



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

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Garcinia, Gymnema, Chromium جارسينيا / جيمنيما / كروميوم

1. Names & Synonyms

Garcinia

***Garcinia gummi-gutta* (L.) Roxb.**

Family: Clusiaceae /Guttifereae

Syns.: *Cambogia gummi-gutta* L., *Cambogia gutta* L., *Garcinia cambogia* Desr., *Mangostana cambogia* Gaertn. (1,4).

Arabic: جارسينيا

English: Malabar tamarind (4,5).

Gymnema (1)

***Gymnema sylvestre* (Retz.) R.Br. ex Sm.**

Family: Asclepiadaceae.

Syns.: *Marsdenia sylvestris* (Retz.) P.I.Forst., *Periploca sylvestris* Retz., *Apocynum alterniflorum* Lour., *Asclepias geminata* Roxb., *Conocalpis umbellata* Bojer ex Decne., *Cynanchum senegalense* Sieber ex Decne., *Cynanchum subvolubile* Schumach. & Thonn., *Periploca tenuifolia* Humb. & Bonpl. ex Schult., *Strophanthus alterniflorus* (Lour.) Spreng.

Arabic: Gymnema جيمنيما

English: Gymnema (2,3).

2. Parts used for medicinal purpose

Garcinia: Fruit peel (5) (rind (7), pericarp (8)).

Gymnema: Dried leaves (2,6).



3. Major chemical constituents

Garcinia

- **Organic acid:** Hydroxycitric acid (HCA) (10).
- **Benzophenones:** Camboginol (garcinol), cambogin (isogarcinol; xanthochymol), guttiferones - K, I, J, M and N (11).
- **Xanthones:** Oxy-guttiferones M, K2, I and K, rheediaxanthone-A (11).
- **Others:** Bioflavonoids (volkensiflavone, fukugetin) (10,12).

Gymnema (9)

- **Saponins:** Gymnemic acids, gymnemasaponins, gymnemoside A,B,C,D,E,F, and gymnemasin A,B,C,D.
- **Terpenes:** Gymmestrogenin, gymnemanol, stigmasterol-and lupeol.
- **Others:** Gurmarin (polypeptide), flavonol glycoside (Kaempferol 3-glycoside), dquercitol, conduritol A, tannins and paraben.

4. Medicinal uses (Indications)

A) Used for weight reduction during weight control programs.

B) Used for suppression of appetite; temporarily increasing satiety and feeling of fullness.

5. Herbal preparations correlated to medicinal use

Combination of garcinia powder extract (Extraction solvent: water & ethanol), gymnema powder extract (Extraction solvent: water & ethanol), and chromium.

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

Combination of 175 mg of garcinia extract, 100 mg of gymnema extract, and 18.645 mcg of chromium, 3 times daily.

Duration of use:

As the physician prescribed.

Method of administration: Oral use.

7. Contraindications

- Hypersensitivity to the active substance(s) or to other plants of the same families.
- Patients of existing or previous liver pathologies (13, 14).

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.
- Use in children and adolescents under 18 years of age is not recommended.
- Use cautiously in diabetic patients using hypoglycemic medications, due to possible potentiation of effects. Serum glucose levels should be monitored, and doses of concomitant hypoglycemic drugs may require adjustment under the medical supervision. Hypoglycemia may also occur in nondiabetic patients (15).
- Could interfere with blood sugar control during and after surgery. should be stopped at least 2 weeks before a scheduled surgery (2).
- May cause decreased LDL cholesterol, and total cholesterol, use cautiously in patients taking antilipemic agents. Concomitant use of with other lipid-lowering agents may potentiate their effects (15).
- Physician should be consulted prior to use in case of kidney problems, liver disorders (such as abdominal pain, dark urine or jaundice).



- Stop use and physician should be consulted if the patient experiences any new symptoms including yellowish of eye or skin, dark urine, nausea, vomiting, and fatigue, stomach pain, abdominal pain or jaundice (14,16).

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

- **Antidiabetics medications/ Insulin:** The product may potentiate the effects of hypoglycemic drugs in diabetic patients (2, 15).
- **Lipid-lowering agents:** Concomitant use with other lipid-lowering agents may potentiate their effects (15).
- **Weight loss agents:** Concomitant use with anti-obesity herbs and supplements, appetite suppressants and chromium, may potentiate their effects (15).
- **Thyroid medication:** The product may reduce absorption of levothyroxine (Synthroid). Separate doses by at least 3–4 hours are recommended (17).

Lab test:

- May lead to decrease blood glucose, glycosylated hemoglobin (HbA1c), LDL and total cholesterol (6).

10. Fertility, pregnancy and lactation

- The use during pregnancy and lactation is avoided (4).
- 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

- Headache, insomnia, dizziness, dry mouth and inhibition of bitter/sweet taste (18).
- Gastric irritation may occur, gastrointestinal symptoms such as abdominal pain, nausea, vomiting and diarrhoea (6).



- Hypersensitivity reactions and Hypoglycemia (6).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

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

21/05/2026.



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