



Egyptian Herbal Monograph

Egyptian Herbal Monograph

Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

2026





Egyptian Herbal Monograph

Herbal Formulations Used in Egypt

Nettle, Pygeum, Saw palmetto, Zinc
حريق-قريص / خوخ أفريقي / بلميط منشاري / زنك

1. Names & Synonyms

Nettle

***Urtica dioica* L. (1)**

Family: Urticaceae.

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

Arabic: hhurray حريق - Qurrays قريص

English name: Stinging nettle (2-4), Nettle (3,4).

Pygeum (5)

***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 (6).

Saw palmetto (5,7)

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

Family: Arecaceae (5,7)

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 (8) and Saw palmetto berry (9).



2. Parts used for medicinal purpose

Nettle: Root (2-4, 10).

Pygeum: Whole or cut, dried bark of the stems and branches (11,12).

Saw Palmetto: Berries (12).

3. Major chemical constituents

Nettle

Rhizomes (14):

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

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

Roots (15,16):

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.

Pygeum

- **Phytosterols:** β -Sitosterol and its glucoside (17) and β -sitostenone (18,19).
- **Triterpenes:** Ursolic (17) and oleanolic acids (20).
- **Phenolic acids:** Ferulic acid and its esters of docosanol and tetracosanol (20).
- **Fatty acids:** Lauric and myristic acids (19).
- **Others:** *N*-Butylbenzene-sulfonamide and atraric, benzoic and *p*-hydroxybenzoic acids (17, 20).

Saw palmetto (14)

-**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.

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 nettle powder extract, pygeum waxy extract, saw palmetto 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 50–100 mg of nettle extract, 54–108 mg of pygeum extract, 450–900 mg of saw palmetto extract, and 5–10 mg of 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 (10).

9. Interactions with other medicinal products and other forms of interaction (4)

- 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 (4,11).
- 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 (4)

- 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

-

16. Date of compilation/last revision

20/04/2026.



References

1.	Belwal, T., Nabavi, S. M., Nabavi, S. F., Dehpour, A. R. and Shirooie, S. (2020). Naturally Occurring Chemicals against Alzheimer's Disease. Academic Press. ISBN: 0128192135, 9780128192139.
2.	WHO monographs on selected medicinal plants (2002). Monographs on selected medicinal plants, 2, 329-341.
3.	Natural Health Product Stinging Nettle – <i>Urtica dioica</i> (2019). Health Canada, http://webprod.hc-sc.gc.ca/nhp/ndp/nhp/monoReq.do?id=166&lang=eng
4.	Skidmore-Roth, L. Mosby's Handbook of Herbs and Natural Supplements (2010). 4 th ed. ISBN: 978-0-323-05741-7.
5.	https://www.powo.science.kew.org .
6.	Maurice, M. Iwu, M. M. (2014). Pharmacognostical Profile of Selected Medicinal Plants from: Handbook of African Medicinal Plants. CRC Press. Print ISBN: 9781466571976, eBook ISBN:9781466571983, Adobe ISBN:10.1201/b16292-4.
7.	http://www.theplantlist.org/tpl/record/kew-190787
8.	Braun, L. and Cohen, M. (2010). Herbs and Natural Supplements, An Evidence-Based Guide, 3 rd ed. ISBN: 978 0 7295 3910 4.
9.	https://www.herbalgram.org/resources/expanded-commission-e/saw-palmettoberry/ .
10.	European Union Herbal Monograph on <i>Urtica dioica</i> L., <i>Urtica urens</i> L., Their Hybrids or Their Mixtures, Radix (2012). EMA/HMPC/461160/2008. Committee on Herbal Medicinal Products (HMPC).
11.	European Union Herbal Monograph on <i>Prunus africana</i> (Hook f.) Kalkm., Cortex (2016). EMA/HMPC/680626/2013. Committee on Herbal Medicinal Products (HMPC).
12.	Natural Health Product, Pygeum – <i>Prunus africana</i> (2019). Health Canada. https://webprod.hc-sc.gc.ca/nhp/ndp/nhp/atReq.do?atid=pygeum&lang=eng .
13.	WHO monographs on selected medicinal plants (2002). Monographs on selected medicinal plants, 2, 285-299.
14.	Barnes, J., Anderson, L. A. and Phillipson, J. D. (2007). Herbal Medicines, 3 rd edition. Published by the Pharmaceutical Press. ISBN 978 0 85369 623 0.

15.	Dhouibi, R., Affes, H., Ben Salem, M., Hammami, S., Sahnoun, S., Zeghal, K. M. and Ksouda, K. (2020). Screening of pharmacological uses of <i>Urtica dioica</i> and others benefits. <i>Progress in Biophysics and Molecular Biology</i> , 150 , 67–77.
16.	https://www.herbalgram.org/resources/expanded-commission-e/stingingnettleherb-and-leaf/ .
17.	Deres, D. A., Abdissa, Z., Gurmess, G. T. and Abdissa, N. (2022). Chemical constituents of the stem bark of <i>Prunus africana</i> and evaluation of their antibacterial activity. <i>JOTCSA</i> , 9 (2), 395414. doi: https://doi.org/10.18596/jotcsa.1001676 .
18.	Rubegeta, E., Makolo, F., Kamatou, G., Enslin, G., Chaudhary, S., Sandasi, M., Cunningham, A. B. and Viljoen, A. (2023). The African cherry: A review of the botany, traditional uses, phytochemistry, and biological activities of <i>Prunus africana</i> (Hook.f.) Kalkman. <i>Journal of Ethnopharmacology</i> , 305 , 116004. ISSN 0378-8741. https://doi.org/10.1016/j.jep.2022.116004 .
19.	Nyamai, D. W., Mawia, A. M., Wambua, F. K., Njoroge, A., Matheri, F., Lagat, R., Kiambi, J., Ogola, P., Arika, W., Cheseto, X., King'ori, E., Ramni, J., Ngugi, M. P., Muchugi, A., Ng'ang'a, M. and Burugu, M. W. (2015). Phytochemical profile of <i>Prunus africana</i> stem bark from Kenya. <i>Journal of Pharmacognosy and Natural Products</i> , 1 , 110-118. 10.4172/jpnp.1000110.
20.	Komakech, R., Kang, Y., Lee, J. H. and Omujal, F. (2017). A Review of the potential of phytochemicals from <i>Prunus africana</i> (Hook f.) Kalkman stem bark for chemoprevention and chemotherapy of prostate cancer. <i>Evid. Based Complement. Alternat. Med.</i> , ID 3014019. doi: 10.1155/2017/3014019.