) (14)**

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

#### **5. Herbal preparations correlated to medicinal use**

Combination of saw palmetto liquid extract, extraction solvent: Ethanol 96% and nettle powder extract, extraction solvent: Ethanol 60% - 70%.

**Herbal preparation is in pharmaceutical dosage forms for oral use. The pharmaceutical form should be described by the pharmacopoeia full standard term.**

#### **6. Posology and method of administration correlated to medicinal use**

160 mg saw palmetto extract and 120 mg nettle extract, twice daily.

##### **Duration of use:**

- Long-term use, up to 6 months, is possible.
- Typically, symptom reduction is experienced within 1–2 months' treatment.
- If the symptoms persist during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- There is no relevant use in children and adolescents under 18 years of age.

**Method of administration:** Oral use.

#### **7. Contraindications (14)**

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

#### **8. Special warnings and precautions for use (14)**

-If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.

-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.

## 9. Interactions with other medicinal products and other forms of interaction (14)

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

## 10. Fertility, pregnancy and lactation (14)

- The use during pregnancy and lactation is contraindicated owing to its effects on androgen and estrogen metabolism.
- No fertility data available.

## 11. Effects on ability to drive and use machines (14)

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

## 12. Undesirable effects (14)

- 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, reversible gynecomastia, pruritus, rash and urticaria may occur.
- Gastro-intestinal complaints such as nausea, heartburn, feeling of fullness, flatulence, and diarrhea may occur.

## 13. Overdose (14)

No case of overdose has been reported.



#### **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**

13/09/2023.

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