



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Caraway oil, Peppermint oil

زيت كراوية/زيت نعناع

1. Names & Synonyms

Caraway (1)

Carum carvi L.

Family: Apiaceae (Umbelliferae).

Syns. *Carum velenovskyi* Rohlena.

Arabic: karawya كراوية

English: Caraway.

Peppermint (2)

Mentha piperita L.

Family: Lamiaceae.

Arabic: Ni'na نعناع

English: Peppermint.

2. Parts used for medicinal purpose

Caraway oil: Dried fruits (3, 4).

Peppermint oil: The fresh overground parts and the dried leaves (2,5,6).

3. Major chemical constituents

Caraway oil: Mainly carvone and limonene (7).

Peppermint oil: Menthol, menthone, menthyl acetate, menthofuran, and 1,8cineole (eucalyptol) (8).



4. Medicinal Uses (Indications)

Symptomatic relief of minor spasms of the gastrointestinal tract, flatulence and abdominal pain, especially in patients with irritable bowel syndrome.

5. Herbal preparations correlated to medicinal use

Combination of caraway oil and peppermint oil.

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 mg of Caraway oil and 56 mg of Peppermint oil, 3 times daily .

Duration of use:

It should be taken until the symptoms have resolved, usually within 2 to 4 weeks. The patient should be instructed to see a doctor if the symptoms persist or worsen after 2 weeks.

Method of administration: Oral use.

7. Contraindications.

- Hypersensitivity to active substance(s) and to other plants of the same families.
- Patients with liver disease, cholangitis, achlorhydria, gallstones and any other biliary disorders (9).
- It should not be used in gastro-oesophageal reflux disease (10).

8. Special warnings and precautions for use (9).

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



- The gastro-resistant solid dosage forms should be taken 30 minutes before meals and swallowed whole, i.e. not broken or chewed, because this would release the peppermint oil prematurely, possibly causing local irritation of the mouth and oesophagus.
- Patients, who already suffer from heartburn or hiatal hernia have sometimes an exacerbation of this symptom after taking peppermint oil. Treatment should be discontinued in these patients.
- Other medicinal products containing peppermint oil shall be avoided during the use of this medicinal product
- The oral use in children and adolescents under 18 years of age has not been established

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

- Use of food or antacids administered at the same time could cause early release of the medicinal product content.
- Other medicinal products used to decrease stomach acid, such as histamine-2 blockers and proton pump inhibitors may cause premature dissolution of the enteric coating and should be avoided.

10. Fertility, pregnancy and lactation (3, 9)

- 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.



12. Undesirable effects (9)

- Urine and stools with an odour of menthol were observed; dysuria and inflammation of the glans of the penis have been reported. The frequency is not known.
- Allergic reactions to menthol were reported, with headache, bradycardia, muscle tremor, ataxia, anaphylactic shock and erythematous skin rash. The frequency is not known.
- Heartburn, perianal burning blurred vision, dry mouth, nausea and vomiting were frequent in clinical trials.
- Anorexia ,Skin reddnes , irritation & contact dermatitis.
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose (9)

- Overdose may cause severe gastro-intestinal symptoms, diarrhea, rectal ulceration, epileptic convulsions, loss of consciousness, apnea and nausea and disturbance in cardiac rhythms, ataxia and other CNS problems, probably due to the presence of menthol
- In the event of overdose, the stomach should be emptied by gastric lavage. Observation should be carried out with symptomatic treatment if necessary.

14. Relevant biological activities

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

15. Additional information

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16. Date of compilation/last revision

20/4/2026.



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