



Egyptian Herbal Monograph

Volume 3

Medicinal Plants used in Egypt

Egyptian Drug Authority (EDA)

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Salvia rosmarinus Spenn. حصى البان- إكليل الجبل

1. Names & Synonyms (1)

Salvia rosmarinus Spenn.

Family: Lamiaceae (Labiatae).

Syn.: *Rosmarinus officinalis* L. (2, 3).

Arabic: Iklyl aljabal إكليل الجبل (4), Ḥaṣa l-ban حصى البان (5), Ruzmari روزماری (5, 6).

English: Rosemary.

2. Parts used for medicinal purpose

- Fresh and dried leaves (7, 8).
- Flowering aerial parts (2, 9-12).

3. Major chemical constituents

- **Essential oil:** 1,8-Cineole, α -pinene, camphor (13,14), limonene, camphene and linalool (15).
- **Phenolic acids:** Rosmarinic, caffeic and chlorogenic acids (2).
- **Diterpenes:** Carnosic acid, carnosol, epirosmanol and hinokiol (16).
- **Triterpenes:** Ursolic, oleanolic and betulinic acids (16).

4. Medicinal uses (Indications)

- A. Relief of dyspepsia and mild spasmodic disorders of the gastrointestinal tract (2,7, 8).
- B. An adjuvant in the relief of minor muscular and articular pain, muscle and joint pain associated with rheumatism, sciatica, neuralgia and in minor peripheral circulatory disorders (2, 7, 8, 17).
- C. As a mild antiseptic (8).

5. Herbal preparations correlated to medicinal use

1. Comminuted dried leaves in the form of decoction or infusion (2, 7).
2. Liquid extract of dried leaves (45% ethanol) (2, 7).
3. Dry extract of dried leaves (4.5–5.5:1, ethanol) (2, 8).
4. Tincture of dried leaves (1:5, 70% ethanol) (2).
5. Expressed juice from fresh leaves (7).
6. Essential oil from flowering aerial parts (2, 9, 10).

Herbal preparations (2-6) are in a pharmaceutical dosage form. The pharmaceutical form should be described by the Pharmacopoeia full standard term.

6. Posology and method of administration correlated to medicinal use

Adolescents, adults and elderly (2, 7, 8)

Preparation 1

Indication A

Single dose: 1-2 g, 2-3 times daily are added to 150 - 250 ml of boiling water in the form of decoction or infusion as herbal tea.

Daily dose: 2-6 g (2, 7, 8, 11).

Duration of use (7)

If the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use.

Indication B and C

Boil 50 g of herb in one L of water (decoction 1:20), add to one full bath (once daily or twice weekly) (2, 7, 8).

Duration of use (7):

If the symptoms persist longer than 4 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Direction(s) for use: As bath additive, place dried leaves in one L of cold water. Bring to a boil and simmer for 5-10 minutes. Let stand covered for 15 to 30 minutes and strain.

Recommended bath temperature is 35 – 38°C for 10 to 20 minutes.



Method of administration: External use (7, 8).

Preparation 2

Indication A

- 1.5 - 4 ml daily (2, 7).
- Equivalent to 0.6 - 12 g of dried leaves, daily (8).

Duration of use (7):

If the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use (7).

Preparation 3

Indication A

- 360 - 440mg, 3 times daily (2).
- Equivalent to 0.6 - 12 g of dried leaves, daily (8).

Method of administration: Oral use.

Preparation 4

Indication A

- 3 - 8.5 ml, daily (2).
- Equivalent to 0.6 - 12 g of dried leaves, daily (8).

Method of administration: Oral use.

Preparation 5 (7)

Indication A

- 5 ml (100% expressed juice), 2-3 times daily.
- Equivalent to 0.6 - 12 g of dried leaves daily (8).

Duration of use (7):

If the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use (7).

Preparation 6

Indication A

Two drops daily (9).



Duration of use (9):

If the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use (2, 9).

Indication B

10-27 mg per liter, use as bath additive. One bath every 2 to 3 days (9).

Direction(s) for use (9):

As bath additive, recommended bath temperature is 35 – 38°C, for 10 to 20 minutes.

Duration of use (9):

If the symptoms persist longer than 4 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: External use (2, 9).

Indication B, C

- 6 –10 % essential oil in semi-solid and liquid preparations (2).
- 4 – 6 % essential oil diluted with almond oil or in semi-solid preparations for application to joints and muscles (18).

Duration of use (9):

If the symptoms persist longer than 4 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: External use (2, 9).

7. Contraindications

- Hypersensitivity to the active substances and to other plants of the same family.
- Oral use: obstruction of bile duct, cholangitis, liver disease, gallstones and any other biliary disorders that require medical supervision and advice (7).
- Use as bath additive: full baths are contraindicated in cases of large skin injuries and open wounds, acute skin diseases, high fever, severe infections, severe circulatory disturbances and cardiac failure (7).
- In case of epileptic patients, oral use of rosemary oil may trigger seizures (18, 19).
- The oil is contraindicated in patients suffering from bronchial asthma or bronchitis or on damaged skin, such as in cases of burns, lesions or skin rashes (2).

8. Special warnings and precautions for use

- If symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- The use in children under 12 years of age is not recommended without medical supervision.
- The use of oil in children and adolescents under 18 years of age is not recommended.
- In cases of hypertension, a full hot bath should be used with caution (8).
- Articular pain accompanied by swelling of joints, redness or fever should be examined by a doctor (7).
- The essential oil should not be used on the face or mucosa and contact with the eyes should be avoided. After application of the essential oil, hands should be washed to avoid accidental contact with the face and eyes (2).
- The essential oil should be diluted before topical application to minimise irritation. (2, 19).

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

Iron, anticoagulants and drugs dependent on P-glycoprotein transport (18).

10. Fertility, pregnancy and lactation

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended (7).
- Rosemary oil has an abortifacient effect (12).
- 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

- Hypersensitivity (contact dermatitis and occupational asthma) has been reported (7).
- Photosensitivity has been associated with rosemary oil (12).
- If adverse reactions occur, a doctor or a pharmacist should be consulted



13. Overdose

Stomach, intestinal irritation, seizures and allergic contact dermatitis have been reported with large doses of rosemary oil (18).

14. Relevant biological activities

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

15. Additional Information

The popular evergreen shrub and herb rosemary recently underwent a name change as genetic science more accurately identifies its relationships. In 2019, members of the Royal Horticultural Society (RHS) Nomenclature and Taxonomy Advisory Group accepted the move to absorb *Rosmarinus* into the genus *Salvia* (20,21).

16. Date of compilation/last revision

25/06/2023.

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